

Change user

 Jane

Save

 Date 5 Mar 2021 at 13:48 >

 Peak Flow 991 >

 FEV-1 9.0 >

 Oximetry 95 >

 Symptoms Chest tightness >

 Triggers Dust Mites; Exercise >

 Medications Ventolin; Symbicor... >

 Notes >



Enter Data



Diary-chart



Reminders



Action Plan



Settings


Enter data

 Jane

Cancel

## WELL

No cough, wheeze, chest

 tightness, or shortness of breath during the day or night

 Can do usual activities

## WORSE

 Cough

 Wheeze

 Chest tightness

 Shortness of breath

 Waking at night due to asthma

 Can do some, but not all,



Enter Data

Diary-chart

Reminders

Action Plan

Settings

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Send Report

1 W

1 M

3 M

All

5 March 2021


Worse

13:48




Symptoms: Chest tightness


 Peak Flow:  
991

 Oximetry:  
95

 FEV-1:  
9.0

 Symptoms:  
Chest tightness

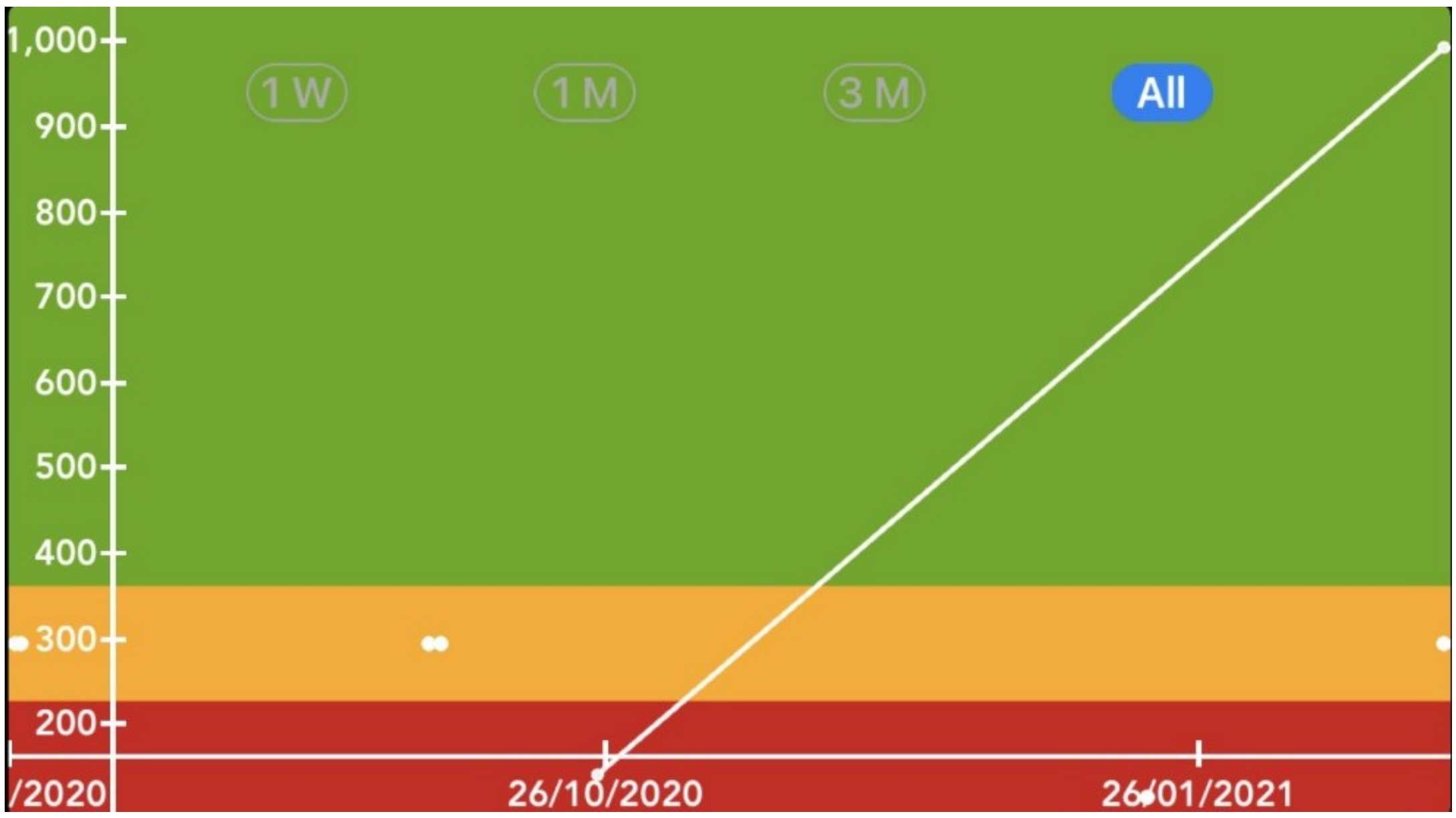
 Triggers:  
Dust Mites; Exercise

 Medications:  
Ventolin; Symbicort

3 March 2021

Well

08:35



Change user

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**+** Ventolin

1 inh 1/day

Off      Once a day      As prescribed



 First

8:00 >

**+** Symbicort

2 puffs 2/days

Off      Once a day      As prescribed



 First

8:00 >

**+** Beclazone

2 puffs 2/days

Off      Once a day      As prescribed



Enter Data



Diary-chart



Reminders



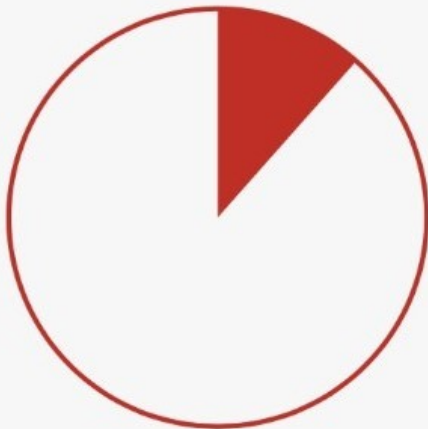
Action Plan



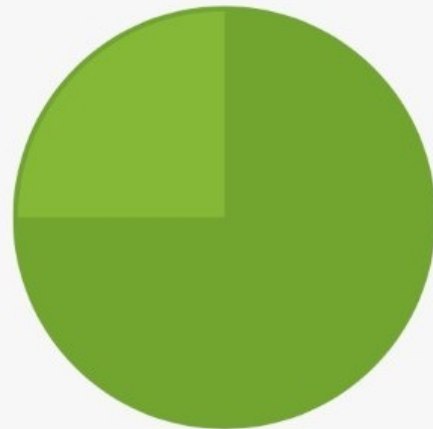
Settings

## Current Week

## Previous Week



Overall Adherence



Ideal Adherence



**Caution! Continue taking every day controller medicines, and:**

- ✓ Take 1 inh of **Ventolin** 1/day.
- ✓ Take 2 puffs of **Symbicort** 2/day, 2 puffs of **Beclazone** 2/day.
- ✓ Continue using quick relief medicine every 4 hours as needed.



## DOING WELL

No cough, wheeze, chest tightness, or shortness of breath during the day or night.

Can do usual activities.

Peak Flow is 360 or more

s every day:

uffs 2/days, **Beclazone** 2 puffs 2/days.

nh of **Ventolin** 1/day.

my asthma worse.