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PATIENT ASTHMA ACTION PLAN

This plan should be reviewed and updated on a frequent basis. Please plan on regular follow up visits at our office.

<p>GREEN ZONE All Clear (This is where you should be everyday.)</p> <p>Peak Flow Above: _____ (80% to 100% of prediction or personal best)</p> <p>NO SIGNS OF SYMPTOMS:</p> <ul style="list-style-type: none">• No signs or symptoms of an asthma episode• Able to do normal activities• No problems while sleeping <p>If you are in your GREEN ZONE:</p> <p>-Take your daily asthma medications as ordered by your doctor.</p> <p>_____ _____ _____</p> <p>-Do your peak flow and record result daily</p> <p>-Pre medicate with _____ 20 minutes before exercise IF YOU HAVE EXERCISE INDUCED SYMPTOMS.</p>	<p>YELLOW ZONE CAUTION! (This is not where you should be. You need to take action to get your asthma under control.)</p> <p>Peak Flow Above: _____ (50% to 80% of prediction or personal best)</p> <p>EARLY SIGNS AND SYMPTOMS:</p> <ul style="list-style-type: none">• Coughing• Wheezing• Tightness of chest• Unable to do normal activities• Cold symptoms• Unable to sleep• Shortness of breath <p>If you are in your YELLOW ZONE: take action to get your asthma under control.</p> <p>-FIRST take your quick relief inhaler _____ you may take q 20 minutes up to 1 hour (abuterol proventil, xopenex, ventolin)</p> <p>-NEXT recheck your peak flow in 15 minutes. <u>If you feel better</u> and your peak flow is above _____ (70%). Then continue to use your _____ every 4 to 6 hours as long as you are having symptoms.</p> <p>-If <u>you do not feel better</u> in 60 minutes or your peak flow is under _____ (70%) call our office. Also call us if you need your rescue inhaler more often than every 4 hours, or you have needed your rescue inhaler every 4 hours for more than 24 hours.</p> <p>**If you are frequently in your YELLOW ZONE, we may need to adjust your daily asthma medications. Please call our office for an appointment.</p>	<p>RED ZONE DANGER!! (THIS IS AN EMERGENCY!!) GET HELP!</p> <p>Peak Flow Below: _____ (Below 50% of prediction or personal best)</p> <p>DANGER SIGNS AND SYMPTOMS:</p> <ul style="list-style-type: none">• Very hard time breathing• Trouble talking• Trouble with any activity• Constant coughing• Use of neck or stomach muscles to breath• Ribs show when breathing• Quick relief medications are not helping• Lips or nails turn blue <p>If you are in your RED ZONE, this is an EMERGENCY and you should:</p> <p>-FIRST take your quick relief medicine (May repeat in 20 minutes)</p> <p>_____ _____</p> <p>-NEXT REPEAT YOUR PEAK FLOW IN FIVE MINUTES,</p> <p>-IF YOU FELL BETTER, YOU STILL NEED TO CALL OUR OFFICE!! WE WILL WANT TO SEE YOU IMMEDIATELY, IF WE CAN'T SEE YOU, WE WILL ADVISE YOU TO SEE YOUR FAMILY PHYSICIAN OR GO TO THE EMERGENCY ROOM!</p> <p>-IF NOT BETTER, GO DIRECTLY TO THE EMERGENCY ROOM OR CALL 911</p>
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Office Hours: Mon-Thurs 8:30 to 5:00 pm. Fri 8:30 to 12:00 pm.