

Asthma Self-Management Plan

Name: _____

Date: _____

Every day—your personal peak flow goal: _____

Green Zone: All Clear



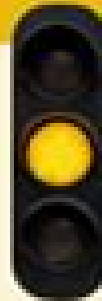
What this could mean:

If you have:

- ✓ No shortness of breath
- ✓ Ability to do usual activities
- ✓ If a peak flow meter is used: Peak flow: more than _____ (80% or more of my best peak flow)
- ✓ My best peak flow: _____

- ✓ Your symptoms are under control
- ✓ Continue taking your controller medication as ordered
- ✓ Continue to monitor peak flow
- ✓ Keep all physician appointments

Yellow Zone: Caution



What this could mean:

If you have any of the following:

- ✓ Cough, wheeze, chest tightness, or shortness of breath
- ✓ Waking at night due to asthma
- ✓ Can do some, but not all, usual activities
- ✓ Peak flow: _____ to _____ (50–80% of my best peak flow)
- ✓ Anything else unusual that bothers you

If you notice a Yellow Caution, work closely with your healthcare team.

- ✓ Your asthma is getting worse
- ✓ You may need a medication adjustment
- ✓ Eliminate triggers
- ✓ Stop strenuous exercise
- ✓ Add reliever medication: _____

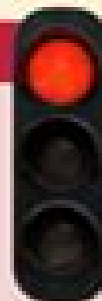
Call your doctor, nurse, or home health nurse.

Name: _____

Telephone: _____

Instructions: _____

Red Zone—Stop and Think!



What this could mean:

If you have any of the following:

- ✓ Very short of breath, trouble walking and talking due to shortness of breath, or skin color is pale or gray
- ✓ Cannot do usual activities or symptoms are same or get worse after 24 hours in the Yellow Caution area
- ✓ Quick-relief medications have not helped
- ✓ Peak flow: less than _____ (50% of my best peak flow)
- ✓ Fingernails or lips are blue

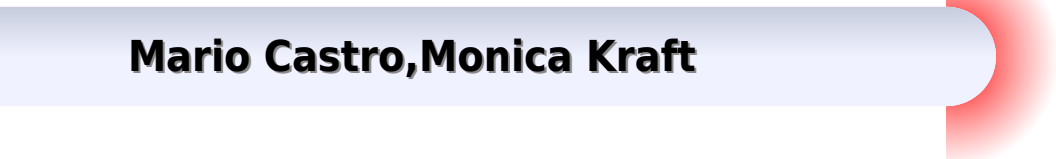
- ✓ If you experience any Red Zone symptoms, **call 9-1-1** and notify your physician right away

Physician Name: _____

Telephone: _____

Self Management Of Asthma

Mario Castro, Monica Kraft



Self Management Of Asthma:

Asthma, Health and Society Andrew Harver, Harry Kotses, 2010-03-10 Asthma Health and Society A Public Health Perspective Edited by Andrew Harver University of North Carolina at Charlotte Charlotte Harry Kotses Ohio University Athens Asthma Health and Society is a comprehensive current resource on this complex disease its scope human costs and management from a combined social ecology public health perspective This important and unique book proposes a concerted multifaceted response and sets out the foundation for shaping this response comprising individual and large scale assessment education advocacy and multiple forms of intervention In clear authoritative detail enhanced by figures graphs and references contributors explain where universal standards need to be set alliances need to be built such as among agencies and institutions in a community and what is currently known about Pathophysiology epidemiology and social impact of asthma Genetic and environmental factors protective factors and risk markers Effects in women minorities children teens and elders Medical management self management and home monitoring Evidence based interventions at the family school and community levels Screening guidelines compliance issues and more In the absence of a cure or clear cut causes Asthma Health and Society offers the most robust compilation of practical knowledge on its subject to benefit the range of public health and asthma professionals researchers teachers and students

