

USING AN ASTHMA ACTION PLAN FOR PATIENT MANAGEMENT



Patient Training

To help control symptoms and reduce the risk of exacerbations in patients with asthma, health care providers (HCPs) may need to train patients on guided asthma self-management. Essential components of patient education include how to¹:



Self-monitor for asthma symptoms that interfere with normal activities and/or peak expiratory flow rate (PEFR) changes.



Follow up with an HCP to review asthma control, treatment, and skills.



Use an asthma action plan to recognize and respond to worsening symptoms and/or lung function.

Asthma self-management education that includes these components can reduce asthma morbidity in both children and adults.¹⁻⁵

Guidance on Developing an Asthma Action Plan with Patients

Train patients to monitor their asthma symptoms and/or PEFR and respond to worsening asthma with an asthma action plan. An asthma action plan outlines when and how patients should make short-term adjustments to their treatment. Training patients to make changes to their treatment according to a personalized asthma action plan allows the patient to help manage their worsening asthma symptoms and/or lung function.¹

It is essential to provide all patients with an asthma action plan that is appropriate for their level of asthma control and health literacy.¹ An asthma action plan should guide the patient on when and how to¹:

**Recognize and
respond to
worsening asthma**

**Increase reliever
and controller
medications**

**Use oral steroids
during severe
asthma flare-ups
(exacerbations)**

**Seek
medical help**

Even when using an asthma action plan, advise patients who have a history of rapid deterioration to go to an acute care facility or call their HCP immediately if their asthma starts to worsen.¹

Patient Independence

Patients using an asthma action plan will have varying degrees of independence. All patients, however, may be able to benefit from an asthma action plan and a structured program of regular medical review.¹

Guided Self-Management May Involve Varying Degrees of Patient Independence¹

Patient-guided

Patients make treatment changes following their asthma action plan without having to first contact their HCP.



HCP-guided

Patients still have a personalized asthma action plan, but refer most major treatment decisions to their HCP at the time of a planned or unplanned clinical encounter.



Examples of Asthma Action Plans

A number of government, academic, and professional organizations offer templates for the development of asthma action plans that an HCP can personalize to the specific needs of a patient. The examples are appropriate for children and adults with asthma and span a spectrum of patient independence and health literacy levels. For more information about specific asthma action plans for adults, children, or in the Spanish language, please click the links below to view the different templates.

Asthma and Allergy
Foundation of America (AAFA)
Asthma Action Plan

American Lung Association
Asthma Action Plan
(English Version)

American Lung Association
Asthma Action Plan
(Spanish Version)

NIH National Asthma Education
Prevention Program (NAEPP)
My Asthma Action Plan

American Academy of Allergy,
Asthma & Immunology (AAAAI)
Asthma Action Plan

Global Initiative for
Asthma (GINA)
Asthma Action Plan

Centers for Disease Control
and Prevention (CDC)
Asthma Action Plans

References: 1. GINA. Global Strategy for Asthma Management and Prevention, 2026. Accessed June 16, 2026. www.ginasthma.org. 2. Gibson PG, Powell H, Coughlan J, et al. Self-management education and regular practitioner review for adults with asthma. *Cochrane Database Syst Rev*. 2003;(1):CD001117. 3. Guevara JP, Wolf FM, Grum CM, Clark NM. Effects of educational interventions for self management of asthma in children and adolescents: systematic review and meta-analysis. *BMJ*. 2003;326(7402):1308-1309. 4. Federman AD, O'Connor R, Mindlis I, et al. Effect of a self-management support intervention on asthma outcomes in older adults: The SAMBA Study Randomized Clinical Trial. *JAMA Intern Med*. 2019;179(8):1113-1121. 5. Pinnock H, Parke HL, Panagioti M, et al. Systematic meta-review of supported self-management for asthma: a healthcare perspective. *BMC Med*. 2017;15(1):64.