Key to symptoms

Recognising worsening asthma



Most days you should be free of asthma symptoms but triggers may make your asthma worse. Using this diary can help you to identify your triggers, and along with your Asthma Action Plan it will help you to know when to change your usual treatment.

Things to look for include: coughing, wheezing, difficulty breathing, not being able to play like you usually do, waking at night with asthma, and using the reliever more than 2 times per week.

Tick the boxes on the chart to show how bad your symptoms are, use the key below as a guide:

Symptom	Well	Worse	Worried	Asthma Emergency
Did you cough today?	No not at all.	Yes I coughed some of the time.	I coughed most of the day & found it hard to breathe.	I'm coughing & finding it very hard to breathe.
Did you wheeze today?	No not at all.	Yes I wheezed some of the time.	I wheezed often during the day & found it hard to breathe.	I'm wheezing & finding it very hard to breathe.
Did your asthma affect normal activity?	No not at all.	Just when I got excited.	I couldn't play or do things like I usually do.	I'm distressed. Gasping for breath. I'm pale and quiet
Did your asthma wake you up last night?	No I slept well.	Yes for some of the night.	Yes for most of the night.	My asthma symptoms are really bad and I can't sleep
How many doses of reliever did you take?	None.	I needed two puffs.	I needed 6 puffs.	My reliever isn't working



Worse

- I cough or wheeze and it's hard to breathe, or
- I'm waking at night because of my asthma, or
- · I cough or wheeze when I play, or
- I need my reliever puffer to control my asthma more than 2 times per week



Worried

- My reliever puffer isn't helping, or
- I'm finding it hard to breathe, or
- I'm breathing hard and fast, or
- I'm sucking in around my ribs/throat, you may need to look under my shirt, or
- I'm looking pale or blue



- Sit me down and try to stay calm
- Give me 6 puffs of reliever through a spacer, taking 6 breaths for each puff
- If I don't start to improve I need help
 now



Emergency

DIAL 111 and ask for an ambulance WHILE YOU'RE WAITING:

- Try to stay calm and keep me sitting upright
- Give 6 puffs of reliever through a spacer every 6 minutes with 6 breaths for each puff until help arrives





Name:

Better breathing, better living

Produced by the Asthma and Respiratory Foundation NZ

					Preventer:																	If you are frightened at any stage call 111			
Well If you have ticked only the		nii in ti	Worse If you have ticked <u>any</u> of the					Use tr	this Symptom Diary along side your Asthma Action Plan. Worried If you have ticked any of the						Asthma Emergency If you have ticked <u>any</u> of the										
green boxes, thin really well.	gs are g	going			tre act	atmen ion pla	exes, inc t in line an. If yo your o	with you're no	your ot getti				orang today	je boxe	es, see	a doct	tor					s, you need to d or an ambulanc			
Date Did you cough toda		oday?	Did you wheeze today?			Did your asthma affect your normal activity?			Did your asthma wake you up in the night?			How many doses of reliever did you take today?			Com	ments									
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