

ASTHMA MART ACTION PLAN

Maintenance and Reliever Therapy is combined ICS and LABA treatment in which a single inhaler, containing both ICS and a fast-acting LABA.

Used for both daily maintenance therapy and the relief of symptoms as required.

Suitable for the following:

Fostair 100/6: Age 18 and over

Symbicort 100/6 and 200/6: Age 12 and over

Duospir 160/4.5: Age 18 and over

Fobumix 80/4.5 and 160/4.5: Age 18 and over

MAINTENANCE: 1 puff twice a day

As Required: 1 additional puff and if symptoms persist another puff.

Maximum puffs in 24 hrs: 8 puffs**

**If you are using more than 4-6 puffs a day for a period of longer than a few days please make an appointment with your asthma nurse to discuss.

**If you need more than 8 puffs a day you need to book an urgent review.

ASTHMA ATTACK: How to manage with a MART device

- **Sit up straight** - don't lie down. Try to keep calm. Loosen tight clothing.
- **Take 1 inhalation immediately** then try and take slow steady breaths.
- If there is no immediate improvement **continue to take 1 inhalation of your inhaler every few minutes, up to a maximum of 6 inhalations.**
- If you do not feel better after taking your inhaler as instructed above:
 - **Call 999** or a doctor urgently.
- If your symptoms improve and you do not need to call 999 or a doctor:
 - You should still make an **urgent same day appointment** with your doctor or nurse for a review.