Your child's asthma action plan with MART regime (5 and over)

Children's Hospital

Information for Patients, Parents & Carers

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Child/Young person: _____

Completed by: _____ Date: _____

My Maintenance and Reliever Therapy (MART) plan

My Inhaler is called:_____Strength:_____ Colour: _____

My spacer is blue. This should always be used with my_____ inhaler.

(If you have a 'dry powder inhaler' you will not have a spacer. It must be used for 'spray' inhalers to get the medicine into your lungs).

My Regular Maintenance And Reliever Therapy (MART)

Other medication I take to help with my asthma: _____

I must take ____ doses every morning and ___ doses every evening to prevent asthma symptoms and attacks, even if I feel well. This is called **maintenance**

This inhaler is also my **reliever** inhaler.

I can take extra doses if I have symptoms of asthma or before sport or activity that makes me have symptoms of asthma.

Asthma symptoms are:

- wheeze, tight chest, shortness of breath, cough or difficulty in breathing,

If I have symptoms of asthma or before exercise I can take 1 dose as required up to ____ doses at any one time, and a maximum of ____ in a day.

This includes my regular morning and evening doses.

How to treat asthma symptoms on your Maintenance And Reliever Therapy (MART) plan

You are having symptoms of wheeze, tight chest, shortness of breath, cough or difficulty in breathing.

Sit up and try to stay calm.
- Take **1 dose** of your inhaler.
- Wait **3 to 5** minutes to see if symptoms have gone.
- If you are still worried about breathing, take a further **1 dose**
- You can have up to a maximum of ____doses.

Review your breathing. Are you **still** having symptoms?

Yes

You are having an asthma attack
Seek urgent medical attention by calling 999 or 111 right away.

You can take more doses, 1 dose at a time every 1 to 3 minutes while waiting for help.
Try to keep calm.

No

Review breathing at least **every 3 to 4 hours**. If symptoms return, you can take another **1 dose.**

You can repeat this if needed up to a maximum of ___ doses in a day.

This includes your regular maintenance doses.

If you have not improved after 24 hours and you need extra doses every 4 to 6 hours you must see your GP or call 111 today.

Have symptoms returned in **less than 4 hours?**

Yes

No

If you do not need extra doses of your inhaler for 24 hours and activity levels are back to normal, continue you regular maintenance treatments.
If you need to take extra doses of your inhaler:
- more than 2 times a week (day or night) for symptoms of asthma, or
- you are regularly taking ____ doses per day, arrange a review with your GP/asthma nurse or other specialist health professional.

My triggers are:

☐ Viruses

☐ House dust mites

☐ Animal fur, feathers and their bedding

☐ Foods

☐ Exercise

☐ Upset, distress and emotions

☐ Smoke – vapes/cigarettes and fires

Any other triggers

_____

_____

_____

_____

Useful links

How to use my inhaler:

https://www.asthmaandlung.org.uk/living-with/inhaler-videos



Advice on managing mould in rented accommodation:

https://www.nhs.uk/common-health-questions/lifestyle/can-damp-and-mould-affect-my-health/



If you have damp or mould in your rented home:

https://www.citizensadvice.org.uk/housing/repairs-and-housing-conditions/repairs-and-housing-conditions/common-problems/repairs-damp/



Stopping smoking:

https://www.nhs.uk/service-search/other-health-services/stop-smoking-support-services



Air quality monitoring:

https://uk-air.defra.gov.uk/forecasting/



Contact details

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Giving us your feedback

We would love to get some feedback on your visit today.

Use your smart phone to scan the QR code for quick access to our online feedback survey form or visit this link:

https://www.oc-meridian.com/UHLTR/completion/custom/default.aspx?slid=341&did=

Children's Hospital Wards and Outpatients

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead
or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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