MARYLAND DEPARTMENT OF
HEALTH AND
MENTAL HYGIENE

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Maryland Chapter

ASTHMA ACTION PLAN

Check Asthma Severity: □ Mild Intermittent □ Mild Persistent □ Moderate Persistent □ Severe Persistent

<table>
<thead>
<tr>
<th>Patient's Name</th>
<th>DOB</th>
<th>Effective Date</th>
<th>Doctor's Name</th>
<th>Parent/Guardian’s Name</th>
<th>Doctor’s Office Phone Number</th>
<th>Parent/Guardian’s Phone Number</th>
<th>Emergency Contact after Parent</th>
<th>Contact Phone</th>
</tr>
</thead>
</table>

Personal Best Peak Flow:

<table>
<thead>
<tr>
<th>Personal Peak Flow Ranges</th>
</tr>
</thead>
</table>

RED means Danger Zone!
Get help from a doctor.

YELLOW means Caution Zone!
Add prescribed yellow medicine.

GREEN means Go Zone!
Use preventive medicine.

GO (Green) → Use these medications every day.

You have all of these:
• Breathing is good.
• No cough or wheeze.
• Sleep through the night.
• Can work and play.

And/or personal peak flow above 80%

<table>
<thead>
<tr>
<th>Medicine/Dosage</th>
<th>How much to take</th>
<th>When to take</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Comments

For exercise, take:

CAUTION (Yellow) → Continue with green zone medicine and ADD:

You have any of these:
• First sign of a cold.
• Exposure to a known trigger.
• Cough.
• Mild wheeze.
• Tight chest.
• Cough at night.

And/or personal peak flow from 80% to 50%

<table>
<thead>
<tr>
<th>Medicine/Dosage</th>
<th>How much to take</th>
<th>When to take</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Comments

If Quick Reliever/ Yellow Zone medicines are used more than 2 to 3 times per week, CALL your Doctor.

DANGER (Red) → Take these medicines and call your doctor.

Your asthma is getting worse fast:
• Medicine is not helping within 15-20 minutes.
• Breathing is hard and fast.
• Nose opens wide.
• Ribs show.
• Lips are blue.
• Fingernails are blue.
• Trouble walking or talking.

And/or personal peak flow below 50%

<table>
<thead>
<tr>
<th>Medicine/Dosage</th>
<th>How much to take</th>
<th>When to take</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Comments

GET HELP FROM A DOCTOR NOW!

If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT.

Adapted from: NYC DOHMH and Pediatric/Adult Asthma Coalition of New Jersey.

www.fha.state.md.us/mch   www.MarylandAsthmaControl.org   www.mdaap.org

DHMH Form Number: 4643

For additional forms, please call: 410-799-1940
How to Use this Form

The Asthma Action Plan is to be completed by a primary care provider for each individual (child or adult) that has been diagnosed with asthma. The Asthma Action Plan should be regularly modified to meet the changing needs of the patient and medicine regimes. The provider should be prepared to work with families to gain an understanding of how and when the Asthma Action Plan should be used. Please complete all sections of the Asthma Action Plan. Please write legibly, and refrain from using abbreviations.

The Asthma Action Plan is an education and communication tool to be used between the health care provider and the patient, with their family and caregivers, to properly manage asthma and respond to asthma episodes. The patient, and their family or caregivers, should fully understand the Asthma Action Plan, especially related to using the peak flow meter, recognizing warning signs, and administering medicines. Patients, families, and caregivers should be given additional educational materials related to asthma, peak flow monitoring, and environmental control.

Persons with asthma, parents, grandparents, extended family, neighbors, school staff, and childcare providers are among the persons that should use the Asthma Action Plan.

A spacer should be prescribed for all patients using a metered-dose inhaler (MDI).

Children over the age of six years may be given peak flow meters to monitor their asthma and determine the child’s zone.

Parents of children under the age of six years should use symptoms to determine the child’s zone.

**Zone Instructions**

The Personal Best peak flow should be determined when the child is symptom free. A diary can be used to determine personal best and is usually part of a peak flow meter package. A peak flow reading should be taken at all asthma visits and personal best should be redetermined regularly. Because peak flow meters vary in recording peak flow, please instruct your patients to bring their personal peak flow meter to every visit.

**Green:** Green Zone is 100 percent to 80 percent of personal peak flow best, or when no symptoms are present.

List all daily maintenance medicines. Fill in actual numbers, not percentages, for peak flow readings.

**Yellow:** Yellow zone is 80 percent to 50 percent of personal peak flow best, or when the listed symptoms are present.

Add medicines to be taken in the yellow zone and instruct the patient to continue with green zone (maintenance) medicines. Include **how long** to continue taking yellow (quick reliever) medicines and when to contact the provider.

**Red:** Red zone is 50 percent or below of personal peak flow best, or when the listed symptoms are present.

List any medicines to be taken while waiting to speak to a provider or preparing to go to the emergency room.

**Peak Flow Chart**

| Green 100% | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 | 250 | 260 | 270 | 280 | 290 | 300 | 310 | 320 |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Yellow 80% | 80  | 90  | 95  | 105 | 110 | 120 | 130 | 135 | 145 | 150 | 160 | 170 | 175 | 185 | 190 | 200 | 210 | 215 | 225 | 230 | 240 | 250 | 255 |
| Red 50%    | 50  | 55  | 60  | 65  | 70  | 75  | 80  | 85  | 90  | 95  | 100 | 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 150 | 155 | 160 |

<table>
<thead>
<tr>
<th>Green 100%</th>
<th>330</th>
<th>340</th>
<th>350</th>
<th>360</th>
<th>370</th>
<th>380</th>
<th>390</th>
<th>400</th>
<th>420</th>
<th>440</th>
<th>460</th>
<th>480</th>
<th>500</th>
<th>520</th>
<th>540</th>
<th>560</th>
<th>580</th>
<th>600</th>
<th>620</th>
<th>640</th>
<th>660</th>
<th>680</th>
<th>700</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow 80%</td>
<td>265</td>
<td>270</td>
<td>280</td>
<td>290</td>
<td>295</td>
<td>305</td>
<td>310</td>
<td>325</td>
<td>335</td>
<td>350</td>
<td>370</td>
<td>385</td>
<td>400</td>
<td>415</td>
<td>430</td>
<td>450</td>
<td>465</td>
<td>480</td>
<td>495</td>
<td>510</td>
<td>535</td>
<td>545</td>
<td>560</td>
</tr>
<tr>
<td>Red 50%</td>
<td>165</td>
<td>170</td>
<td>175</td>
<td>180</td>
<td>185</td>
<td>190</td>
<td>195</td>
<td>200</td>
<td>210</td>
<td>220</td>
<td>230</td>
<td>240</td>
<td>250</td>
<td>260</td>
<td>270</td>
<td>280</td>
<td>290</td>
<td>300</td>
<td>310</td>
<td>320</td>
<td>330</td>
<td>340</td>
<td>350</td>
</tr>
</tbody>
</table>