



MART Action Plan

What is Fostair® (beclometasone + formoterol)?

Your doctor, nurse or pharmacist has prescribed this inhaler to help control your asthma. It is a combination inhaler and you might hear it referred to as a MART.

MART stands for Maintenance And Reliever Therapy: This means that your inhaler can be used to maintain your asthma control and relieve any sudden symptoms you have between your usual morning and evening doses. You may previously have used a blue inhaler as a reliever inhaler but your Fostair inhaler can now do the job of both your usual maintenance therapy and your blue reliever inhaler.

How to know when I need a new inhaler

- The dose counter decreases by one with every puff. You should get a replacement prescription when the counter shows '20'
- Stop using the inhaler when the counter shows '0' as any puffs left in the device may not be enough to give you a full dose

Please refer to the patient information leaflet for detailed information about your medicine.

Where can I find more information?

To find out more about asthma and using your inhaler, you may find the following contacts and websites useful:

- **Asthma + Lung UK Helpline**
0300 222 5800 (9am–5pm, Monday–Friday)
Call to speak confidentially to an asthma nurse specialist
- **Asthma + Lung UK WhatsApp Service**
07378 606 728 (9am–5pm, Monday–Friday)
Call with our asthma nurse team, we try to respond within 24 hours
- **NHS 111 Service (non-emergency)**
www.england.nhs.uk/ourwork/pe/nhs-111/
Telephone: 111
- **Chiesi Air**
www.ChiesiAir.co.uk
This website has been provided by Chiesi Limited

Reporting of side effects

If you get any side effects, talk to your doctor, nurse or pharmacist. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at:

www.mhra.gov.uk/yellowcard

By reporting side effects you can help provide more information on the safety of this medicine.

This leaflet is not intended to replace the advice of your healthcare professional. If you have any queries about your medication please speak to your doctor, nurse or pharmacist.

Action Plan

Maintenance And Reliever Therapy (MART)

Your Fostair inhaler can now do the job of both your usual maintenance therapy and your blue reliever inhaler, as it can be used to maintain your asthma control and relieve any sudden asthma symptoms you have between your usual morning and evening doses.

Name: _____

Date: _____

GP: _____

GP phone: _____

Please circle the device you have been prescribed:



Fostair® pressurised metered dose inhaler 100/6 (beclometasone + formoterol)



Fostair® NEXThaler® 100/6 (beclometasone + formoterol)

GREEN Controlled asthma

My regular maintenance dosing is:

- **1 PUFF** of Fostair in the morning
- **1 PUFF** of Fostair in the evening

You should also use your Fostair device as a reliever inhaler to treat sudden asthma symptoms, so please ensure you keep it with you at all times.

My reliever dosing is:

1 PUFF of my Fostair device and wait a few minutes. Up to a maximum of 8 puffs total per day can be taken.

If I do not feel better, take another puff.

My asthma is well controlled when:

- I have no difficulty sleeping
- I have no symptoms during the day (such as coughing, wheezing, breathlessness or tight chest)
- My asthma hasn't interfered with normal daily activities

If my symptoms change or increase, or I am using my reliever more than I should, I need to review the **AMBER** section of my MART action plan

AMBER Increasing asthma symptoms

IF, over a period of 2-3 days...

- My asthma symptoms are getting worse (I feel more breathless, cough more, wheeze more, have a tight chest, am sleeping poorly, or my symptoms are interfering with my daily activities)

Or IF....

- I am using more than _____ **PUFF(S)** of Fostair per day (I should not use more than **8 PUFFS** in total in any one day)

Patients requiring frequent use of rescue inhalations daily should be strongly recommended to seek medical advice.

I NEED TO continue to use Fostair daily as per my action plan PLUS any additional reliever treatment I've been prescribed, as needed

AND

Contact my doctor

The sooner I can treat my increasing symptoms, the sooner I can lower my risk of an asthma attack.

- To lower my risk, I should ask the receptionist for an **URGENT SAME DAY APPOINTMENT**, tell them my asthma is getting worse, and that I need to see someone for urgent advice
- If I cannot get an appointment, or my GP is closed, I should call 111 for advice

Other instructions:

RED Asthma attack

The signs of an asthma attack are:

- My symptoms continue to get worse, even after I've used my reliever puffs
- I am coughing/wheezing a lot, or have a very tight chest
- My breathing is getting faster and it feels like I can't get my breath in properly
- I am breathless and find it difficult to walk and talk

If I have the signs of an asthma attack I MUST:

- Sit up straight (don't lie down) and use my Fostair inhaler immediately
- Loosen tight clothing
- Try to take slow, steady breaths and remain calm

If there is no immediate improvement:

- I must continue to take **1 PUFF** of my Fostair device every few minutes, up to a maximum of **6 PUFFS** (no more than 8 puffs in total should be taken per day)

If I do not feel better after taking my Fostair device as instructed above I **MUST** call 999 or a doctor urgently

Even if my symptoms improve, and I do not need to call 999, I should still make an urgent appointment with my GP or nurse within 24 hours. I should also continue to take my medication as per my action plan and make sure I have time to rest and recover.

It is important to know that not all patients wheeze with an asthma attack