# ASTHMA CARE PLAN AND MEDICATION ORDERS

**Plan ___**

Place student picture here

| **STUDENT NAME** | | | **Birthdate:** | |
|---|---|---|---|---|
| **Grade** | **School:** | ☐ **Bus #** ☐ **Walk** ☐ **Drive** | **Weight:** | **Height:** |
| ☐ **History of anaphylaxis** | **Brief medical history:** | | | |

**Asthma Triggers** (check all that apply) ☐ None Known ☐ Animals ☐ Cold Air ☐ Exercise ☐ Pollens
☐ Respiratory illness/virus ☐ Smoke, chemicals, strong odors ☐ Other_____(i.e., foods, emotions, insects, etc.)

**Usual Asthma Symptoms** (check all that apply) ☐ Cough ☐ Wheeze ☐ Shortness of breath ☐ Chest tightness
☐ Asking to use inhaler ☐ Other _____

Inhaler(s) location: ☐ Office ☐ Backpack ☐ On person ☐ Other_____

Epinephrine auto-injector(s) (**EAI**) location ☐ Office ☐ Backpack ☐ On person ☐ Other_____

## *This Section to be Completed by a Licensed Healthcare Provider (LHP)*

### *GO ZONE (GREEN) INFREQUENT/MINIMAL SYMPTOMS*

Symptoms and/or use of quick relief medication < 2 times per week. (Does not include exercise pre-treatment usage.) Infrequent and minimal symptoms like cough, wheeze, and shortness of breath. Full participation in physical education and sports is allowed.

If student is using the quick relief inhaler > 2 times per week or requires frequent observation by school staff
➔ **Notify school nurse-phone # _____ and parent/guardian.**

GREEN ZONE Peak Flow Range _____ to _____
☐ N/A Peak Flow

### CAUTION ZONE (YELLOW) *SIGNIFICANT SYMPTOMS DO NOT LEAVE STUDENT UNATTENDED*

**SYMPTOMS INCREASE:** Cough, wheeze, chest tightness, or shortness of breath, can do some, but not all, usual activities

**ADMINISTER** ☐ **Quick-relief Medication: _____ Number of puffs: _____**
☐ **Use spacer/chamber with inhaler**
**OR** ☐ **Quick-relief Medication via Nebulizer: _____ Dosage: _____**

**Can repeat every _____ minutes up to maximum of _____ doses**
- If symptoms (and peak flow, if used) resolve student returns to GREEN ZONE guidance
- If symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:
  **Administer ☐ Quick-relief Medication: _____ Number of puffs: _____**
  **OR ☐ Nebulizer** (2nd dose)

Contact school nurse (if available) and parent/guardian. Student should not remain at school at this point. Continue to stay with and monitor the student until parent/guardian arrives.

YELLOW ZONE Peak Flow Range _____ to _____

### EMERGENCY ZONE (RED) *EXTREME SYMPTOMS DO NOT LEAVE STUDENT UNATTENDED*

If student is very short of breath, can see ribs during breathing, difficulty walking or talking, blue appearance to lips or nails, quick relief medication not working

➢ **CALL 911** ☐ Give 4 puffs quick relief inhaler (or nebulizer treatment)
☐ Administer epinephrine auto-injector (EAI) ☐ 0.3 mg ☐ 0.15 mg (Jr)
☐ Other _____
Contact school nurse (if available) and parent/guardian. Adult stays with student

RED ZONE Peak Flow Range Below: _____

**EXERCISE PRE-TREATMENT**: ☐ N/A PE/Sports: Day/Time/Periods _____

☐ Give 2 puffs of quick relief inhaler 15- 30 minutes prior to PE or other strenuous exercise

If asthma symptoms occur during exercise, follow CAUTION ZONE (YELLOW) instructions. Notify nurse and parent/guardian if occurs.

**Daily Controller Medication**_____ Dose_____ Time_____

☐ Takes daily controller medication at home ☐ Administer daily controller medication at school

**SIDE EFFECTS of medication(s):** increased heart rate, shakiness

This student demonstrated correct use of the rescue inhaler and EAI in the LHP's office as required ☐ Yes ☐ No

☐ Student can carry and self-administer rescue inhaler and EAI ☐ Needs help administering rescue inhaler and EAI

| LHP Signature | LHP Print Name | |
|---|---|---|
| Start date | End date ☐ Last day of school ☐ Other | |
| Date | Telephone | Fax |

# Asthma Care Plan – Part 2 – Parent/Guardian

**STUDENT NAME** _____

## EMERGENCY CONTACTS

| Parent/Guardian | | Parent/Guardian | |
|---|---|---|---|
| | Name | | Name |
| | Primary # | | Primary # |
| | Other # | | Other # |
| | Other # | | Other # |

| Name: | Relationship: | Phone: |
|---|---|---|

My child may carry and is trained to administer their rescue inhaler ☐ Yes ☐ No Provide extra for office ☐ Yes ☐ No

My child may carry and is trained to self-administer their EAI ☐ Yes ☐ No Provide extra for office ☐ Yes ☐ No

My child needs to carry their rescue inhaler and/or EAI- and will need assistance with administration ☐ Yes ☐ No

- A new care plan and medication/treatment order must be submitted each school year.
- If any changes are needed to the care plan, it is the parent/guardian's responsibility to contact the school nurse.
- It is the parent/guardian's responsibility to alert all other **non-school** programs of their child's health condition.
- I understand that the school district cannot be held responsible for negative outcomes resulting from my child self-administering their medication at my request.
- Medical information may be shared with school staff working with my child and 911 staff, if they are called.
- This is a life-threatening care plan and can only be discontinued by the LHP.
- I authorize the exchange of information about my child's asthma between the LHP office and the school nurse.

My child needs classroom, school activity or recess accommodations ☐ Yes ☐ No

If yes, please contact the school counselor or 504 coordinator.

I have reviewed the information on this care plan/504 and medication/treatment order and request/authorize trained school employees to provide this care and administer medication/treatments in accordance with the Licensed Healthcare Provider's (LHP) instructions.

**Parent/Guardian Signature** **Date**

**Student** (for all students but required for student who self-carries/self-administers rescue inhaler and/or EAI):

- I have demonstrated the correct use of the rescue inhaler and/or EAI to the medical provider and the school registered nurse.
- I agree never to share my inhaler and/or EAI with another person or use it in an unsafe manner.
- I agree that if there is no improvement after using inhaler and/or EAI, I will report to an adult.

**Student Signature (Required)** **Date**

- **The care plan is intended to strengthen the partnership of families, healthcare providers and the school. It is based on the NHLBI Guidelines for Asthma Management.**
- Some students are capable of carrying and using their quick relief inhaler by themselves. The student, student's parents, school nurse and health care provider will collectively make this decision. The school nurse must also evaluate technique for effective use.

**For School District Nurse Only** **504 Plan** ☐

A registered nurse has completed a nursing assessment and developed this Asthma Care Plan in conjunction with the student, their parent/guardian and their LHP.

Student may carry and self-administer the medication ordered above: ☐ Yes ☐ No

If yes, has the student demonstrated to the registered nurse, the skill necessary to use the medication and any device necessary to administer the medication as ordered: ☐ Yes ☐ No

| Device(s) if any, used | Expiration date(s) |
|---|---|
| | |

**Registered Nurse Signature:** **Date:** **Phone number:**

A copy of the Health Care Plan will be available to all staff members who are involved with the student, including substitutes.