

ASTHMA ACTION PLAN

Name: _____ DOB: _____ Grade: _____

Severity (circle one): mild intermittent mild persistent moderate persistent severe persistent

Triggers (circle): animals colds exercise food smoke weather other: _____

Medication is located: _____ School office (requires medication form)
 _____ Student carries inhaler and will self-administer (requires signed
 Self-Medication Agreement and Principal consent).

Does student have an epi-pen at school? Yes No

Medication: _____

Dose: _____

May repeat in: _____ minutes _____ hours

SYMPTOMS	DO (Act Fast)
Tightness in chest. Shortness of breath. Coughing. Audible wheeze or unusual sounds. Anxious appearance. Rapid or labored breathing. Bluish discoloration of lips, nails, mucous membranes or around eyes/gums. Decreased level of consciousness.	<ol style="list-style-type: none"> 1. Give Inhaler, if available. 2. Stay with student, speak calmly. 3. Encourage student to relax by: <ol style="list-style-type: none"> a. Assuming comfortable position. b. Doing slow, deep breathing. c. Sipping warm water. 4. Call parent if no improvement within 5 minutes. 5. If symptoms improve within 15 minutes, allow to return to normal activity (no physical exertion). 6. If symptoms do not improve, call parent. 7. If symptoms increase in severity or student exhibits decreased consciousness: <ol style="list-style-type: none"> a. Give Epi-Pen, if available. b. Call 911 and parent. c. Initiate CPR/AED, if indicated.

*** Remember: Mild signs of asthma are subtle and can progress quickly into serious, life threatening symptoms. Assume complaints have a valid medical basis.*

I HAVE READ AND AGREE WITH THIS PLAN:

I will notify the school if the health status of my child changes or becomes unstable and/or there is a Cancellation of any of the procedures listed.

Parent Signature: _____ Date: _____

Steps to Follow During an Asthma Episode

1. Give medication as listed in Asthma Health Care Plan.
2. Encourage child to relax with slow deep breaths.
3. Offer sips of warm water to relax and refocus the child's attention.
4. Contact parent if no improvement after 15-20 minutes.
5. Seek emergency medical care or call 9-1-1 if the student has any of the following:
 - a. No improvement 15-20 minutes after initial treatment with medication, and an emergency contact person cannot be reached.
 - b. Difficulty breathing with:
 - i. Chest and neck "pulling in" with breathing
 - ii. Child is hunched over
 - iii. Child is struggling to breathe
 - c. Trouble walking or talking
 - d. Stops playing and can't start activity again due to breathing difficulties.
 - e. Lips or fingernails turn gray or blue
 - f. Decreasing or loss of consciousness