

# ASTHMA

## STANDARD EMERGENCY CARE STEPS FOR ASTHMA

- If the student has medication at school for treating asthma, it should be given per physician's direction.
- If the student does not have medication, call parent and district nurse.
- Stay with the student and remain calm.
- Encourage student to relax by:
  - Assuming most comfortable position
  - Doing slow, deep breathing
  - Sipping warm water
  - Refocusing on pleasant images/thoughts
- Monitor for symptoms (see below) for a minimum of 15 minutes.
- If symptoms decrease after 15 minutes, student may return to class.
- If symptoms increase in severity or there is absent breathing/pulse or decreased level of consciousness, **CALL 911 AND BEGIN CPR IMMEDIATELY IF INDICATED.**
- **Notify parent promptly of incident and action taken.**

*Possible signs/symptoms of an asthma emergency could include ANY of the following.*

- Shortness of breath or difficulty breathing
- Tightness in chest
- Coughing for prolonged periods
- Coughing that causes choking or persistent vomiting
- Audible wheeze or unusual sounds
- Anxious appearance
- Difficulty speaking in full sentences or only able to whisper
- Need to stand or lean over at waist
- Bluish discoloration of lips, nails, mucous membranes around eyes/gums
- Decreased level of consciousness