Self-Management of Asthma Harry Kotses, Andrew Harver, 1998-03-24 This edifying volume presents current clinical and research issues on the self management of asthma from potential improvements and the evolving role of behavioral science in asthma treatment to assessments relevant to the subjective experience of asthma Reveals how self care programs can serve to improve patient health while lowering medical costs by reducing the need for services such as hospitalization and emergency facilities Featuring a unique multidisciplinary approach by experts in clinical pulmonary medicine and the behavioral sciences Self Management of Asthma elucidates the impact of asthma on the individual family and society discusses psychological correlates of asthma severity provides a basic understanding of the measurement of quality of life in asthma reviews methods of pulmonary home monitoring examines the perception of resistance to breathing and its modification furnishes guidelines for the selection and implementation of effective pediatric adult and personalized self management programs details potential solutions for overcoming lack of compliance to treatment recommendations and more Complemented with references tables equations and drawings Self Management of Asthma is essential reading for allergists immunologists pulmonologists respiratory physiologists psychophysiologists health and clinical psychologists psychiatrists public health specialists and graduate and medical school students in these disciplines

Handbook of Adolescent Health Psychology William T. O'Donohue, Lorraine T. Benuto, Lauren Woodward Tolle, 2014-07-08 Adolescence is a pivotal period of development with respect to health and illness It is during adolescence that many positive health behaviors are consolidated and important health risk behaviors are first evident thus adolescence is a logical time period for primary prevention In addition the predominant causes of morbidity and

mortality in adolescence are quite different from those of adults indicating that early identification and treatment of adolescent health problems must be directed to a unique set of targets in this age group Moreover because of the particular developmental issues that characterize adolescence intervention efforts designed for adults are often inappropriate or ineffective in an adolescent population Even when chronic illnesses are congenital or begin in childhood the manner in which the transition from childhood to adolescence to young adulthood is negotiated has important implications for disease outcomes throughout the remainder of the person s life span Organized in five major sections General Issues Developmental Issues Treatment and Training Mental Health and Physical Health and 44 chapters Handbook of Adolescent Health Psychology addresses the common and not so common health issues that tend to affect adolescents Coverage includes Context and perspectives in adolescent health psychology Health literacy health maintenance and disease prevention in adolescence Physical disorders such as asthma obesity physical injury and chronic pain Psychological disorders such as substance abuse attention deficit hyperactivity disorder depression and eating disorders Congenital chronic diseases such as type 1 diabetes and spina bifida Handbook of Adolescent Health Psychology is the definitive reference for pediatricians family physicians health psychologists clinical social workers rehabilitation specialists and all practitioners and researchers working with adolescents

Medicine Update 2024 (Two Volumes) and Progress in Medicine 2024 Milind Y Nadkar,Jyotirmoy Pal,2024-02-13

Clinical Asthma E-Book Mario Castro,Monica Kraft,2008-04-21 This unique new text delivers practical guidelines on diagnosing and treating patients with asthma Drs Castro and Kraft are extensively involved in asthma research and improved patient care and their comprehensive coverage of key challenges in diagnosing and treating asthma makes this a must have resource The organized full color format ensures readability and helps you find information quickly and easily Offers up to date protocols and management guidelines to help you provide the best care for your patients Presents chapters on special situations and special populations to help you overcome clinical challenges such as the difficult to control or pregnant asthma patient Provides specialized sections on asthma education to give guidance on leading your patients to better self management by improving their adherence to treatment guidelines Highlights material found on the Asthma Educator Certification exam in special education boxes Offers expert guidance on translating the new NIH EPR 3 Asthma Guidelines to hands on patient care Organized in a consistent chapter format that provides concise logical coverage of essential information for easy reference Contains special boxes that highlight clinical pearls controversial issues and patient education information Uses a full color format that makes it easy to find information quickly

National Heart, Lung, and Blood Institute Report of the Task Force on Behavioral Research in Cardiovascular, Lung, and Blood Health and Disease National Heart, Lung, and Blood Institute,1998

