

## How do I monitor my asthma?

Monitor for the following symptoms:

- Wheezing
- Trouble breathing
- Coughing
- Chest tightness
- Trouble doing your normal activities
- Increased need for your rescue medication

Monitor and record the following:

- How many days **this week** have you had symptoms?
- How many nights **this month** have you had symptoms?
- Peak flow readings
  1. Personal best: \_\_\_\_\_

Identify triggers that may cause asthma symptoms or an asthma attack. Avoid triggers if you can or pre-treat if needed. Examples of triggers may include:

- Cigarette smoke
- Colds/flu
- Exercise
- Mold/mildew
- Animal dander
- Ozone alert days
- Wood smoke
- Dust mites/carpeting
- Changes in weather or temperature
- Cockroaches

- Flowers, grass, weeds, and pollen
- Stress/emotions
- Seasonal sensitivities (fall, winter, spring, summer)
- Reflux/GERD
- Strong odors, such as in perfumes or cleaners
- Foods:
  - -----
  - -----
  - -----
- Other:
  - -----
  - -----
  - -----

## Asthma Action Plan:

<b>Green Zone:</b> Good Zone	<p>You are in the <b>Green Zone</b> if you:</p> <ul style="list-style-type: none"> <li>• Have no symptoms of asthma</li> <li>• Have no need for extra use of asthma medications</li> <li>• Are sleeping well at night</li> <li>• Can perform normal activities</li> <li>• Have a peak flow of 80% or more of personal best</li> </ul> <p>Take the following medication daily as directed:</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> </ol>
<b>Yellow Zone:</b> Caution Zone	<p>You are in the <b>Yellow Zone</b> if you have any of the following:</p> <ul style="list-style-type: none"> <li>• An increase in daily asthma symptoms and nighttime symptoms</li> <li>• Chest tightness</li> <li>• Cough or wheeze</li> <li>• Symptoms limiting normal daily activities</li> <li>• Increased need for asthma medication</li> <li>• Peak flow readings 50-80% of personal best</li> </ul> <p><b>If you are in the Yellow Zone, follow these steps:</b></p> <ol style="list-style-type: none"> <li>1. Keep using daily medications and <b>add</b> quick relief medicine:           <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> </li> <li>2. If you are <b>not</b> breathing better after 2 treatments, 20 minutes apart, you are in the <b>Red Zone</b> (read below).</li> <li>3. If you <b>are</b> breathing better, take treatments every <b>4-6</b> hours as needed for up to 2 days.</li> </ol> <p><b>Call your doctor if:</b></p> <ul style="list-style-type: none"> <li>• Quick relief medicine does not last 4 hours</li> <li>• Quick relief medicine is needed more than 2 times per week</li> </ul>
<b>Red Zone:</b> Danger Zone	<p><b>You are in the Red Zone if:</b></p> <ul style="list-style-type: none"> <li>• Your breathing is hard and fast</li> <li>• Your nose is flaring</li> <li>• You have difficulty walking and talking</li> </ul>

- Your ribs suck in
- Your asthma medications are not helping
- Your peak flow less than 50% of personal best

**If you are in the Red Zone, follow these steps:**

1. Use quick relief medicines
2. Wait 15 minutes to see if the treatment(s) have helped
3. If you are not breathing better, **go to the Emergency Department or call 911.**
4. If you are breathing better, keep taking treatments every 4-6 hours and call the **Central Nurse Triage Line** to assist you with symptoms and give care advice.

## **How do I contact my Care Navigator?**

If you would like to discuss your Asthma Self-Management Action Plan, please contact your Care Navigator:

- General Medicine: 734-998-2020
- Family Medicine: 734-539-5000
- Med Peds: 734-647-5670
- Geriatrics: 734-764-6831

If you are calling after hours, need to discuss symptoms, or your concern is urgent, please call the appropriate number from the list above and select the “symptom” prompt to speak with a triage nurse. This nurse line is open to assist you with symptoms 24 hours a day, 7 days a week, 365 days a year.

**If at any time you feel that your symptoms are severe, please call 911 or go to your local ER.**

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Reviewers: UMMG Best Practice Committee and Nursing Supervisor for Care Navigation group

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