



Weill Cornell Medicine
Pediatrics

**NewYork-
Presbyterian**

Asthma Action Plan

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Objectives

- ▶ What is an Asthma Action Plan (AAP)?
- ▶ What are the three AAP zones and what do they mean?
 - ▶ Green
 - ▶ Yellow
 - ▶ Red
- ▶ Why do I need an AAP?
- ▶ Who needs a copy of the AAP?

What is an Asthma Action Plan (AAP)?

- ▶ An AAP is a written plan with instructions for the patient and/or caregivers
- ▶ Created in partnership between the health care provider and the patient
- ▶ Intended to guide the patient and caregivers in the assessment and treatment of acute asthma symptoms
- ▶ The AAP gives instructions on what medications to take, how often to take them, and what to do in case of an emergency

AAP's Zones

The AAP is divided into three zones that are based on your child's symptoms:

- **GREEN** means go!
Doing well with no symptoms
- **YELLOW** means slow down
Symptoms are triggered
- **RED** means danger
Go to your local hospital and contact your child's healthcare provider

Asthma Action Plan

Name	Date
Doctor	Medical Record #
Doctor's Office Phone #: Day	Night/Weekend
Emergency Contact	
Doctor's Signature	



The Colors of a traffic light will help you use your asthma medicines.

Green means Go Zone!
Use preventive medicine.

Yellow Means Caution Zone!
Add quick-relief medicine.

Red means Danger Zone!
Get help from a doctor.

Personal Best Peak Flow _____

GO

You have all of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play

Peak flow from _____ to _____

CAUTION

You have any of these:

- First signs of a cold
- Exposure to known trigger
- Cough
- Tight chest
- Mild wheeze
- Coughing at night

Peak flow from _____ to _____

DANGER

Your asthma is getting worse fast:

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Can't talk well

Peak flow reading below _____

Use these daily preventive anti-inflammatory medicines:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

For asthma with exercise, take:

--	--	--

Continue with green zone medicine and add:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

CALL YOUR PRIMARY CARE PROVIDER.

Take these medicines and call your doctor now.

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

GET HELP FROM A DOCTOR NOW! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.**

Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

ORGANIZED INTO THREE ZONES

Green Zone

- Good no symptoms. Patient generally doing well
- Peak flow meter reading of more than 80% of personal best or number
- Control medications – name, dosage, when to take, descriptions
- May include allergy medications
- May also include pre-medications for exercise

Yellow Zone

- Worsening symptoms in spite of initial treatment
- Peak Flow Meter reading between 50% - 80% of personal best, or number range
- Quick-relief medications – name, dosage, when to take
- What to do when symptoms and peak flow meter reading improves
- What to do if symptoms and peak flow meter reading to **do not** improve

Red Zone

- Danger symptoms have progressed further to a medical emergency
- Peak Flow Meter less than 50% of personal best, or number range
- Quick-relief medications – name, dosage, when to take
- What to do if symptoms and peak flow meter reading does not improve in 15 minutes after using rescue medications
- When to call an ambulance

Why do I need an AAP?

- Having an Asthma Action Plan helps patients and their families better manage asthma symptoms
- Following the instructions on the AAP can help with the treatment of an asthma attack at home and may even help to avoid the need for the hospital's emergency room or a doctor's office visit!
- Work with your child's healthcare provider to get an updated AAP
 - At least **once** a year
 - If there are **any medication** changes since your last AAP was completed

Keep Your AAP Handy!

- Having an asthma action plan for your child is one of the *best* things you can do to keep asthma under control
- An AAP clearly shows how your child is doing and what to do when problems start
- Because asthma affects everyone differently, the AAP is designed specifically for your child
- **Keep your child's AAP in a place where you have easy access to it so you can use it during an emergency!**



Who should have a copy of the AAP?

- ▶ School nurse
- ▶ Teachers
- ▶ Coaches/Gym Teacher
- ▶ Grandparents
- ▶ Babysitters
- ▶ ALL caregivers

Make sure everyone understands
how to use the plan!!!

Contact Us

If you have questions about asthma,
please reach out for more information:

- ▶ Email: PedsAsthma@med.cornell.edu
- ▶ Phone: 212-746-4508

Visit our website for links to more resources:

<https://pediatrics.weill.cornell.edu/divisions-programs/general-academic-pediatrics/pediatric-asthma-program>