Primary Care Medicine Allan H. Goroll,Albert G. Mulley,2012-03-28 Now in its Sixth Edition this comprehensive text provides pertinent information on medical diagnosis therapy lab tests and health maintenance essential to decision making in primary care medicine Every chapter has been

revised to include more images tables and bulleted lists Practical recommendations that incorporate the best available evidence expert consensus guidelines and clinical judgement are listed in bulleted items at the end of every chapter The dermatology section has been extensively revised for this edition by a new section editor A companion Website offers the fully searchable text and an image bank Environmental Health Perspectives ,1993 **Asthma and COPD** Peter J. Barnes,Jeffrey M. Drazen,Stephen I. Rennard,Neil C. Thomson,2002-04-22 Chronic obstructive pulmonary disease COPD which encompasses both chronic bronchitis and emphysema is one of the most common respiratory conditions of adults in the developed world Asthma and COPD Basic Mechanisms and Clinical Management provides a unique authoritative comparison of asthma and COPD Written and edited by the world s leading experts it is a comprehensive review of the most recent understanding of the basic mechanisms of both conditions specifically comparing their etiology pathogenesis and treatments Highlights distinguishing features between asthma and COPD Reviews benefits and limitations of current therapies Summarises key information in two colour artwork Extensively referenced to primary literature Cambridge Handbook of Psychology, Health and Medicine Susan Ayers,Andrew Baum,Chris McManus,Stanton Newman,Kenneth Wallston,John Weinman,Robert West,2007-08-23 Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine This new edition is fully reworked and revised offering an entirely up to date comprehensive accessible one stop resource for clinical psychologists mental health professionals and specialists in health related matters There are two new editors Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center The prestigious editorial team and their international interdisciplinary cast of authors have reconceptualised their much acclaimed handbook The book is now in two parts part I covers psychological aspects of health and illness assessments interventions and healthcare practice Part II covers medical matters listed in alphabetical order Among the many new topics added are diet and health ethnicity and health clinical interviewing mood assessment communicating risk medical interviewing diagnostic procedures organ donation IVF MMR HRT sleep disorders skin disorders depression and anxiety disorders Pediatric Allergy: Principles and Practice E-Book Stanley J. Szeffler,Francisco A Bonilla,Cezmi A Akdis,Hugh Sampson,2015-05-26 The third edition of Pediatric Allergy continues this title s steadfast tradition of providing comprehensive authoritative guidance on the day to day diagnosis and management of pediatric allergic and immunologic diseases You ll have the most up to date research at hand thanks to an easily accessible full color format that highlights a host of new chapters extensive updates and clinically focused coverage Whether you re a student resident pediatrician or allergist you ll appreciate this user friendly and versatile source for providing optimal care Includes diagnostic tests available for asthma upper respiratory allergy and more Equips you with an understanding of the immune mechanisms underlying allergic diseases Features coverage of drug allergies and cross reactivity Highlights clinical pearls discussing the best approaches to the care and treatment of pediatric patients Appendices listing common food allergies and autoantibodies in

autoimmune diseases make for quick reference to essential material Expert Consult eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures images and references from the book on a variety of devices Revised asthma section examines current asthma guidelines school centered asthma programs exercise induced asthma and new directions in asthma therapy Includes the most current knowledge relating to emerging asthma within young children medication adherence and the impact of infection on the natural history of asthma New information on gene therapy stem cell therapy and a host of new immunodeficiency diseases helps you obtain the best results from the therapeutics for pediatric allergic and immunologic diseases Features brand new chapters on immunopathology diagnostics and management potential immunotherapeutic strategies for treating food allergies current status of immunotherapy for food allergy and biologic therapies Focused coverage of today s hot topics in pediatric allergy includes the use of targeted biologics to treat specific activation pathways leading to severe allergic diseases defects of innate immunity rheumatic diseases of childhood and inflammatory disorders Discusses new studies examining potential etiologies for the increase in food allergy and examines potential immunotherapeutic strategies for treating food allergies New evidence based principles of medical care help you make the best use of available medications for your patients

