

**Maintenance and Reliever Therapy (MART) action plan– adults and children aged 12 years and over
budesonide/formoterol dry powder inhaler (DPI)
(Duoresp Spiromax® 160/4.5, Fobumix® 160/4.5 , Symbicort Turbohaler® 200/6)**

You will need to monitor your asthma to make sure that everything remains stable. If you require frequent use of reliever inhalations daily i.e. **three times a week or more** you are strongly recommended to seek medical advice. Your asthma should be reassessed, and your maintenance therapy should be reconsidered.

CONTROLLED ASTHMA

My asthma is **WELL CONTROLLED** when:

- I have no difficulty sleeping because of my asthma symptoms.
- I have no symptoms of wheeze, cough or chest tightness day or night.
- I can “work & play” without difficulty.
- I do not need additional puffs of my asthma medication.

Usual best peak flow:

My peak flow is above..... (80% of my best)

My branded inhaler is called:

My regular maintenance treatment is:
.....puff/s morning and evening.

My reliever treatment is:

One additional puff when needed for relief of my asthma symptoms 6 puffs on a single occasion or 8 puffs in a day

INCREASING ASTHMA SYMPTOMS

If over a period of two to three days my asthma is **GETTING WORSE:**

- My asthma is causing me to wake during nighttime or early morning.
- I am having difficulty at work or play because of my breathing.
- I have cough, wheeze or chest tightness which causes me to need my reliever **three times a week or more.**

I should check my peak flow

If my peak flow is less than..... (80% of my best). I should: **take 2 puffs 4 times a day for up to 7 days**

I MUST SEEK URGENT MEDICAL ATTENTION IF MY INHALERS HAVE NOT HELPED AFTER 7 DAYS OR IF I SUDDENLY FEEL WORSE

NB up to 12 puffs daily can be used for a limited period

If there is no improvement and I have been pre-prescribed rescue steroids of prednisolone 40mg daily I should start these for at least 5 days or until better. I should contact my surgery.

If I do not have rescue steroids, I should contact my surgery for an urgent review.

SIGNS OF AN EMERGENCY

- My inhaler is not relieving my symptoms.
- I am having extreme difficulty breathing.
- I am too breathless to speak in full sentences.

My peak flow is(less than 50% of my usual best).

Sit upright and keep calm.

Take one puff of my inhaler

If there is no improvement take another puff of my inhaler every 2 minutes up to a maximum of **6 puffs** in total until help arrives.

NB up to 12 puffs daily can be used for a limited period

Emergency actions

If I am no better or getting worse, I should seek urgent medical attention by calling 999. I should use further reliever treatment as above until help arrives.

I should arrange a respiratory review at my surgery even if my symptoms improve.



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