

Single Maintenance and Reliever Therapy (SMART) Asthma Action Plan: For Patients 18 Years and Older

Patient information:

Name: _____ Date of birth: _____ Today's date: _____

Emergency contact: _____ Phone number: _____

Asthma triggers: _____



Asthma medication:

Maintenance:

- ☐ Budesonide/formoterol
(Symbicort® or Breyna®)
____/4.5 mcg
- ☐ Mometasone/formoterol
(Dulera®) ____/5 mcg


Reliever:

- ☐ Same as maintenance (single maintenance and
reliever therapy, or **SMART**)
- ☐ Albuterol/budesonide (AirSupra®) 90/80 mcg
(anti-inflammatory reliever, or **AIR**)

Green zone: Doing well	Every day, take:
 <p>My breathing is good.</p> <ul style="list-style-type: none"> No coughing No wheezing Asthma does not wake me from sleep 	<ul style="list-style-type: none"> <input type="checkbox"/> ____ puff(s) with chamber, ____ times a day <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>If you get symptoms with exercise:</p> <ul style="list-style-type: none"> <input type="checkbox"/> ____ puff(s) with chamber, 15 minutes before exercise
Yellow zone: Symptoms starting	Add reliever puffs
 <p>I am having trouble breathing, or I am starting to get sick.</p> <ul style="list-style-type: none"> Coughing Wheezing Shortness of breath 	<ul style="list-style-type: none"> <input type="checkbox"/> Take ____ puff(s) with chamber as needed <ul style="list-style-type: none"> If your symptoms do not improve after 5-10 minutes, take ____ more puff(s). You may take up to 12 total puffs per day. <input type="checkbox"/> _____


**If you need 12 total puffs for more than 2 days in a week,
and your symptoms are not improving,
go to the orange zone.**



Orange zone: In trouble	Call your doctor
 <p>I am still having trouble breathing, and my reliever puffs are not working.</p> <ul style="list-style-type: none"> • Constant coughing • Chest tightness • Difficulty with daily activities • Asthma wakes me from sleep 	<p>Doctor name: _____</p> <p>Phone number: _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Continue the yellow zone action steps while waiting for your doctor's instructions. <input type="checkbox"/> If you have albuterol, you may try taking 2-4 puffs with chamber or 1 nebulizer treatment every 4 hours as needed. <input type="checkbox"/> _____

**If your symptoms are quickly getting worse
and you can't reach your doctor,
go to the red zone.**



Red zone: In danger	Get help now
 <p>My breathing is bad.</p> <ul style="list-style-type: none"> • Breathing hard and fast • Ribs show when breathing • Stomach or neck is caving in • Hard to talk or walk 	<p>Go to the closest emergency room (ER) or call 911.</p> <ul style="list-style-type: none"> • Take extra puffs with chamber, as often as you need, until you get help. • Sit upright and try to stay calm. • See your doctor as soon as you can, even if your symptoms get better, after any visit to the ER or an urgent care clinic.

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