

**APPENDIX 1**

**Printable point-of-care tables**

**Asthma Action Plan Yellow Zone Formulation Table**  
**Region: Europe**

Instructions: Print on 8.5"x14" (216 x 279 mm) paper (Legal size)

## Asthma Action Plan Yellow Zone Formulation Table

Medication in Green Zone	Change in Yellow Zone (all recommendations are for 7-14 days)
<b>ICS MONOTHERAPY</b>	
<b>Flixotide Evohaler (Fluticasone propionate)</b>	
50 mcg 1 puff bid	Increase to 4 puffs bid
125 mcg 1 puff bid	Increase to 4 puffs bid
250 mcg 1 puff bid	Increase to 4 puffs bid
<b>Flixotide Accuhaler (Fluticasone propionate)</b>	
50 mcg 1 puff bid	Increase to 4 puffs bid
100 mcg 1 puff bid	Increase to 4 puffs bid
250 mcg 1 puff bid	Increase to 4 puffs bid
500 mcg 1 puff bid	Increase to 2 puffs bid
<b>Pulmicort Turbuhaler (Budesonide)</b>	
100 mcg 1 puff bid	Increase to 4 puffs bid
200 mcg 1 puff bid	Increase to 4 puffs bid
400 mcg 1 puff bid	Increase to 3 puffs bid
<b>Easyhaler Budesonide DPI</b>	
100 mcg 1 puff bid	Increase to 4 puffs bid
200 mcg 1 puff bid	Increase to 4 puffs bid
400 mcg 1 puff bid	Increase to 3 puffs bid
<b>QVAR Metered Dose Inhaler (Beclomethasone)</b>	
50 mcg 1 puff bid	Increase to 4 puffs bid
100 mcg 1 puff bid	Increase to 4 puffs bid
100 mcg 2 puffs bid	Prednisolone 30-50 mg daily <sup>ii</sup>
<b>Asmabec Clickhaler DPI (Beclomethasone)</b>	
100 mcg 1 puff bid	Increase to 4 puffs bid
250 mcg 1 puff bid	<i>Option 1:</i> Increase to 4 puffs bid <sup>i</sup> <i>Option 2:</i> Prednisolone 30-50 mg daily <sup>ii</sup>
<b>Alvesco Inhaler (Ciclesonide)</b>	
80 mcg 1 puff od	Increase to 4 puffs od
160 mcg 1 puff od	Increase to 4 puffs od
160 mcg 2 puffs od	Increase to 4 puffs bid
<b>Asmanex Twisthaler (Mometasone)</b>	
200 mcg 1 puff od	Increase to 4 puffs od
400 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od <sup>i</sup> <i>Option 2:</i> Prednisolone 30-50 mg daily <sup>ii</sup>
<b>ICS/LABA COMBINATION THERAPY</b>	
<b>Seretide Accuhaler (Fluticasone propionate/Salmeterol)</b>	
100/50 mcg 1 puff bid	Add Flixotide Accuhaler 100 mcg 3 puffs bid
250/50 mcg 1 puff bid	Add Flixotide Accuhaler 250 mcg 3 puffs bid
500/50 mcg 1 puff bid	Add Flixotide Accuhaler 500 mcg 1 puff bid
