

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

Date	
Medical Record #	
Night/Weekend	
	Medical Record #



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

You have <u>all</u> of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night

Use these daily preventive anti-inflammatory medicines:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN		
For asthma with exercise, take:				

CAUTION

You have any of these:

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

Peak flow from

Continue with green zone medicine and add:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

CALL YOUR PRIMARY CARE PROVIDER

DANGER

Your asthma is getting worse fast: • Medicine is not helping

- Breathing is hard and fas
- Nose opens wide
- Ribs show
- · Can't talk well

Peak flow reading below

Take these medicines and call your doctor now.

IEDICINE	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

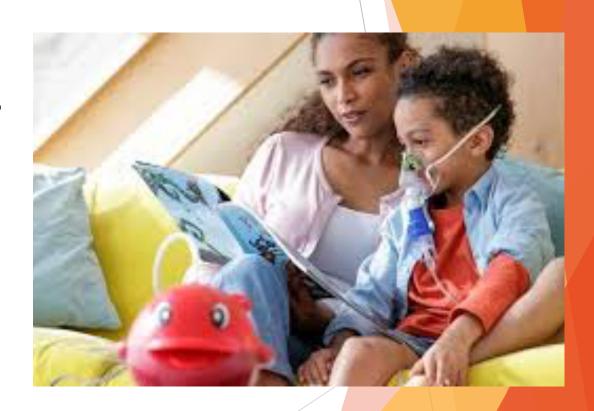
- Danger symptoms have progressed further to a medical emergency
- · Peak Flow Meter less than 50% of personal best, or number range
- Quick-relief medications name, dosage, when to take
- What to do if symptoms and peak flow meter reading does not improve in 15 minutes after using rescue medications
- 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 <u>any medication</u> 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
 - ► <u>ALL</u> 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/generalacademic-pediatrics/pediatric-asthma-program