

Name: _____

Date of birth: _____

☐ ☐ ☐ **Bricanyl Turbuhaler**

Photo

Child can self administer medication if well enough.

Child needs to pre-medicate prior to exercise

Confirmed triggers:

Family/emergency contact name(s):

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by Dr or NP:

I hereby authorise medications specified on this plan to be administered according to the plan.

Signed:

Date: _____

Date of next review: _____



- Unscrew and lift off cap. Hold turbuhaler upright
- Twist blue base around all the way, and then back all the way
- Breathe out gently away from turbuhaler
- Do not breath in to it
- Put mouthpiece in mouth ensuring a good seal is formed with lips
- Breathe in through mouth strongly and deeply. Remove turbuhaler from mouth
- Hold the breath for about 5 seconds or as long as comfortable. Breathe out

MILD TO MODERATE SIGNS

- Minor difficulty breathing
- May have a cough
- May have a wheeze

ACTION FOR MILD TO MODERATE ASTHMA FLARE UP

Sit the person upright.

- Stay with person and be calm and reassuring

Give 2 separate doses of Bricanyl

- Breathe in through mouth strongly and deeply
- Remove Turbuhaler from mouth before breathing gently away from the mouthpiece

Wait 4 minutes.

- If there is no improvement, give 1 more dose of Bricanyl

If there is still no improvement:

4 Phone ambulance: Triple Zero(000)

5 Keep giving 1 dose every 4 minutes until emergency assistance arrives

SEVERE SIGNS

- Cannot speak a full sentence
- Sitting hunched forward
- Tugging in of skin over chest or throat
- May have a cough or wheeze
- Obvious difficulty breathing
- Lethargic
- Sore tummy (young children)

LIFE-THREATENING SIGNS

- Unable to speak or 1-2 words
- Collapsed / Exhausted
- Gasping for breath
- May no longer have a cough or wheeze
- Drowsy/ Confused / Unconscious
- Skin discolouration (blue lips)

ACTION FOR SEVERE / LIFE-THREATENING ASTHMA ATTACK

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☐ ☐ **2** ☐ **a** ☐ **doses** ☐ **Bricanyl.**

- Breathe in through mouth strongly and deeply
- Remove Turbuhaler from mouth before breathing out gently away from the mouthpiece

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☐ **1** ☐ **dose** ☐ ☐ ☐ ☐ ☐

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Blue reliever medication is unlikely to harm, even if the person does not have asthma.

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- Give adrenaline autoinjector **FIRST**, then asthma reliever.
- If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector **FIRST**, then asthma reliever.

Anaphylaxis: Y ☐ N ☐ Type of autoinjector: _____