

Your Fasenra[®] (benralizumab) severe asthma treatment plan

Use this booklet to keep track of your treatment schedule, changes in symptoms and your overall progress during treatment with Fasenra.

Name:

Doctor/Nurse name:

This booklet is intended only for UK patients who have been prescribed Fasenra for Severe Eosinophilic Asthma. It does not replace the Patient Information Leaflet which you should read alongside this booklet and can be found in each pack of Fasenra

This booklet has been funded and produced by AstraZeneca, the manufacturer of Fasenra

Tracking how well Fasenra is working for you

To help ease your asthma symptoms, your doctor has prescribed Fasenra.

Please fill out the sections within this booklet with help from your doctor/nurse

This treatment is given to you by injection so it might be different to other asthma medication that you've used in the past. This booklet is designed to help you throughout your treatment.

Unless you have been told differently, your treatment will be given every four weeks for the first three injections and then once every eight weeks. It's important to keep taking any other asthma treatment (inhalers/tablets) your doctor has prescribed for you.

Before each appointment, please complete the 'Symptom tracker' on pages 4 & 5. Bring this booklet along with you to each appointment to help your doctor or nurse understand how you are getting on with your treatment.

As you begin treatment with Fasenra, it might also help to make a note of your short-term and long-term goals on page 6, then see how many you can achieve.

Your asthma treatment plan

Fasenra

First 3 injections every 4 weeks, then every 8 weeks thereafter

Your daily medications

List each of your daily asthma medications in the rows below:

Medication	Daily dose e.g. number of inhalations or tablets

Your blue inhaler (if you have one)

You may be taking more or less of your blue inhaler depending on your asthma symptoms, so please write down your most recent dose:

Medication	Dose e.g. number of inhalations	How long until symptoms improved?

If you have an asthma attack, seek immediate medical advice, call 999 and follow your personal asthma action plan

Keeping track of improvements

It's a good idea to note down the changes to your asthma symptoms to help your doctor or nurse track your progress on treatment.

Completing the sheet below will give you an accurate record of how you felt before you started treatment with Fasenra. By comparing this information to the entries during your Fasenra treatment you will be able to see if your symptoms are easing and whether you are able to perform daily activities that you previously found too difficult.

Before you start Fasenra overview of your asthma

How would you rate your asthma symptoms?

From 1-5 where 1 is 'Good', 5 is 'Bad'

How often do your symptoms affect your sleep?

From 1-5 where 1 is 'Rarely', 5 is 'Every night'

How many times a week do you need to use your reliever inhaler?

How many asthma attacks have you had in the past 6 months?

How many courses of oral steroid tablets have you had in the past 6 months?

In the past 6 months, how many times did you have to go to hospital because your asthma got worse?

Do you have any treatment side effects?

Yes or No

If **yes**, what are they?

Are there any daily activities that you are unable to do?

If **yes**, what are they?

As your treatment progresses, refer back to this page to see if anything has changed.

During Fasenra treatment overview of your asthma

Injection number	2 Date:.....	3 Date:.....	4 Date:.....
Since your last Fasenra injection:			
How would you rate your asthma symptoms? From 1-5 where 1 is 'Good', 5 is 'Bad'			
How often do your symptoms affect your sleep? From 1-5 where 1 is 'Rarely', 5 is 'Every night'			
How many times a week do you need to use your reliever inhaler?			
How many asthma attacks have you had?			
How many courses of oral steroid tablets have you had?			
How many times did you have to go to hospital because your asthma got worse?			
Do you have any treatment side effects? Yes or No			
If yes , what are they?			
Are there any daily activities that you can't do/can do now? Yes or No			
If yes , what are they?			

During Fasenra treatment overview of your asthma

Injection number	5	6	7	8
	Date:.....	Date:.....	Date:.....	Date:.....
Since your last Fasenra injection:				
How would you rate your asthma symptoms? From 1-5 where 1 is 'Good', 5 is 'Bad'				
How often do your symptoms affect your sleep? From 1-5 where 1 is 'Rarely', 5 is 'Every night'				
How many times a week do you need to use your reliever inhaler?				
How many asthma attacks have you had?				
How many courses of oral steroid tablets have you had?				
How many times did you have to go to hospital because your asthma got worse?				
Do you have any treatment side effects? Yes or No				
If yes , what are they?				
Are there any daily activities that you can't do/can do now? Yes or No				
If yes , what are they?				

My Goals

What would you like to do that your asthma is holding you back from?

The purpose of this section is for you to record your short-term goals after starting Fasenra treatment. Think about a day-to-day activity that you have been finding difficult because of your asthma, for example walking to the shops on your own.

My short-term goals

(Examples: walk to the shops, do some work around the house, cook while standing up)

.....	
.....	
.....	

Please complete this page with help from your doctor/nurse

Thinking about what you have achieved in the last few months, what would you like to achieve in the next few months?

In this section, you can record any major activities that you have previously found difficult to do or avoided because of your asthma.

My long-term goals

(Examples: enjoy a weekend away, go on a short bike ride around the park, play with my children/grandchildren)

.....	
.....	
.....	

Every time you have an appointment with your doctor/nurse, have a look to see what you have achieved and tick it off to show them the progress that you are making.

Information about possible side effects

As with all medicines, it is possible that you could experience some side effects with Fasenra treatment but not everyone does.

Common side effects, which may affect up to 1 in 10 asthma patients, include:

- Headache
- Pharyngitis (sore throat)
- Fever (high temperature)
- Injection site reaction (e.g. pain, redness, itching, swelling near where the injection was given)

Some people may have allergic reactions.

These reactions are common (these may affect up to 1 in 10 people)

Symptoms usually include:

- Hives
- Rash

In some cases, patients may experience a severe allergic reaction known as anaphylaxis. However, the frequency cannot be determined by the available data.

The symptoms usually include:

- Swelling of your face, tongue, or mouth
- Breathing problems
- Fainting, dizziness, feeling lightheaded (due to a drop in blood pressure)

Seek medical attention immediately if you think you may be having an allergic reaction. Such reactions may happen within hours or days after the injection.

If you experience any side effects, please talk to your doctor, nurse or pharmacist

Please refer to the Patient Information Leaflet in the Fasenra pack for further information on possible side-effects.

Where to go for support and advice

Fill this in with the help of your doctor or nurse:

Doctor/Nurse name:

Contact details:

Reporting of side effects

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

Fasenra[®]360

Ongoing support on your treatment journey

Patient hotline:
08004 700329

Mon-Fri 8am-6pm | Sat 9am-5pm
Outside of working hours please contact
your doctor or nurse, or in case of
emergency call 999.

Patient website:
connect360asthma.co.uk

