

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 your 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/>



<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/>



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જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

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