

# Guidelines

good health guidelines for  
people with asthma



## **ACTION PLAN AND DAILY SELF-MANAGEMENT PLAN REVIEW**

Your doctor will give you a list of things to do when your asthma symptoms change. You should review this Action Plan with your doctor at least once a year, or whenever your condition changes. Your Daily Management Plan from your doctor helps you make decisions about the daily treatment of your asthma. Ask your doctor to review this plan with you at least once a year or if your symptoms change.



## **MONITOR PEAK EXPIRATORY FLOW (PEF)**

A peak flow meter measures how fast you can blow air out of your lungs and can help you tell if your asthma is getting worse by comparing your readings with your Personal Best Number. Your doctor may recommend that you check your peak flow every day, only when you have symptoms, or for a few weeks every year.



## **SPIROMETRY**

The lung function test is easily done in a doctor's office or at a hospital or clinic. It measures how fast air moves from your lungs to check for narrowing of your air passages. This test should be done at least once a year, or more often as recommended by your doctor.



## **RELIEVER MEDICATIONS**

Always keep at least a 30-day supply of your reliever medications on hand.

**Please take and discuss this information during your next doctor's appointment.**

**Complete the requested information located to the right and keep at home for your records.**

**Also, have this important information available if you have a scheduled phone call with one of our nurses.**

## **Tests and Exams**

Please check all that are complete.

<input type="checkbox"/>	Personal Best Peak Flow Value	Date _____	Value _____
<input type="checkbox"/>	Action Plan Review	Date _____	
<input type="checkbox"/>	Daily Management Plan Review	Date _____	
<input type="checkbox"/>	Spirometry	Date _____	PreFEV <sub>1</sub> _____ %Pred _____
			FEV <sub>1</sub> /FVC _____ %Pred _____
		Date _____	PreFEV <sub>1</sub> _____ %Pred _____
			FEV <sub>1</sub> /FVC _____ %Pred _____

Reviewed and approved\* by  
 **JOHNS HOPKINS**

*A committee of Johns Hopkins faculty and professional staff have reviewed these materials and found them to be appropriate for use by primary care physicians, other health professionals and patients. Johns Hopkins acted independently of and received compensation from American Healthways for this review. Johns Hopkins bears no responsibility for clinical outcomes that result from applying these guidelines.*