

## What is a MART Card?

This card has been developed to support people with asthma that have been started on Maintenance and Reliever Therapy (MART).

## What is MART?

With MART you use the same inhaler as both your 'preventer' and your 'reliever'. Your healthcare professional should have written the details about how to use your MART inhaler in the section below.

Most people on MART do not need a separate 'blue reliever' inhaler; you use your MART inhaler as both your preventer and your reliever.

***This card should be used with your personalised asthma action plan, which provides more information about your asthma treatment***

This card is part of the SENTINEL Plus quality improvement package, which has been funded by AstraZeneca and co-developed with Hull York Medical School and Hull University Hospitals NHS Trust and is provided as a service to medicine for patients in the UK.

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## Maintenance and Reliever Therapy

*(The below details should be completed with your asthma clinician)*

**My MART Inhaler is** .....

**The Strength of my MART inhaler is** .....

### MAINTENANCE TREATMENT

☀ Take ..... puffs **every morning**

🌙 Take ..... puffs **every evening**

### RELIEVER TREATMENT

Take 1 additional puff for relief of asthma symptoms. Repeat after a few minutes if necessary (up to a maximum of 6 puffs). Do not take more than.....puffs a day

#### In an asthma emergency I should

- Sit up and stay calm
- Loosen tight clothing
- Take 1 puff of my MART inhaler
- If needed, take 1 additional puff of my MART inhaler every few minutes (up to a maximum of 6 puffs)
- If I don't feel better, or feel worse at any point, call 999 for an ambulance

If you get any side effects, talk to your doctor, pharmacist or nurse. 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](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of your medicine.