<b>Seretide Evohaler (Fluticasone propionate/Salmeterol)</b>	
125/25 mcg 1 puff bid	Add Flixotide Evohaler 125 mcg 3 puffs bid
250/25 mcg 1 puff bid	Add Flixotide Evohaler 250 mcg 3 puffs bid
250/25 mcg 2 puffs bid	Add Flixotide Evohaler 250 mcg 2 puffs bid
<b>Symbicort Turbuhaler (Budesonide/Formoterol)</b>	
100/6 mcg 1 puff bid	Increase to 4 puffs bid
200/6 mcg 1 puff bid	Increase to 4 puffs bid
200/6 mcg 2 puffs bid	Add Pulmicort Turbuhaler 400 mcg 2 puffs bid
<b>Douresp Spiromax DPI (Budesonide/Formoterol)</b>	
160/4.5 mcg 1 puff bid	Increase to 4 puffs bid
320/9 mcg 1 puff bid	Add Budesonide DPI 400 mcg 2 puffs bid
<b>Relvar Ellipta (Fluticasone furoate/Vilanterol)</b>	
100/25 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od <sup>i</sup> <i>Option 2:</i> Prednisolone 30-50 mg daily <sup>ii</sup>
200/25 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od <sup>i</sup> <i>Option 2:</i> Prednisolone 30-50 mg daily <sup>ii</sup>
<b>Fostair MDI (Beclomethasone/Formoterol)</b>	
100/6 mcg 1 puff bid	Increase to 4 puffs bid
200/6 mcg 1 puff bid	<i>Option 1:</i> Increase to 4 puffs bid <sup>i</sup> <i>Option 2:</i> Prednisolone 30-50 mg daily <sup>ii</sup>
<b>Fostair Nexthaler DPI (Beclomethasone/Formoterol)</b>	
100/6 mcg 1 puff bid	Increase to 4 puffs bid
200/6 mcg 1 puff bid	<i>Option 1:</i> Increase to 4 puffs bid <sup>i</sup> <i>Option 2:</i> Prednisolone 30-50 mg daily <sup>ii</sup>
<b>Flutiform MDI (Fluticasone propionate/Formoterol)</b>	
50/5 mcg 1 puff bid	Increase to 4 puffs bid
125/5 mcg 1 puff bid	Increase to 4 puffs bid
250/5 mcg 1 puff bid	Increase to 4 puffs bid
<b>Special considerations</b>	
In patients with a history of sudden and severe exacerbations, and/or presenting with PEF or FEV1 $\leq$ 60% of personal best/predicted	Prednisolone 30-50mg daily for 5-7 days <sup>ii</sup>
If patient fails to improve clinically within 2-3 days of increase in inhaled medication, and/or has a rapid clinical deterioration, and/or has a peak expiratory flow or FEV1 that falls to $\leq$ 60% of their personal best value	Prednisolone 30-50mg daily for 5-7 days as rescue therapy <sup>ii</sup>

