

3-303-925
Testing, Ann, J.D.

100 Quality Control Avenue, S.
Rochester MN, 55903
Age: 92 Y, Sex: F

Mayo Asthma Plan

Pulmonary and Critical Care Medicine

Provider: Lim, Kaiser G, MD

Revised Performed 28 Mar 2008 09:36
Page 1 of 2

5-3737

Peak Flow Meter Device: Personal Best _____ Asthma Severity Classification: Mild persistent _____ Tobacco exposure: _____
Best Peak Flow based on Personal Best : 450 Asthma Control Test Score: 22 _____ Never _____

Green Zone (Stable) ACT equal to or more than 20 Calculated peak flow: 360 to 450 (80% - 100% of personal best)

Your asthma is under control if:
* You have no cough, wheeze, chest tightness, or shortness of breath during the day or at night
* You can work, play, and exercise without asthma symptoms

Take these maintenance medications:

Medication	Dose	Times / Day
Advair Diskus 100/50	1 inhalation	Two times a day
Singulair 10 mg tablet	1 tablet	One time a day

Take these quick-relief / rescue medications:

Medication	Dose	Times / Day
Albuterol HFA	2 puffs	Every 4-6 hours as needed

Before Exercise / Activity, if needed take:

Medication	Dose	Times / Day
Albuterol HFA	2 puffs	15 - 30 minutes before exercise / activity

Instructions

If your ACT score is less than 20 you are not in the green zone. Check your peak flow.; Your triggers are; Dust Mites; Exercise; Grass; Pollen(s); Respiratory Infections; Oral Care: Rinse, gargle and spit after medication.; Spacer Tube: Use spacer tube with albuterol.

Yellow Zone (Caution) ACT score 19 or less Calculated peak flow: 225 to 360 (50% - 80% of personal best)

Your asthma control is worsening if:
* You have cough, wheeze, chest tightness or shortness of breath
* You have asthma symptoms with daily activities, play and exercise
* You wake up at night with asthma symptoms

Take these maintenance medications:

Medication	Dose	Times / Day
Advair Diskus 100/50	1 inhalation	Two times a day
Singulair 10 mg tablet	1 tablet	One time a day

Take these quick-relief / rescue medications:

Medication	Dose	Times / Day
Albuterol HFA	2 puffs	Every 4 hours

Take Prednisone 40 mg one time a day for 5 days.;
If symptoms persist and / or your peak flow is still less than 80% of personal best; continue Prednisone 40 mg once a day for 5 days, call your doctor.

Call your doctor if:

Asthma symptoms do not improve within 48 hours; Treatment does not seem to provide relief; You start Prednisone

Instructions

Red Zone (Alert) Calculated peak flow less than 225 (< 50% of personal best)

Your asthma is out of control if:
* You continue to cough, wheeze, have chest tightness or shortness of breath after using your quick-relief / rescue medication
* You have trouble walking or talking due to asthma symptoms
* You are feeling dizzy, lightheaded, faint or your lips or fingernails appear blue

Seek Emergency Care

Call 911; Have someone drive you to the ER, do not drive yourself

Take these quick-relief / rescue medications:

Medication	Dose	Times / Day
Albuterol HFA	1 puff	Every 5 minutes; up to 20 puffs as needed

Instructions

3-303-925
Testing, Ann, J.D.
100 Quality Control Avenue, S.
Rochester MN, 55903
Age: 92 Y, Sex: F

Mayo Asthma Plan
Pulmonary and Critical Care Medicine

Revised Performed 28 Mar 2008 09:36
Page 2 of 2

Provider: Lim, Kaiser G, MD

5-3737

Asthma Care Checklist

Lung function testing Yes _____

Spirometry date 03/21/2008 _____

Forced expiratory volume in 1 second
3.02 L (82 % predicted)

Assessment of rescue bronchodilator used
2 container(s) per year _____

Medication intolerance or interactions
(eg. ASA/B-blockers/sulfite) No _____

Assessment of triggers Yes _____

* Work/occupation Not contributory _____

* Home Contributory _____

* School Not contributory _____

Co-morbid conditions

* Gastroesophageal Reflux Yes _____

* Sinusitis/Rhinitis Yes _____

* Sleep apnea No _____

Allergy Testing

Perennial

Seasonal

house dust mites Yes _____ trees Yes _____

cockroaches Yes _____ grasses/weeds Yes _____

mice No _____ pollens/molds Yes _____

animals/pets Yes _____

pollens/molds Yes _____

Annual flu vaccination recommended

Patient Education

Tier 1 (Survival Skills)

You were taught the following:

- Asthma symptoms and abnormal peak flow readings that require action
- Proper use of asthma medications
- When to use your asthma medications
- The importance of follow up visits for education and care

For more education on ...

- How to manage asthma, call (507) 284-8140 for a class
- How to stop smoking, call (800) 344-5884
- How to cope with Asthma and your emotional or social needs, contact Medical Social Services at 507-284-2131

Tier 2 (Lifestyle Changes)

You were taught how ...

- To recognize your triggers
- Your lungs work and what airway changes occur in asthma
- To do relaxed breathing techniques
- To keep your immunizations up to date

Tier 3 (Health Promotion)

You were taught how these topics can help you manage your asthma:

- Stress Management
- Nutrition
- Exercise

EXAMPLE