

SCHOOL ASTHMA ACTION PLAN

Name: _____ Grade: _____ DOB: _____

Medications at school:

Has Personal Asthma Action Plan on file: Yes No **Follow personal asthma action plan if available**

Evaluate respiratory status for signs of respiratory distress:

- Severe coughing
- Wheezing
- Chest tightness
- Rapid, labored breathing
- Sitting in a hunched position (tripod position)
- Blueness of fingernails or lips
- Decreased or loss of consciousness
- Shortness of breath
- Retractions (chest/neck sucks in)

PLAN OF ACTION: Personal best or best predicted: FEV1 _____ / PEF _____

Green Zone: Doing Well: No cough, wheeze, chest tightness, or shortness of breath; can do usual activities; O₂ sat 95%-100%; FEV1 \geq 80% of personal best or best predicted OR Peak flow \geq 80% of personal best. (**Green zone FEV1** _____ / **PEF** _____)

1. Have student rest in the health room for 10-20 min & observe for signs that condition may be worsening.
2. May give student sips of warm water.
3. Student may return to class.

Yellow Zone: Moderate Distress: Cough, wheeze, chest tightness, or shortness of breath; Can do some, but not all, usual activities; O₂ sat 91%-94%; FEV1 60-79% of personal best or best predicted OR Peak flow 50-79% of personal best. (**Yellow zone FEV1** _____ / **PEF** _____)

1. Notify RN. RN to assess student (when on-site).
2. Student may be given 2-6 puffs of Albuterol MDI via spacer or 1 vial Albuterol via nebulizer, per RN directive.
3. Notify parent/guardian.
4. Monitor student and recheck O₂ sat and/or FEV1 or PEF 20 minutes after administering quick-relief medication.
5. If student responds favorably (O₂sat \geq 95%; FEV1 or PEF \geq 80%), student may return to class.
6. If no response to treatment, or if condition worsens, student may repeat 2-6 puffs of Albuterol MDI via spacer per RN directive & call 911.

Red Zone: Severe Distress: Very short of breath, blueness of fingernails or lips, retractions; Quick-relief medicines have not helped; O₂sat \leq 90; FEV1 $<$ 60% of personal best or best predicted OR PEF $<$ 50% of personal best. (**Red zone FEV1** _____ / **PEF** _____)

1. Call 911.
2. Notify RN. RN to assess student (when on-site).
3. Student may be given 2-6 puffs of Albuterol MDI via spacer or 1 vial Albuterol via nebulizer, per RN directive.
4. Notify parent/guardian.
5. Monitor student closely until EMS or parent/guardian arrives.