From: Kouri A, Boulet L-P, Kaplana A, Gupta S. An Evidence-based, point-of-care tool to guide completion of asthma action plans in practice. Eur Respir J 2017.



i: this dose exceeds product monograph total daily dose limits intended for chronic daily use. A short term dose increase beyond these limits is unlikely to carry any significant safety risks, however formal safety testing data are not available and the decision to pursue this approach should be based on patient and clinician comfort

ii: Ask patients to contact the health care provider to consider a prednisolone prescription and/or provide a standing prescription for prednisolone 30-50mg daily for 5-7 days. Ensure that patients are appropriately counseled about the risks of short-term prednisolone use

**Asthma Action Plan Yellow Zone Formulation Table**  
**Region: Canada**

Instructions: Print on 8.5"x14" paper (Legal size)

## Asthma Action Plan Yellow Zone Formulation Table

Medication in Green Zone	Change in Yellow Zone (all recommendations are for 7-14 days)
<b>ICS MONOTHERAPY</b>	
<b>Flovent HFA (Fluticasone propionate)</b>	
50 mcg 1 puff bid	Increase to 4 puffs bid
125 mcg 1 puff bid	Increase to 4 puffs bid
250 mcg 1 puff bid	Increase to 4 puffs bid
<b>Flovent Diskus (Fluticasone propionate)</b>	
50 mcg 1 puff bid	Increase to 4 puffs bid
100 mcg 1 puff bid	Increase to 4 puffs bid
250 mcg 1 puff bid	Increase to 4 puffs bid
500 mcg 1 puff bid	Increase to 2 puffs bid
<b>Arnuity Ellipta (Fluticasone furoate)</b>	
100 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od' <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
200 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od' <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
<b>Pulmicort Turbuhaler (Budesonide)</b>	
100 mcg 1 puff bid	Increase to 4 puffs bid
200 mcg 1 puff bid	Increase to 4 puffs bid
400 mcg 1 puff bid	Increase to 3 puffs bid
<b>QVAR MDI (Beclomethasone)</b>	
50 mcg 1 puff bid	Increase to 4 puffs bid
100 mcg 1 puff bid	Increase to 4 puffs bid
100 mcg 2 puffs bid	Prednisone 30-50 mg daily <sup>ii</sup>
<b>Alvesco MDI (Ciclesonide)</b>	
100 mcg 1 puff od	Increase to 4 puffs od
200 mcg 1 puff od	Increase to 4 puffs od
200 mcg 2 puffs od	Increase to 4 puffs bid
<b>Asmanex Twisthaler (Mometasone)</b>	
200 mcg 1 puff od	Increase to 4 puffs od
400 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od' <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
<b>ICS/LABA COMBINATION THERAPY</b>	
<b>Advair Diskus (Fluticasone propionate/Salmeterol)</b>	
100/50 mcg 1 puff bid	Add Flovent Diskus 100 mcg 3 puffs bid
250/50 mcg 1 puff bid	Add Flovent Diskus 250 mcg 3 puffs bid
500/50 mcg 1 puff bid	Add Flovent Diskus 500 mcg 1 puff bid
<b>Advair HFA (Fluticasone propionate/Salmeterol)</b>	
125/25 mcg 1 puff bid	Add Flovent HFA 125 mcg 3 puffs bid
250/25 mcg 1 puff bid	Add Flovent HFA 250 mcg 3 puffs bid
250/25 mcg 2 puffs bid	Add Flovent HFA 250 mcg 2 puffs bid
<b>Symbicort Turbuhaler (Budesonide/Formoterol)</b>	
100/6 mcg 1 puff bid	Increase to 4 puffs bid
200/6 mcg 1 puff bid	Increase to 4 puffs bid
200/6 mcg 2 puffs bid	Add Pulmicort Turbuhaler 400 mcg 2 puffs bid
<b>Zenhale MDI (Mometasone/Formoterol)</b>	
50/5 mcg 2 puffs bid	Change to Zenhale MDI 200/5mcg 2 puffs bid
100/5 mcg 2 puffs bid	<i>Option 1:</i> Change to Zenhale MDI 200/5 mcg 4 puffs bid' <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
200/5 mcg 2 puffs bid	Prednisone 30-50 mg daily <sup>ii</sup>
<b>Breo Ellipta (Fluticasone furoate/Vilanterol)</b>	
100/25 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od' <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
200/25 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od' <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
<b>Special considerations</b>	
In patients with a history of sudden and severe exacerbations, and/or presenting with PEF or FEV1 ≤60% of personal best/predicted	Prednisone 30-50mg daily for 5-7 days as first line therapy <sup>ii</sup>
If patient fails to improve clinically within 2-3 days of increase in inhaled medication, and/or has a rapid clinical deterioration, and/or has a peak expiratory flow or FEV1 that falls to ≤60% of their personal best value	Prednisone 30-50mg daily for 5-7 days as rescue (second line) therapy <sup>ii</sup>

i: This dose exceeds product monograph total daily dose limits intended for chronic daily use. A short term dose increase beyond these limits is unlikely to carry any significant safety risks, however formal safety testing data are not available and the decision to pursue this approach should be based on patient and clinician comfort

ii: Ask patients to contact the health care provider to consider a prednisone prescription and/or provide a standing prescription for prednisone 30-50mg daily for 5-7 days. Ensure that patients are appropriately counseled about the risks of short-term prednisone use

**Asthma Action Plan Yellow Zone Formulation Table**  
**Region: USA**

Instructions: Print on 8.5"x14" paper (Legal size)