Adult Nursing Practice Ian Bullock, Jill Macleod Clark, Joanne Rycroft-Malone, 2012-05-24 Adult Nursing Practice Using evidence in care enables today s students and newly qualified nurses develop the knowledge and skills they need to deliver and lead care tomorrow Reflecting the principles of evidence based care in line with the current NMC competencies this textbook helps students learn to manage patients with common conditions and fundamental health needs so they can provide the best possible evidence based care Written and edited by leading nurses from practice education and research it focuses on common diseases fundamental health needs and symptoms that nurses encounter in daily practice Conditions are clearly explained so that the causes of ill health are easily understood Every chapter covers pathophysiology indicates the key priorities for nursing assessment and discusses what the evidence says before considering nursing management options Throughout the authors clear signposts to trustworthy evidence mean that students can effortlessly select the best nursing interventions for their patients using the current available evidence base The ideal guide for students preparing for registration and newly qualified staff going through preceptorship it is packed with over 115 illustrations and lots of features to bring the subject to life and make learning easier BLNursing assessment illustrations outline challenges caused by common diseases in a helpful and memorable way highlighting issues that need assessment BLRed flag icons indicate the warning signs of deterioration and urgent questions are listed that can be used for assessment and monitoring BLCase studies of effective evidence based interventions show the difference that high quality nursing care makes BLCross references between common conditions causes and managing related health needs and symptoms develop understanding by clearly linking pathophysiology with nursing management options BLTheory into practice boxes further enhance learning through suggested activities such as

exploring key evidence considering major practice issues or applying core knowledge while out on placement BOnline resource centre at www.oxfordtextbooks.co.uk/orc/bullock Filled with interactive and useful e learning resources to help students test their learning keep up to date with the latest evidence and further expand their knowledge it features BLClinical decision making scenarios BLQuiz questions BLUpdates to content BLHyperlinked references BLimages from the book BLLecturer resources

Pediatric Allergy: Principles and Practice Stanley J. Szeffler, MD, Francisco A Bonilla, MD, PhD, Cezmi A Akdis, Hugh Sampson, 2015-08-11 The third edition of Pediatric Allergy continues this title's steadfast tradition of providing comprehensive authoritative guidance on the day to day diagnosis and management of pediatric allergic and immunologic diseases You'll have the most up to date research at hand thanks to an easily accessible full color format that highlights a host of new chapters extensive updates and clinically focused coverage Whether you're a student resident pediatrician or allergist you'll appreciate this user friendly and versatile source for providing optimal care Includes diagnostic tests available for asthma upper respiratory allergy and more Equips you with an understanding of the immune mechanisms underlying allergic diseases Features coverage of drug allergies and cross reactivity Highlights clinical pearls discussing the best approaches to the care and treatment of pediatric patients Appendices listing common food allergies and autoantibodies in autoimmune diseases make for quick reference to essential material Expert Consult eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures images and references from the book on a variety of devices Revised asthma section examines current asthma guidelines school centered asthma programs exercise induced asthma and new directions in asthma therapy Includes the most current knowledge relating to emerging asthma within young children medication adherence and the impact of infection on the natural history of asthma New information on gene therapy stem cell therapy and a host of new immunodeficiency diseases helps you obtain the best results from the therapeutics for pediatric allergic and immunologic diseases Features brand new chapters on immunopathology diagnostics and management potential immunotherapeutic strategies for treating food allergies current status of immunotherapy for food allergy and biologic therapies Focused coverage of today's hot topics in pediatric allergy includes the use of targeted biologics to treat specific activation pathways leading to severe allergic diseases defects of innate immunity rheumatic diseases of childhood and inflammatory disorders Discusses new studies examining potential etiologies for the increase in food allergy and examines potential immunotherapeutic strategies for treating food allergies New evidence based principles of medical care help you make the best use of available medications for your patients

