

Asthma Self-Management Plan

Name: _____

Date: _____

Every day—your personal peak flow goal: _____

Green Zone: All Clear

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: _____



What this could mean:

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

Yellow Zone: Caution

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.



What this could mean:

- ✓ 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: _____

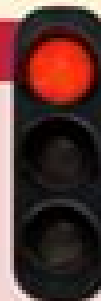
Telephone: _____

Instructions: _____

Red Zone—Stop and Think!

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
- ✓ Quick-relief medications have not helped
- ✓ Cannot do usual activities or symptoms are same or get worse after 24 hours in the Yellow Caution area
- ✓ Peak flow: less than _____ (50% of my best peak flow)
- ✓ Fingernails or lips are blue



What this could mean:

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

Physician Name: _____

Telephone: _____

Self Management Of Asthma

**Ian Bullock, Jill Macleod Clark, Joanne
Rycroft-Malone**



Self Management Of Asthma:

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 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 **The Handbook of Health Behavior Change, 4th Edition** Kristin A. Riekert, PhD, Judith K. Ockene, PhD, Lori Pbert, Ph.D., 2013-11-08 Print CourseSmart **Environmental Health Perspectives**, 1993 **Asthma and Rhinitis** William W. Busse, Stephen T. Holgate, 2008-04-30 The second edition of this highly acclaimed text has been extensively revised and greatly expanded to reflect the considerable advances made in our understanding of the

mechanisms of asthma and rhinitis Containing the contributions of 242 experts of international standing presented in 133 chapters Asthma and Rhinitis provides an up to date authoritative reference for both the clinician and scientist The global approach given in this book mirrors the universal approach to the understanding of allergic disease The editors have carried out a thorough and radical revision of the content by adding 6 new sections and 44 new chapters Most of this expansion is due to greatly increased coverage of the clinical aspects of asthma with new sections on childhood asthma and on drug treatment each drug class has its own chapter Also the expansion of research into the genetic basis of asthma has necessitated a whole new section on Genetics comprising some six chapters There are also new chapters on adult onset asthma and the relationship of asthma to sinusitis A new section on Asthma in Special Circumstances includes chapters on asthma in pregnancy asthma and surgery asthma in the elderly and asthma in the context of critical care In bringing the Second Edition fully up to date the book has inevitably increased in size and is now presented in two volumes The second edition of Asthma and Rhinitis will continue the tradition of its predecessor of providing an up to the minute reference for all those involved in the management of and research into asthma and rhinitis **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 *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 reorganized sections on basic science pleural

disease and sleep with new chapters and approaches to the topics Features more than 1 450 anatomic algorithmic and radiologic images 400 are new including CT PET MR and HRCT plus extensive online only content 200 procedural and conceptual videos plus audio clips of lung sounds Brings you up to date with the latest respiratory drugs mechanisms of action indications precautions adverse effects and recommendations with increased emphasis on algorithms to illustrate decision making Enhanced eBook version included with purchase Your enhanced eBook allows you access to all of the text figures reporting templates and references from the book on a variety of devices Medicine Update 2024 (Two Volumes) and Progress in Medicine 2024 Milind Y Nadkar,Jyotirmoy Pal,2024-02-13 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 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 BLOnline 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

Nursing Outcomes Classification (NOC), Measurement of Health Outcomes, 5 Sue Moorhead, 2013-01-01 Suitable for clinicians students educators researchers and administrators in various clinical educational and research venues this title includes specific indicators that can be used as intermediate outcomes or to evaluate and rate the patient in relation to outcome achievement This text standardizes the terminology and criteria for measurable or desirable outcomes as a result of interventions performed by nurses Clinicians students educators researchers and administrators in a variety of clinical educational and research venues can use the classification which serves as an important focus for both cost containment and effective care This new edition is even more comprehensive and includes specific indicators that can be used as intermediate outcomes or to evaluate and rate the patient in relation to outcome achievement

Clinical Asthma Jonathan A. Bernstein, Mark L. Levy, 2014-02-06 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 Clinical Asthma Theory and Practice presents a comprehensive study of both the common and the more challenging problems faced by all health care 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

Primary Care Medicine: Office Evaluation and Management of The Adult Patient: Sixth Edition Allan H Goroll, Albert G Mulley, Jr., 2011-01-01 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 This is the tablet version which does not include access to the

supplemental content mentioned in the text **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

Digital Respiratory Healthcare Hilary Pinnock,Vitalii Poberezhets,David Drummond,2023-12-01 Respiratory care is undergoing a period of major change as it cautiously begins to embrace digital transformation Catalysed by the need for remote consultation in the pandemic time honoured approaches to delivering care are now being challenged by technology based initiatives This Monograph deftly guides the reader through the potential benefits and pitfalls of such change breaking the discussion down into three areas technological opportunities and regulatory challenges social benefits challenges and implications exemplars of digital healthcare Each chapter reviews contemporary literature and considers not if but how a digital respiratory future can provide optimal care The result is an authoritative balanced guide to developing digital respiratory health

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

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Index Medicus ,1985 *Monitoring Asthma* Peter G. Gibson,2005-08-12 Providing a solid foundation for specialists in
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influence the development of asthma and the des

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