



Singapore
General Hospital



Changi
General Hospital



Sengkang
General Hospital



KK Women's and
Children's Hospital



National Cancer
Centre Singapore



National Dental
Centre Singapore



National Heart
Centre Singapore



National
Neuroscience Institute



Singapore National
Eye Centre



SingHealth
Community Hospitals



Polyclinics
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PATIENTS. AT THE HEART OF ALL WE DO.®

2 Simei Street 3 Singapore 529889

Tel: 6788 8833 Fax: 6788 0933

Reg No 198904226R

CGH Appointment Centre

For appointments and enquiries,
please call: (65) 6850 3333

Operating hours:

8.30 am to 8.00 pm (Monday to Friday)

8.30 am to 12.30 pm (Saturday & Sunday)

Closed on Public Holidays

For more information, please visit www.cgh.com.sg



Written Asthma Action Plan (WAAP)

Every Day Asthma Care

My personal best peak flow is: _____

Preventer inhaler

I need to take my preventer inhaler every day even when I feel well.

➔ My preventer inhaler is (insert name/colour):

➔ I should take _____ puff(s) in the morning &
_____ puff(s) at night

Reliever inhaler

I take my reliever inhaler **only if I need.**

➔ My reliever inhaler is (insert name/colour):

➔ I should take _____ puff(s) of my reliever inhaler if any of these symptoms happen:

- I'm wheezing
- My chest feels tight
- I'm finding it hard to breathe
- I'm coughing

Other medicines I should take for my asthma every day:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

With this daily routine, I should expect/aim to have no symptoms.

When I Feel Worse

- My symptoms are coming back (wheeze, tightness in my chest, breathlessness, cough)
- I am waking up at night
- My symptoms are interfering with my usual day-to-day activities (e.g. at work, exercising, house chores)
- I am using my reliever inhaler _____ times a week or more
- If I am told to monitor my peak flow and it drops to below _____

Preventer inhaler

- ☐ If I have not been using my preventer inhaler, **start using it regularly again.**
- ☐ Increase my preventer inhaler to _____ puffs _____ times a day for 2 weeks.

Reliever inhaler

- ☐ Ventolin MDI: up to _____ puffs every _____ hour(s).
- ☐ Symbicort: 1 puff as needed up to a total 12 puffs/day.

Standby prednisolone

- ☐ If I have been given standby prednisolone (steroid) tablets to keep at home: take _____ mg of prednisolone immediately and every morning for 5 days.

If I do not improve within 24 hours, I should visit a doctor for further advice.

Alternatively, I may also contact the asthma nurse at _____ within office hours (8:30am to 5:30pm) for further advice before seeing a doctor.

In An Asthma Attack

- My reliever inhaler is not helping or I need it more than every _____ hour(s)
- I find it difficult to walk or talk
- I find it difficult to breathe
- I am wheezing a lot or I have a very tight chest or I am coughing a lot
- If I am told to monitor my peak flow and it drops to below _____



THIS IS AN EMERGENCY! PLEASE TAKE THE FOLLOWING ACTIONS NOW:

- 1 Sit up straight. Try to keep calm.
- 2 Take 2 puffs of my reliever inhaler every 5 minutes up to a maximum of 10 puffs.
- 3 If I do not feel better after 10 puffs, or if I feel worse at any point in time, I need to get to the nearest doctor or hospital.
- 4 Call 995 for an ambulance if needed.

Affix patient's sticker here

Date WAAP given to patient: _____

Asthma Nurse: _____

Primary Respiratory Physician: _____