## Asthma Action Plan Yellow Zone Formulation Table

Medication in Green Zone	Change in Yellow Zone (all recommendations are for 7-14 days)
<b>ICS MONOTHERAPY</b>	
<b>Flovent HFA (Fluticasone propionate)</b>	
44 mcg 1 puff bid	Increase to 4 puffs bid
110 mcg 1 puff bid	Increase to 4 puffs bid
220 mcg 1 puff bid	Increase to 4 puffs bid
<b>Flovent Diskus (Fluticasone propionate)</b>	
50 mcg 1 puff bid	Increase to 4 puffs bid
100 mcg 1 puff bid	Increase to 4 puffs bid
250 mcg 1 puff bid	Increase to 4 puffs bid
500 mcg 1 puff bid	Increase to 2 puffs bid
<b>Arnuity Ellipta (Fluticasone furoate)</b>	
100 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od <sup>i</sup> <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
200 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od <sup>i</sup> <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
<b>Pulmicort Flexhaler (Budesonide)</b>	
90 mcg 1 puff bid	Increase to 4 puffs bid
180 mcg 1 puff bid	Increase to 4 puffs bid
360 mcg 1 puff bid	Increase to 3 puffs bid
<b>QVAR MDI (Beclomethasone)</b>	
40 mcg 1 puff bid	Increase to 4 puffs bid
80 mcg 1 puff bid	Increase to 4 puffs bid
80 mcg 2 puffs bid	Prednisone 30-50 mg daily <sup>ii</sup>
<b>Alvesco MDI (Ciclesonide)</b>	
80 mcg 1 puff od	Increase to 4 puffs od
160 mcg 1 puff od	Increase to 4 puffs od
160 mcg 2 puffs od	Increase to 4 puffs bid
<b>Asmanex HFA (Mometasone)</b>	
200 mcg 1 puff od	Increase to 4 puffs od
400 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od <sup>i</sup> <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
<b>ICS/LABA COMBINATION THERAPY</b>	
<b>Advair Diskus (Fluticasone propionate/Salmeterol)</b>	
100/50 mcg 1 puff bid	Add Flovent Diskus 100 mcg 3 puffs bid
250/50 mcg 1 puff bid	Add Flovent Diskus 250 mcg 3 puffs bid
500/50 mcg 1 puff bid	Add Flovent Diskus 500 mcg 1 puffs bid
<b>Advair HFA (Fluticasone propionate/Salmeterol)</b>	
115/21 mcg 1 puff bid	Add Flovent HFA 110 mcg 3 puffs bid
230/21 mcg 1 puff bid	Add Flovent HFA 220 mcg 3 puffs bid
230/21 mcg 2 puffs bid	Add Flovent HFA 220 mcg 2 puffs bid
<b>Symbicort (Budesonide/Formoterol)</b>	
80/4.5 mcg 2 puffs bid	Add Pulmicort Flexhaler 360 mcg 2 puffs bid
160/4.5 mcg 2 puffs bid	Add Pulmicort Flexhaler 360 mcg 2 puffs bid
<b>Dulera MDI (Mometasone/Formoterol)</b>	
100/5 mcg 2 puffs bid	<i>Option 1:</i> Change to Dulera MDI 200/5 mcg 4 puffs bid <sup>i</sup> <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
200/5 mcg 2 puffs bid	Prednisone 30-50mg daily <sup>ii</sup>
<b>Breo Ellipta (Fluticasone furoate/Vilanterol)</b>	
100/25 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od <sup>i</sup> <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
200/25 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od <sup>i</sup> <i>Option 2:</i> Prednisone 30-50 mg daily <sup>ii</sup>
<b>Special considerations</b>	
In patients with a history of sudden and severe exacerbations, and/or presenting with PEF or FEV1 ≤60% of personal best/predicted	Prednisone 30-50mg daily for 5-7 days as first line therapy <sup>ii</sup>
If patient fails to improve clinically within 2-3 days of increase in inhaled medication, and/or has a rapid clinical deterioration, and/or has a peak expiratory flow or FEV1 that falls to ≤60% of their personal best value	Prednisone 30-50mg daily for 5-7 days as rescue (second line) therapy <sup>ii</sup>

i: This dose exceeds product monograph total daily dose limits intended for chronic daily use. A short term dose increase beyond these limits is unlikely to carry any significant safety risks, however formal safety testing data are not available and the decision to pursue this approach should be based on patient and clinician comfort

ii: Ask patients to contact the health care provider to consider a prednisone prescription and/or provide a standing prescription for prednisone 30-50mg daily for 5-7 days. Ensure that patients are appropriately counseled about the risks of short-term prednisone use