Health Care Needs Assessment James Raftery, Jonathan Mant, Sue Simpson, 2004 Providing vital updates this two volume set describes the central role and aim of health care needs assessment in the NHS health care reforms and explains the epidemiological approach to needs assessment and the effectiveness and availability of services

Evidence-Based Respiratory Medicine Peter G. Gibson, Michael Abramson, Richard Wood-Baker, Jimmy Volmink, Michael Hensley, Ulrich

Costabel,2008-04-15 First major evidence based text in adult respiratory medicine Comprehensive authoritative summary of the best treatments for the major respiratory diseases Compiled by specialists from the Cochrane Airways Management Group Easy to use format with key clinical implications summarised in each chapter Kept up to date online Compiled by specialists from the Cochrane Collaboration Airways Management Group Evidence based Respiratory Medicine is the first major evidence based text in adult respiratory medicine Providing a comprehensive summary of the best treatments for the most important respiratory diseases some of the world s leading physicians review the evidence for a broad range of treatments using evidence based principles Essential information is presented in an easy to understand format with the most important clinical implications summarised in each chapter Evidence based Respiratory Medicine tackles the big clinical questions in diagnosis and treatment presenting treatment options which take into account the individual patient s needs Evidence Based Series Evidence based Respiratory Medicine part of the acclaimed series BMJ Evidence based medicine textbooks that have revolutionised clinical medicine literature comes with a fully searchable CD ROM of the whole text Note CD ROM DVD and other supplementary materials are not included as part of eBook file *Asthma* Allan

Weinstein,1987-01-01 A practical self help program explains the nature of the widespread ailment and shows how sufferers can avoid expense and difficulty by controlling the illness at home *Clinical Asthma* Jonathan A. Bernstein,Mark L.

Levy,2025-09-03 Enormous progress in asthma research has been made in the past 50 years including a greater understanding of its complex pathogenesis and new and more effective therapies Consequently the scientific literature has grown vast and can be difficult to integrate With contributions from a distinguished panel of world renowned authors the Second Edition of Clinical Asthma Theory and Practice presents a comprehensive study of both the common and the more challenging problems faced by all healthcare personnel who treat patients with asthma The book is divided into seven sections starting with the basics of asthma and ending with a discussion on the approach to asthma worldwide and in the primary care setting Reflecting a strong clinical emphasis each chapter begins with a patient case study supported by essential background information on the basic science and clinical decision making process This is followed by a discussion of clinical evaluation and management The multidisciplinary coverage explores a range of topics including genetics inflammation immunology and the identification of different endotypes Using a bench to bedside approach the book links basic science to the clinical management of asthma and explores options for improvement The carefully selected authorship from experts worldwide presents a truly global outlook *Murray & Nadel's Textbook of Respiratory Medicine E-Book* V.

Courtney Broaddus,Joel D. Ernst,Talmadge E. King Jr,Stephen C. Lazarus,Kathleen F. Sarmiento,Lynn M. Schnapp,Renee D. Stapleton,Michael B. Gotway,2021-05-28 Known for its clear readability thorough coverage and expert authorship Murray advanced ultrasound applications and procedures interventional pulmonology immunotherapy lung cancer targeted therapy outbreaks pandemics and bioterrorism point of care ultrasound use of high flow oxygen and more Includes extensively

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Insights in Respiratory Pharmacology: 2021 Paolo Montuschi,Irfan Rahman,2022-12-02 The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest **Monitoring Asthma** Peter G. Gibson,2005-08-12 Providing a solid foundation for specialists in asthma treatment and control this guide illustrates the importance of asthma monitoring practices for up to date assessments of disease levels in specific population groups the identification of social geographical and environmental factors that may influence the development of asthma and the des

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