

My Action Plan

Name: _____ Date: _____

Physician: _____ Phone for doctor: _____

My personal best peak flow: _____

<p>1. Green – Go</p> <ul style="list-style-type: none">• Breathing is good• No cough or wheeze• Can work or plan <p>Peak flow numbers _____ to _____</p>	<p>Use controller medicine:</p> <table><thead><tr><th>Medicine</th><th>How much to take</th><th>When to take it</th></tr></thead><tbody><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr></tbody></table>	Medicine	How much to take	When to take it	_____	_____	_____	_____	_____	_____	_____	_____	_____
Medicine	How much to take	When to take it											
_____	_____	_____											
_____	_____	_____											
_____	_____	_____											
<p>2. Yellow – Caution</p> <ul style="list-style-type: none">• Wake up at night• Cough or wheeze• Cannot work or plan <p>Peak flow numbers _____ to _____</p>	<p>Take a reliever medicine to keep an attack from getting bad:</p> <table><thead><tr><th>Medicine</th><th>How much to take</th><th>When to take it</th></tr></thead><tbody><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr></tbody></table>	Medicine	How much to take	When to take it	_____	_____	_____	_____	_____	_____	_____	_____	_____
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_____	_____	_____											
_____	_____	_____											
_____	_____	_____											
<p>3. Red – Stop – Danger</p> <ul style="list-style-type: none">• Medicine is not helping• Breathing hard and fast• Nose opens wide• Can't walk• Ribs show• Can't talk well <p>Peak flow numbers _____ to _____</p>	<p>Get help from a doctor now - 911</p> <p>Take these medicines until you talk to with a doctor:</p> <table><thead><tr><th>Medicine</th><th>How much to take</th><th>When to take it</th></tr></thead><tbody><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr></tbody></table>	Medicine	How much to take	When to take it	_____	_____	_____	_____	_____	_____	_____	_____	_____
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_____	_____	_____											
_____	_____	_____											
_____	_____	_____											

My Daily Diary

Name: _____ Date: _____

Physician: _____ Phone for doctor: _____

_____ My personal best peak flow _____ My green-OK zone

_____ My yellow-caution zone _____ My red-**Danger** zone (< 50% of best)

Date														
	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Peak flow result														
Wheeze														
Cough														
Activity														
Sleep														
Rescue medicine used														
Wheeze	None = 0		Some = 1		Medium = 2		Severe = 3							
Cough	None = 0		Occasional = 1		Frequent = 2		Continuous = 3							
Activity	Normal = 0		Slight decrease in usual = 1		Moderate decrease in usual = 2		Can not do = 3							
Sleep	Normal = 0		Slight wheeze or cough = 1		Woke up due to wheeze or cough = 2		Awake most of night = 3							

1. Take your peak flow reading every morning before medicine and every evening at bedtime
2. Look at your action plan to see what to do with your peak flow results if they are in one of your action zones
3. Record the symptom level that best describes how you feel at the time you are checking your peak flow.
4. If you had to use your rescue medicine put an X or check in the box
5. Bring with this, "My Action Plan", and "MY Personal Best Peak Flow" with you to your next physician or nurse visit

My Personal Best Peak Flow and My Action Zones

1. How to establish your personal best peak expiratory (PEF) flow

- Record your peak flow results two to four times a day for 2-3 weeks
- Use the same meter all the time and bring to appointments
- Your asthma symptoms must be controlled or you will need to start over
- Re-establish personal best peak expiratory flow if peak flow meter is replaced

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.
4.	4.	4.	4.	4.	4.	4.
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.
4.	4.	4.	4.	4.	4.	4.
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.
4.	4.	4.	4.	4.	4.	4.

Average of results is _____. This is your personal best peak flow.

Subsequent values can then be placed into zones to help you control your asthma/COPD

1. Green 80-100% of baseline – **Go**

- Breathing is good
- No cough or wheeze
- Can work or play

My green zone is _____ to _____

2. Yellow 50-80% of baseline – **Caution**

- Wake up at night
- Cough or wheeze
- Cannot work or play

My yellow zone is _____ to _____

3. Red < 50% of baseline – **Danger**

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

My red zone is _____ to _____

Specific actions for each zone should be outlined in your action plan