

Dr Paul Moore Dr Lucy Stewart Dr Kate Tranter Dr Geraldine Vaughan Dr Steven Roberts Dr Rohit Gupta
Dr Peter Smith

QUAYSIDE MEDICAL PRACTICE

Chapel Street Newhaven East Sussex BN9 9PW
Tel 01273 615000

Email: sxicb-esx.quaysidereception@nhs.net

www.quaysidemedicalpractice.nhs.uk

Private and Confidential

Date as postmarked

Dear Patient

The questionnaire you recently completed for your Asthma shows that your symptoms are very poorly controlled. Please can you contact reception to make an appointment with the Asthma nurse for a review as soon as possible.

Please follow these instructions if your asthma worsens:

What to do in an Asthma attack

1. Sit up straight- try to keep calm
2. Take one puff of your reliever inhaler (usually blue) every 30-60 seconds up to 10 puffs
3. If you feel worse at any point OR you don't feel better after 10 puffs call 999 for an ambulance.
4. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2.
5. If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately

Yours sincerely

The Quayside Medical Practice Team