

**Asthma Action Plan - For Patients 12 Years or Older  
(Chinese – Mandarin, Cantonese, and Other Dialects)**

**哮喘行动计划 - 12 岁以上患者适用**

NAME 姓名:

MRN 病历号:

BIRTHDATE 生日:

AGE 年龄:

日期DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ (月/日/年) (mm/dd/yyyy)

**绿色区域 (状况良好)**

**GREEN ZONE (Doing Well)**

- 呼吸良好 (无咳嗽、喘鸣、胸闷、白天或晚间气短) 以及,  
Breathing is good (no cough, wheeze, chest tightness, or shortness of breath during the day or night) **and**,
- 可做日常活动 (工作、玩乐和运动) 以及,  
Able to do usual activities (work, play and exercise) **and**,
- 峰流量是在个人最佳纪录的80%到100%之间:  
Peak flow is between 80% and 100% of personal best:  
\_\_\_\_\_ - \_\_\_\_\_

**控制性药物: 每天给予**

**Controller Medications: Give every day**

Medication Name

Medication Directions

- 若您运动时通常会有症状出现, 您就使用:  
If you usually have symptoms with exercise, then take:

**黄色区域 (注意)**

**YELLOW ZONE (Caution)**

- 呼吸问题 (咳嗽、喘鸣、胸闷、气短、或从睡眠中醒来) 或,  
Breathing problems (cough, wheeze, chest tightness, shortness of breath, or waking up from sleep) **or**,
- 可做一些, 但非所有日常活动**或**是,  
Can do some, but not all usual activities **or**,
- 峰流量是在个人最佳纪录的60%到80%之间:  
Peak flow is between 60% and 80% of personal best:  
\_\_\_\_\_ - \_\_\_\_\_

**救急性药物Rescue Medications**

**继续遵照处方指示给予控制性药物, 并且增加:**

**Continue taking the controller medications as prescribed and add:**

**使用:**

**Take:**

必要时, 20 分钟后重复使用。repeat after 20 minutes, if needed.

**然后:**

**Then:**

- 等待**20 分钟**后观察药物是否有帮助。  
Wait **20 minutes** and see if the medication(s) helped.
- 若用药后, 您的状况**愈来愈糟**或是**没有好转**, 请到下面的**红色区域**。  
If you are **GETTING WORSE** or are **NOT IMPROVING** after the treatment(s), go to the **Red Zone** below.
- 若您的状况**好转**, 继续依需要每 4 至 6 小时用药, 如此持续 24 至 48 小时。  
If you are **BETTER**, continue treatments every 4 to 6 hours as needed for 24 to 48 hours.

**然后:** 24 小时后若您还有症状, 打电话给您的医生

**Then:** 电话号码是 If you still have symptoms after 24 hours, **CALL YOUR DOCTOR** at \_\_\_\_\_。

**若使用救急性药物每星期超过 2 次, 请打电话给您的医生。**

**If rescue medication is needed more than 2 times a week, call your doctor.**

University of Michigan Hospitals and Health Centers (UMHHC) & University Health Service (UHS)  <b>Asthma Action Plan - For Patients 12 Years or Older</b> <b>(Chinese – Mandarin, Cantonese, and Other Dialects)</b>  <b>哮喘行动计划 - 12 岁以上患者适用</b>	NAME 姓名:  MRN 病历号:  BIRTHDATE 生日:  AGE 年龄:
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<b>红色区域 (医疗警报)</b> <b>RED ZONE (Medical Alert)</b>	<b>紧急处理: Emergency Treatment:</b> <b>立即使用这些药物, 并马上寻求医疗协助。</b> <b>Take these medications and seek medical help NOW.</b>
<ul style="list-style-type: none"> <li>• 呼吸困难短促(鼻孔张开、肋骨明显起伏) <b>或是</b>, Breathing is hard and fast (nose opens wide, ribs show) <b>or</b>,</li> <li>• 救急性药物没有帮助<b>或是</b>, Rescue medications have not helped <b>or</b>,</li> <li>• 无法做日常活动(包括说话或走路有困难)<b>或是</b>, Cannot do usual activities (including trouble talking or walking) <b>or</b>,</li> <li>• 峰流量少于个人最佳纪录的60%: Peak flow is less than 60% of personal best: _____</li> </ul>	<p>使用: _____</p> <p>Take: _____</p> <p>然后: _____</p> <p>Then: _____</p> <ul style="list-style-type: none"> <li>• 等待<b>15 分钟</b>后观察药物是否有帮助。 Wait <b>15 minutes</b> and see if the medication(s) helped.</li> <li>• 若您的状况<b>愈来愈糟</b>或<b>没有好转</b>, 请到医院或拨 <b>9 - 1 - 1</b>。 If you are <b>GETTING WORSE</b> or are <b>NOT IMPROVING</b>, go to the hospital or call 9-1-1.</li> <li>• 若您的状况<b>好转</b>, 请继续每 4 至 6 小时用药, 并打电话给您的医生 - <b>告知您的哮喘发作, 需要今天看医生。</b> If you are <b>BETTER</b>, continue treatments every 4 to 6 hours and call your doctor - <b>say you are having an asthma attack and need to be seen TODAY.</b></li> </ul> <p>_____</p> <p>_____</p>

随访 (仅适用住院病患): 若出院, 请在 2-3 天内随访。Dr. \_\_\_\_\_ (医师姓名),  
地点: \_\_\_\_\_。

Follow up (for inpatient only): If you are being discharged from the hospital, please follow up with  
Dr. [name] within 2-3 days at [location].

随时避免以下诱因: \_\_\_\_\_。  
Always avoid the following triggers:

本计划是在病人/照护者共同参与下由: \_\_\_\_\_ (姓名, 请用正楷)制定, 提供者 #: \_\_\_\_\_  
Plan Developed in Partnership with Patient/Caregiver by (printed name): \_\_\_\_\_ Provider #: \_\_\_\_\_

签名: \_\_\_\_\_ 日期: \_\_\_\_/\_\_\_\_/\_\_\_\_ (月月/日日/年年年年) 时间: \_\_\_\_\_ 上午/下午  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_ (mm/dd/yyyy) Time: \_\_\_\_\_ A.M./P.M.