

## ASTHMA ACTION PLAN

Student Photo Here

Student Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_

**Effective Date:** School Year 20\_\_ - 20\_\_ (including summer school) **OR** From \_\_\_\_\_ To \_\_\_\_\_

**To be completed by a practitioner:**

**Triggers:** (check applicable)

- Exercise                       Respiratory infections                       Animal dander                       Other  
 Temperature changes                       Food                       Dust mites  
 Tree, grass pollens                       Mold                       Strong odors or fumes

**GREEN ZONE: Doing Well**

Symptoms	Daily Asthma Control Medicine	Dose	Time Given
<ul style="list-style-type: none"> <li>• No cough or wheeze</li> <li>• Can work or play</li> <li>• Sleeps all night</li> <li>• Breathing is good</li> </ul>			

**YELLOW ZONE: Having Symptoms – Use Rescue Inhaler**

Symptoms	Medicine	How many puffs	When and how often to use
<ul style="list-style-type: none"> <li>• Difficulty speaking</li> <li>• Wheezing</li> <li>• Chest tightness</li> <li>• Shortness of breath</li> <li>• Persistent coughing</li> </ul>			

**Additional Doctor Orders (check applicable)**

- Give two puffs of the inhaler 15 minutes before gym/recess  
 Give \_\_\_\_\_ more puffs of the rescue inhaler if symptoms have not improved in \_\_\_\_\_ minutes

x *Sick plan:* Give the inhaler at scheduled times when the student is ill per parent/guardian direction

**RED ZONE: Emergency – Use Rescue Inhaler; Call 911 and parent/guardian if student not better right away**

Symptoms	Medicine	How many puffs	When and how often to use
<ul style="list-style-type: none"> <li>•Relief inhaler did not help</li> <li>•Cannot work or play, anxious</li> <li>•Trouble talking, gasping</li> <li>•Breathing hard &amp; fast, ribs sticking out</li> </ul>			

**YES**  **NO** Student understands asthma AND has successfully demonstrated rescue medication delivery. Student **may** self-carry inhaler while at school and during school sponsored events. (Keeping a back-up in the health office is recommended.)

**PARENT/GUARDIAN SIGNATURE** \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

I hereby give permission to staff designated by the school principal or nurse to give the above medication to my student according to the instructions stated above and authorize them to contact the practitioner, if necessary.

**PRACTITIONER SIGNATURE** \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

Practitioner signature directs the above medication administration and indicates willingness to communicate with school staff regarding this medication.

## YELLOW ZONE: Having Symptoms

### School staff directions:

DO NOT leave the student alone.

Remove student from any obvious trigger and escort student to health office.

Seat student in position of comfort. Do not insist s/he lie down

Give initial treatment of quick-relief medicine and allow for rest. Improvement is usually seen within 5-10 minutes after use of quick-relief medicine.

**An asthma emergency is indicated by no response to treatment or worsening symptoms.** Notify school nurse and parent.

## RED ZONE: Emergency – Use Rescue Inhaler; Call 911 and parent/guardian if student not better right away

### School staff directions:

Contact parent /guardian **NOW** regarding severity of student's asthma episode and urgent need for evaluation by a health care provider.

Parent/guardian/emergency contact must arrive within 10 minutes to take student to a medical facility, or **CALL 911**. Send this Asthma Action Plan with student.

## Rescue Inhaler Instructions

### HOW TO USE AN INHALER

Stand up (or sit up straight).

1. Shake the inhaler well to mix up the medicine
2. Remove the cap from the inhaler. Inspect the inhaler to make sure there is nothing in it that could be accidentally inhaled.
3. Inhalers must be "primed" the first time they are used and when not used for two weeks.\* Spray 4 times into the air, away from the face to ensure medication is flowing freely. Hold the inhaler upright or it will not spray correctly.
4. Exhale all your air out fully.
5. Before inhaling, put the mouthpiece of the inhaler into your mouth over your tongue and between your teeth. Close your lips around it while tilting your head and the inhaler back slightly. Press down on the inhaler canister and breathe in slowly and deeply (over about 5 seconds) through your mouth.
6. Hold breath for 10 seconds.  
Wait 1-2 minutes between puffs.  
Rinse mouth after using the inhaler.

\*Xopenex (levalbuterol) inhalers should be primed if not used for 3 days.

### HOW TO USE AN INHALER WITH A HOLDING CHAMBER

#### Repeat steps 1-4 above

5. Before inhaling, put the mouthpiece of the chamber into your mouth over your tongue and between your teeth. Close your lips around it while tilting your head and the inhaler back slightly.
6. Press down on the inhaler canister

7. Breathe in slowly and deeply (over about 5 seconds) through your mouth. Some chambers will whistle if you are breathing in too fast. If you hear a whistling sound, breathe in slower until no sound can be heard.
8. Hold breath for 10 seconds.
9. Chambers with mask mouthpieces advise pressing the canister to fill the chamber, then slowly breathing in and out six times. Breath-holding after is not required.

