

Asthma Emergency Plans

A worksheet to help your loved one develop a plan for controlling his or her asthma attacks.

You or your loved one should prepare a plan to manage an asthma attack by consulting with the doctor. Your loved one must know in advance how to avoid asthma triggers, respond to early warning signs of an episode, and take medicine properly. The use of a peak flow meter should be part of the your loved one's routine. A key part of any plan must include the best way to reach the doctor for routine questions and urgent care.

Write out your plan for an asthma emergency.

Ask the doctor what the patient should do in an emergency.

What are the signs that tell the patient to seek care quickly?

What should the patient do if the medicines do not seem to be working?

Where should the patient go to get care quickly?

Should the patient call the doctor first or go to the emergency room?

What does the patient do if he or she has an asthma emergency very

late at night?

When you or the patient calls, what information will the doctor want?
