

# Peak Flow Home Action Plan

(for adults, teens and children age 5 and over)

This action plan may be used for 6 months

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Best Peak Flow: \_\_\_\_\_

## GREEN ZONE: Healthy Zone

Peak Flow Between \_\_\_\_\_ and \_\_\_\_\_

G  
R  
E  
E  
N

- Medicine to be taken as needed
  - Bronchodilator inhaled medicine: \_\_\_\_\_ 2 puffs just before exercise, or every 2-4 hours as need for asthma symptoms.
- Inhaled medicine to be taken as needed
  - Rapid-acting bronchodilator \_\_\_\_\_ : \_\_\_\_\_ puffs before the inhaled steroid, cromolyn or nedocromil.
  - Long-acting bronchodilator \_\_\_\_\_ : \_\_\_\_\_ puffs \_\_\_\_\_ time a day.  
Use before inhaled steroid, cromolyn or nedocromil dose.
  - Inhaled steroid \_\_\_\_\_ : \_\_\_\_\_ puffs \_\_\_\_\_ times a day  
(a total of \_\_\_\_\_ puffs daily). Try to use with a spacer device.
  - Inhaled cromolyn (Intal) or nedocromil (Tilage) \_\_\_\_\_ puffs \_\_\_\_\_ times a day  
(a total of \_\_\_\_\_ puffs daily).
- Oral medicine to be taken every day: \_\_\_\_\_, \_\_\_\_\_ mg/tab, \_\_\_\_\_ tabs \_\_\_\_\_ times a day.
- Other: \_\_\_\_\_

## YELLOW ZONE: Caution Zone

Peak Flow Between \_\_\_\_\_ and \_\_\_\_\_

Y  
E  
L  
L  
O  
W

- Eliminate triggers if possible; no strenuous exercise.
- Medicine to be taken:
  - Bronchodilator (“rescue”) medicine: 2-4 puffs every 2-4 hours; give up to 6 times in 24 hours. Continue until peak flow is in the Green Zone for \_\_\_\_\_ days.
  - For lower end of the Yellow Zone:
    - Start nebulizer therapy with albuterol \_\_\_\_\_ cc and \_\_\_\_\_ cc saline every 2-4 hours.
    - Increase inhaled steroid use to \_\_\_\_\_ puffs daily until peak flow is in the Green Zone for \_\_\_\_\_ number of days.
- Unable to get back in the Green Zone within 7 days or frequently in the Yellow Zone:
  - Consult your medical caregiver (e.g. AAMGRC 292-1144)
- Other: \_\_\_\_\_

## RED ZONE: Danger Zone

Peak Flow Between \_\_\_\_\_ and \_\_\_\_\_

R  
E  
D

- GET HELP!!! Call or see your MD/NP (e.g. AAMGRC 292-1144), or report immediately to the Emergency Department if struggling to breathe, lips and/or fingernails are blue. Call 911 if necessary.
- Medicine to be taken immediately:
  - Bronchodilator medicine: \_\_\_\_\_ puffs of \_\_\_\_\_ or nebulized therapy with \_\_\_\_\_ cc of albuterol and \_\_\_\_\_ cc saline, every 20 minutes while calling MD. May repeat up to 3 times.
  - Give oral steroid \_\_\_\_\_ mg as advised.
- If unable to get out of the Red Zone within 1 hour, report to the nearest Emergency Department.
- Other: \_\_\_\_\_