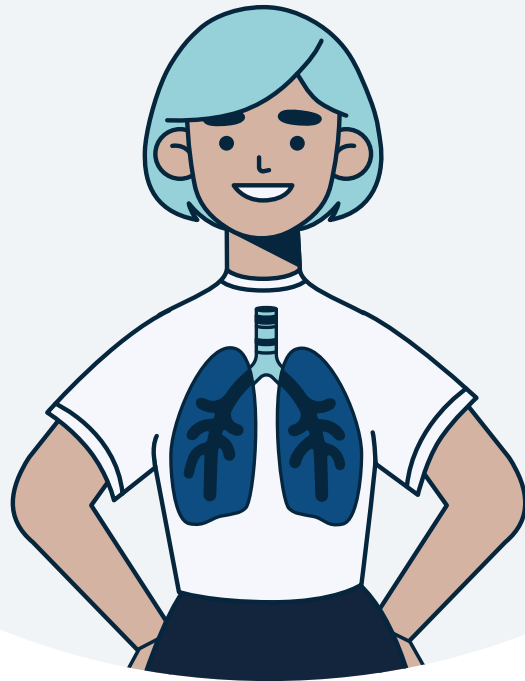


My MART Asthma Action Plan



What is asthma?

Asthma is a chronic inflammatory disease of the airways. The airways become sensitive and react to triggers. (see asthma triggers)

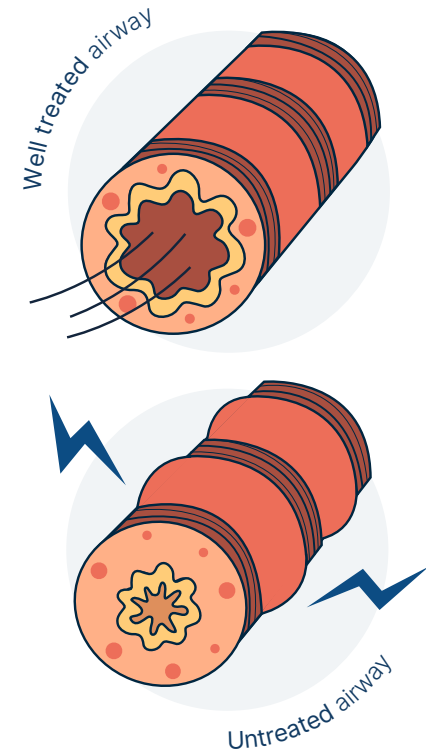
Symptoms include wheezing, breathlessness, chest tightness, and coughing.

Treat asthma using a single MART inhaler to reduce inflammation and open the airways.

Have a personalised asthma action plan

Management involves avoiding triggers where possible and taking inhalers as prescribed.

Asthma control is good when I have no symptoms BUT I should still use my inhaler every day.

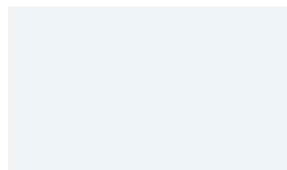


First name:

MART inhaler type:

Surname:

Please take a photo of your inhaler and upload it from your device.



Surgery:

Usual daily dose:

Nurse/doctor name:

Other asthma medication:

Date completed:

/ /

What is a MART Plan?



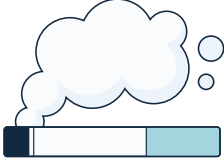

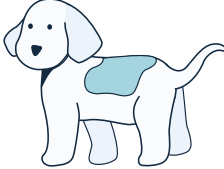
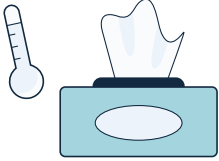
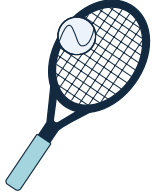
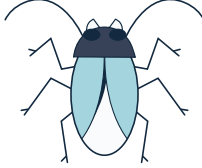



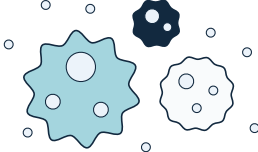



A MART (Maintenance and Reliever Therapy) plan is a simple way to manage asthma with one inhaler:

1 One inhaler for everything
Daily treatment and quick relief of symptoms.

✓ Convenient
Easy to remember and manage.

■ Combination inhaler
2 medicines, one to reduce inflammation and the other to open airways.

⚙️ Personalised and tailored to your specific needs for better asthma control.

<h3>Asthma Triggers</h3> <p>Asthma triggers are things that can cause asthma symptoms or attacks. Tick the boxes to highlight your triggers.</p> 	<p>Strong smells</p> 	<p>Smoke</p> 
<p>Strong emotions</p> 	<p>Furry pets</p> 	<p>Colds</p> 
<p>Exercise</p> 	<p>Cockroaches</p> 	<p>Pollen</p> 
<p>Changes in the weather</p> 	<p>Cold weather</p> 	<p>Mould and mildew</p> 
<p>Food allergies</p> 	<p>Dust</p> 	<p>Other</p> 



My asthma is good



I don't have a cough or wheeze. I can exercise as usual and I'm sleeping well.

To keep my asthma under control: I take my normal treatment every day, even when I feel well. I use the same inhaler as a preventer (maintenance) and as a reliever.

I take __ puff(s) AM and __ puff(s) PM.

I use my inhaler as a reliever if I get asthma symptoms: I take one puff as needed.

My asthma is not good



I am breathless, I'm coughing, especially at night, I have difficulty sleeping (because of my asthma) or I need extra puffs 3+ times a week.

When my asthma is not good: I must continue taking my normal treatment every day AND:

- Take 1 extra puff as needed

My inhaler is:

Budesonide + formoterol: I can take ____ additional puffs a day

Beclometasone + formoterol: I can take ____ additional puffs a day

- Seek medical advice if I need more than 8 puffs in 24 hours, even if I'm feeling better

I am having an ASTHMA ATTACK



My inhaler is not helping despite increased doses of my inhaler. I am struggling to breath, have excessive coughing, a tight chest, I'm wheezy and unable to speak in full sentences.

Seek emergency medical advice – CALL 999

- Sit upright and keep calm
- Loosen tight clothing
- Take 1 puff → Wait 1-3 minutes → no improvement → take 1 puff. Repeat up to a maximum of 6 puffs.

Even if I feel better I should see my doctor or nurse immediately after an asthma attack.

If help does not arrive, call 999 again

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