

ACTION PLAN: Symbicort Reliever Therapy (SRT) as needed using the Turbohaler 200/6

Name:
Date completed:
Completed by:

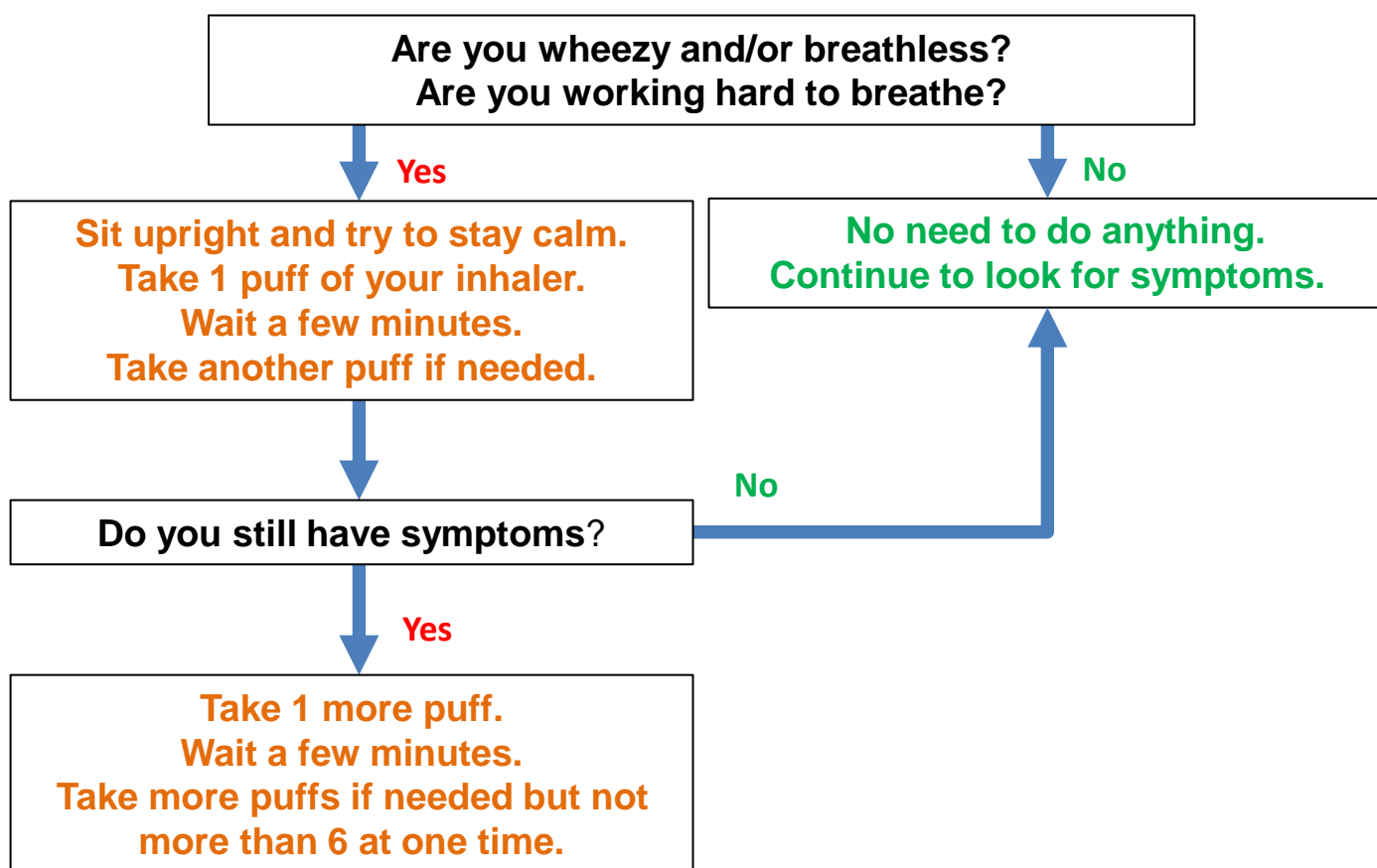
DOB:
GP Contact details:

What is SRT?

- ❖ SRT is asthma treatment for children > 12 years. The inhaler contains quick acting, long lasting medicine to open your airways and preventer medicine to keep your lungs healthy.
- ❖ 1 puff should be taken as needed for symptoms such as wheeze or breathlessness.
- ❖ Your maximum daily dose is 8 puffs. If 8 puffs is needed for 2-3 days seek medical advice. Up to 12 puffs can be given in an emergency (see below).
- ❖ If you have an asthma attack or need SRT three or more times a week, see your GP or asthma nurse about taking an inhaler regularly as well as when needed.



How to treat asthma symptoms



Call 999 or go straight to your local Emergency Department if you are not improving or need up to 12 puffs in 24 hours.
If you have a Salbutamol (blue) inhaler, give up to 10 puffs one at a time using a spacer whilst awaiting urgent help.

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Asthma is under control if

- You can do all normal activities
- You do not need your inhaler more than a few times a week

Contact your GP or Asthma Nurse for any of the following

- You need your inhaler 3 or more times a week
- Your treatment has not been reviewed for more than 1 year
- You are wheezy after exercise
- You have a persistent night-time cough

Education

Scan this code for a video showing how to use your inhaler



Scan this code for information about Asthma Symptoms



Please make a note if you have a course of oral steroids

Date	Symptoms	Treatment

Please bring this record to all asthma reviews



Please dispose of empty or unwanted inhalers responsibly

