

Date: _____

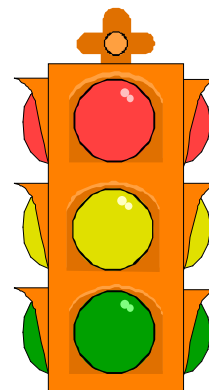
[Label Imprint]

Asthma Action Plan

- Always use your spacer.
- Rinse your mouth after using your medicine.
- Check and graph peak flow readings one or two times each day.
- Check and graph your peak flows before and after your Albuterol.

Call your doctor if:

- If readings are always above the Green Zone.
- You need your Albuterol or Xopenex more often than every four hours.
- Your asthma symptoms do not improve after your Albuterol or Xopenex.
- You have been in the yellow zone for more than 2 days.



Zone

Medication Plan

Green Zone Asthma is in good control.

_____ to _____

Yellow Zone Caution zone: Asthma is not in good control.

_____ to _____

1. Continue green zone plan.

Red Zone Danger zone: Asthma is poorly controlled.

_____ to _____

1. Call 602-546-0985 or 602-546-602-546-1000 after hours and ask for the pulmonologist on call.
2. Continue green and yellow zone plans.

Return to the clinic on: _____

Signature: _____ Signature: _____

If you have any questions or concerns, call your child's doctor or nurse.



Name of Health Care Provider: _____ Number: 54

For office use: Date returned: _____ db nb xls

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings? Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!