

APPENDIX 5: EXAMPLES OF ASTHMA MANAGEMENT PLANS AND EDUCATIONAL RESOURCES, ASTHMA ORGANISATIONS

An asthma self-management plan should include the information shown in this example:

ASTHMA MANAGEMENT PLAN OUTLINE

Name: _____ Date: _____

Peak Flow:

- Okay
- Consider reviewing your treatment with your GP
- Get help now

Expected:	<input type="text"/>
Personal Best:	<input type="text"/>

Primary Health Care Nurse/ Doctor: _____ Phone: _____

Asthma Specialist: _____ Phone: _____

Nearest Medical Facility: _____

Address: _____

Phone: (Emergency) _____ (Business) _____

1. Maintenance plan

The following medications need to be taken every day:

Medicine	Dosage	Frequency

2a. Episode treatment plan – chronic

When the following early warning signs worsen over a period of _____ (time interval):

I should add the following medication and/or additional dosages:

Medicine	Dosage	Frequency

if this does not relieve symptoms within _____ (time interval)

or if I need more than _____ treatments of _____ in 24 hours

or if I need a treatment of _____ within 2 hours of a previous treatment, then I should call my doctor.

2b. Episode treatment plan - acute

When the following symptoms appear suddenly:

I should add the following medication and/or additional dosages:

Medicine	Dosage	Frequency

If this does not relieve symptoms within _____ (time interval)

or if I need more than _____ treatments in 24 hours or if I need treatment within 2 hours of a previous treatment,

I should call my doctor

2c. Episode treatment plan - emergency

If my doctor is unavailable, I should take the following medication until help is obtained:

Medicine	Dosage	Frequency

If I have severe symptoms

(eg, not being able to talk, blue color of fingernails, lips or other parts of my body),

or if I am getting worse very fast,

***I need immediate medical help.
Call 111.***

A number of adult asthma self-management plans are available on-line. The following web sites have asthma plans freely downloadable:

- The Asthma and Respiratory Foundation of New Zealand have their Asthma Management Plans at: www.asthmanz.co.nz/
- The Australian National Asthma Campaign plan is available at: www.nationalasthma.org.au/publications/action/html/adults.html
- The British National Asthma Campaign have the UK action plans available at www.actionasthma.co.uk/actionasthma/home/community.asp
- The American Asthma Education & Resource Council, based in California, have Asthma plans available at: home.earthlink.net/~claudiarn/asthma/plan.html

In addition, asthma self-management plans can be obtained from asthma support organisations in New Zealand such as the following:

Society	Address	Tel
Auckland Asthma Society	581 Mt Eden Road, Mt Eden, Auckland	(09) 630 2293
Canterbury Asthma Society	P O Box 13-091, Christchurch	(03) 366 5235
Gisborne & East Coast Asthma Society	P O Box 797, Gisborne	(06) 868 5041
Hawkes Bay Asthma Society	P O Box 4043, Napier	(06) 835 0018
Kapiti Asthma Society	35 Martin Road, Paraparumu Beach	(04) 902 6855
Manawatu Asthma Society	P O Box 5164, Palmerston North	(06) 358 7491
Marlborough Asthma Society	P O Box 374, Blenheim	(03) 578 2387
Matamata Asthma Society	P O Box 8, Matamata	(07) 888 6233
Nelson Asthma Society	P O Box 450, Nelson	(03) 546 7675
Northland Asthma Society	1/15 Central Avenue, Whangarei	(09) 438 5205
North Otago Asthma Society	P O Box 16, Oamaru	(03) 434 7111
Otago Asthma Society	P O Box 5494, Dunedin	(03) 471 6167
Rotorua Asthma Society	P O Box 472, Rotorua	(07) 347 1012
Southland Asthma Society	480 Dee Street, Invercargill	(03) 214 2356
South Canterbury Asthma Society	P O Box 267, Timaru	(03) 688 5571
Taranaki Asthma Society	P O Box 186, New Plymouth	(06) 753 5105
Taupo Asthma Society	P O Box 595, Taupo	(07) 377 6015
Tauranga Asthma Society	P O Box 217, Tauranga	(07) 578 4602
Tu Kotahi Māori Asthma Society	22 Barnes Street, Seaview, Lower Hutt	(04) 939 4629
Waikato Asthma & Respiratory Society	P O Box 7013, Hamilton East	(07) 839 6222
Waimate Asthma Support Group	24 Naylor Street, Waimate	(03) 689 8524
Wairarapa Asthma Society	P O Box 2097, Kurupuni, Masterton	(06) 377 1175
Wanganui Asthma Society	P O Box 790, Wanganui	(06) 345 2703
Wellington Regional Asthma Society	Pember House, 16 Hagley Street, Porirua	(04) 237 4520
Whakatane Asthma & COPD Support Group	105 Woodlands Road, Opotiki	(07) 315 6151