

ASTHMA MANAGEMENT and EMERGENCY RESPONSE PLAN

DATE OF PLAN: _____

STUDENT: _____ d.o.b: _____

PARENT / GUARDIAN: _____

PHOTO

PHONES: _____

Alternate 1. _____

Contacts 2. _____

MEDICAL PROVIDER: _____ Office: _____ Fax: _____

ABOUT ASTHMA: Asthma is a chronic lung disease with inflamed and narrowed airways that react strongly to triggers like exercise, having a cold, and allergies. Frequency and severity of symptoms vary. Asthma can be effectively managed with medical treatment and avoidance of triggers. It is important to provide appropriate treatment when symptoms are first noticed, to give relief and help prevent an asthma episode from getting worse. Severe symptoms require 911 response.

ABOUT "RESCUE" INHALERS: Albuterol rescue inhalers prevent and treat symptoms quickly by opening airways and reducing bronchospasm. The health care provider and parent can give permission on a Medication Authorization for the student to carry and self-administer an inhaler. For younger students or those with infrequent symptoms, their inhaler may be kept in the office to be administered as needed.

COMMON ASTHMA SIGNS AND SYMPTOMS (underlined are typical for this student):

1. Breathing: coughing; wheezing; short of breath; mouth breathing; rapid breathing; choppy speech
2. Verbal Complaints: can't catch breath; not feeling well; chest feels tight or hurts; dry mouth
3. Other: decreased exercise tolerance; irritability; anxiety; fatigue

I consider my child's asthma to be: MILD MODERATE SEVERE

HOW TO RESPOND WHEN A STUDENT HAS ASTHMA SYMPTOMS:

1. Symptoms may not always be obvious to the observer. Do not ask students to wait if they say they need their inhaler. Never send students with asthma symptoms anywhere alone.
2. For significant symptoms, have the student sit upright. Provide calm reassurance and encourage slow deep breathing. When assisting with inhaler use, follow the current Medication Authorization. The medication should be inhaled slowly and fully and held for a count of 8-10, with one full minute between puffs (typically 2 puffs every 4-6 hours as needed).
3. The student should respond to inhaler treatment within 15 minutes and can return to class or activities when symptom free. If there is no improvement of mild to moderate symptoms, call the parent, do not send the student back to class or activities, and monitor closely.
4. **CALL 911 AND TREAT AS A MEDICAL EMERGENCY:**
 - For significant asthma symptoms when the student does not have an inhaler at school;
 - If there is no improvement of significant symptoms 15 minutes after inhaler use;
 - If any of the severe asthma symptoms listed below are seen:

CALL 911 NOW FOR ANY OF THESE SEVERE ASTHMA SYMPTOMS

and administer their rescue inhaler as prescribed and contact the parent/guardian

- | | |
|------------------------------|---|
| → constant coughing | → severe chest retractions or nasal flaring |
| → trouble talking or walking | → sweaty, clammy skin |
| → rapid, labored breathing | → lips or nails turn gray or blue |
| → very anxious or restless | → decreasing level of consciousness |

ASTHMA PLAN FOR: _____ DATE: _____

STUDENT'S LEVEL OF INDEPENDENCE IN ASTHMA CARE (check all that apply):

- Staff are always to provide assistance when needed.
 - This student is capable of self-monitoring and treating asthma symptoms the majority of the time.
 - This student requires staff assistance with: monitoring symptoms; administering inhaler
- Additional: _____

STUDENT'S KNOWN ASTHMA TRIGGERS (check all that apply):

- strenuous exercise
- respiratory infection and colds
- changes in temperature
- animal dander _____
- Additional: _____
- strong odors or fumes
- dust
- dust mites
- secondhand smoke
- pollen
- mold
- stress
- strong emotions

TO HELP PREVENT ASTHMA SYMPTOMS AT SCHOOL:

1. When possible, helping students avoid their asthma triggers can help prevent symptoms.
 2. Good hand washing helps reduce exposure to upper respiratory infections, a frequent cause of school absence for students with asthma.
- This student has EXERCISE INDUCED ASTHMA and may need to use their inhaler 15-30 minutes prior to recess or strenuous exercise in PE or sports. Advise the student in a private manner prior planned strenuous exercise so they can pre-treat as needed.
 - _____

FIELD TRIPS:

1. A copy of this care plan is to accompany staff on away from school field trips.
2. Ask office staff if this student has medication stored there that staff must take on field trips. If the student has a current Medication Authorization indicating they are to carry a rescue inhaler, they would be responsible for taking it with them on field trips.
3. Additional medication may be provided by the parent/guardian for overnight field trips.

PARENT/GUARDIAN RESPONSIBILITIES:

1. Ideally parents will consistently provide a rescue inhaler for use at school. A spacer to improve inhaler administration may also be provided, recommended for all students but especially for younger children;
2. Required: A current Authorization for Administration of Medication at School form for all medication needed at school, including inhalers whether in the office or carried;
3. Assuring their child knows to the best of their ability appropriate inhaler use and trigger avoidance;
4. Informing school staff of changes to their child's health that may affect them at school.

This Health Care Plan will be shared confidentially on a need to know basis with school staff.
It reflects the parent/guardian's best understanding of the student's health condition.
It will be carried forward into successive years with updates as indicated by the parent/guardian.

Parent/Guardian

Date

(optional) Reviewed by Medical Provider

Date