

*This plan is intended to act as a guide only. It does not take into account individual needs or circumstances. Every patient should have an advanced care plan which should be followed, rather than this action plan. If in any doubt, always consult the patient's General Practitioner.*

# ASTHMA ACTION PLAN

## Look for any of the following symptoms:

- Loud wheezing (a whistling sound in the chest), although in very severe asthma the chest can be almost silent
- Chest tightness, and sometimes coughing
- Difficulty speaking more than a few words or inability to speak because of wheezing or breathlessness
- Rapid breathing with in drawing of neck and chest muscles

**CONTACT  
LOCAL  
DOCTOR  
ASAP OR if in  
doubt call 000**

## First Aid: The 4x4x4 technique — Four puffs, four minutes, four puffs

1. Sit the person comfortably upright. Be calm and reassuring. Try not to leave them alone
2. Give 4 puffs of a blue Reliever inhaler (puffer) â€” Ventolin, Airomir or Asmol. Relievers in a puffer are best given through a spacer, if available. Spacers can be improvised using a paper or Styrofoam cup.
3. Use 1 puff at a time and ask the person to take 4 breaths from the spacer after each puff
4. Use the person's own inhaler if possible. If not, use the first aid kit inhaler or borrow one from someone else<sup>4</sup>
5. If oxygen is available, it should be administered at 6-8 litres per minute through a face-mask, in between administration of the reliever by a person trained in its use<sup>5</sup>
6. Wait 4 minutes. If there is no improvement, give another 4 puffs
7. If little or no improvement, CALL AN AMBULANCE IMMEDIATELY (DIAL 000) and state that the person is having an asthma attack.
8. Keep giving 4 puffs every 4 minutes until the ambulance arrives or the patient improves significantly.

**CALL AN  
AMBULANCE  
IMMEDIATELY  
DIAL 000  
if little or no  
improvement,  
and state that  
the person is  
having an  
asthma attack**