Key to symptoms

Most days you should be free of asthma symptoms but triggers may make your asthma worse. Using this diary can help you to identify your triggers, and along with your Asthma Action Plan it will help you to know when to change your usual treatment.

Things to look for include: coughing, wheezing, difficulty breathing, not being able to play like you usually do, waking at night with asthma, and using the reliever more than 2 times per week.

Tick the boxes on the chart to show how bad your symptoms are, use the key below as a guide:

Symptom	Well	Worse	Worried	Asthma Emergency
Did you cough today?	No not at all.	Yes I coughed some of the time.	I coughed most of the day and found it hard to breathe.	I'm coughing and finding it very hard to breathe.
Did you wheeze today?	No not at all.	Yes I wheezed some of the time.	I wheezed often during the day and found it hard to breathe.	I'm wheezing and finding it very hard to breathe.
Did your asthma affect normal activity?	No not at all.	Just when I got excited.	I couldn't play or do things like I usually do.	I'm distressed. Gasping for breath. I'm pale and quiet.
Did your asthma wake you up last night?	No I slept well.	Yes, for some of the night.	Yes for most of the night.	My asthma symptoms are really bad and I can't sleep.
How many doses of reliever did you take?	None.	I needed 2 puffs.	I needed 6 puffs.	My reliever isn't working.

Recognising worsening asthma



Worse

- I cough or wheeze and it's hard to breathe, or
- I'm waking at night because of my asthma, or
- I cough or wheeze when I play, or
- I need my reliever puffer to control my asthma more than 2 times per week



Worried

- My reliever puffer isn't helping, or
- I'm finding it hard to breathe, or
- I'm breathing hard and fast, or
- I'm sucking in around my ribs/throat, you may need to look under my shirt, or
- I'm looking pale or blue

- Sit me down and try to stay calm
- Give me 6 puffs of reliever through a spacer, taking 6 breaths for each puff
- **If I don't start to improve I need help now**



Emergency

DIAL 111 and ask for an ambulance
WHILE YOU'RE WAITING:

- Try to stay calm and keep me sitting upright
- Give 6 puffs of reliever through a spacer every 6 minutes with 6 breaths for each puff until help arrives

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CHILD Asthma Symptom Diary



This Asthma Symptom Diary belongs to:

Cardiac + Respiratory
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Child Asthma Symptom Diary

Doctor ______________________ Preventer: __________ Reliever: __________

Refer to the symptoms key to help you fill in the symptom diary chart below.

Use this Symptom Diary along side your Asthma Action Plan.

WELL → **WORSE** → **WORRIED** → **ASTHMA EMERGENCY**

WELL: If you have ticked only the green boxes, things are going really well.

WORSE: If you have ticked any of the yellow boxes, increase your treatment in line with your action plan. If you're not getting better see your doctor today.

WORRIED: If you have ticked any of the orange boxes, see a doctor today.

ASTHMA EMERGENCY: If you have ticked any of the red boxes, you need to dial 111 and ask for an ambulance.

If you are frightened at any stage call 111

Date	Did you cough today?	Did you wheeze today?	Did your asthma affect your normal activity?	Did your asthma wake you up in the night?	How many doses of reliever did you take today?	Comments