

## ASTHMA ACTION PLAN

The Children's Hospital  
Asthma Management  
Program

Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Physician or Clinic: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

www.coloradoguidelines.org  
www.asthmacolorado.org  
www.thechildrenshospital.org

Contact: Julie Gannon RN 303-860-4701  
with questions or concerns

<p><b>GREEN ZONE</b> <b>Doing Well</b></p> <ul style="list-style-type: none"> <li>No coughing, wheezing, or shortness of breath</li> <li>Can do usual activities</li> </ul> <p>OR</p> <p>if a peak flow meter is used, your peak flow is at least: _____ (80% or more of best* peak flow)</p> <p>Best* peak flow: _____ (*This is the personal best peak flow that you have consistently reached when doing well in the past year)</p>	<p><b>Personal Asthma Goal: Less sick less often</b></p> <p><b>Take these medicines every day for long-term control:</b></p> <p>Name of med:</p> <ul style="list-style-type: none"> <li>For metered dose inhalers use of a valved holding chamber is recommended</li> <li>Avoid cigarette smoke</li> <li>Avoid what you are allergic to (if unknown then discuss tests with your doctor)</li> <li>See your doctor every 1 to 6 months for preventive care</li> <li>10 to 60 minutes <b>before exercise</b> you can take 2 puffs of albuterol or xopenex</li> </ul>
<p><b>YELLOW ZONE</b> <b>Caution</b></p> <ul style="list-style-type: none"> <li>Coughing, or wheezing, or shortness of breath, or</li> <li>Nighttime awakenings with symptoms</li> </ul> <p>OR</p> <p>Peak flow is between ____ and ____ (50% to 80% of best)</p>	<p><b>Take your GREEN ZONE meds <u>plus</u> for quick symptom relief take:</b></p> <p>Quick relief medicine every four hours as needed (for inhalers use of a valved holding chamber)</p> <p><b>If he has been in the yellow zone for over 24 hours, call your doctor.</b></p>
<p><b>RED ZONE</b> <b>Medical alert!</b></p> <ul style="list-style-type: none"> <li>Short of breath, or</li> <li>Coughing or wheezing not helped with meds, or</li> <li>Cannot do activities</li> </ul> <p>OR</p> <p>Peak flow less than ____ (50% of best)</p>	<ol style="list-style-type: none"> <li>If extremely short of breath, call 911 immediately.</li> <li>If your child is not responding to albuterol or needing xopenex or albuterol more often than every 4 hours, call your doctor to be seen immediately or go to the emergency room. You can repeat your quick relief every 20 minutes for a total of 3 doses while you go to the doctor's office or emergency department. You can also start _____.</li> </ol> <p>Remember that xopenex and albuterol are just short-acting bronchodilators for temporary relief. Corticosteroids are needed to control the inflammation in your lungs, which is the actual cause of the symptoms.</p>

Adapted from the National Asthma Education and Prevention Program Expert Panel Report 2: Guidelines for the Diagnosis and Management of Asthma (1997). This guideline is designed to assist the clinician in the management of asthma. This guideline is not intended to replace the clinician's judgment or establish a protocol for all patients with a particular condition. For references, additional copies of the guidelines or patient documents, go to [www.coloradoguidelines.org](http://www.coloradoguidelines.org) or call 720-297-1681.

Approved by the Patient Family Education Committee

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Revised Jan2007

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