



# School Asthma Action Plan-1

**COLUMBIA PUBLIC SCHOOLS**  
*Administration Building • 1818 W. Worley Street • Columbia, MO 65203*

**Student Name:** \_\_\_\_\_ **Student Number:** \_\_\_\_\_  
**Teacher/Team:** \_\_\_\_\_ **School:** \_\_\_\_\_

### 1. Triggers that might start an asthma episode for this student

- Animal Dander     Cigarette smoke, strong smells     Cockroaches     Emotions (when upset)
- Exercise     Food Allergy     Irritants     Molds
- Pollens     Respiratory Infections     Temperature Changes
- Other \_\_\_\_\_

### 2. Control of the school environment

\_\_\_\_\_ Environmental measures to control triggers at school \_\_\_\_\_  
 \_\_\_\_\_ Pre-medications (prior to exercise, choir, band, etc.) \_\_\_\_\_  
 \_\_\_\_\_ Dietary restrictions \_\_\_\_\_

### 3. Peak flow monitoring

\_\_\_\_\_ Monitor FEV1 or peak flow:  
                   Personal best peak flow \_\_\_\_\_ Monitoring times \_\_\_\_\_

### 4. Routine asthma and allergy medication schedule

Medication Name	Dose/Frequency	When to Administer	
		At Home	At School

**5. Field trips - Asthma medications and supplies must accompany student on all field trips. A staff member must be instructed on correct use of the asthma medications and bring a copy of the Asthma Action Plan and contact phone numbers.**

Parent Contact: \_\_\_\_\_

Parent Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Number: \_\_\_\_\_



# School Asthma Action Plan-2

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**Student Name:** \_\_\_\_\_ **Student Number:** \_\_\_\_\_

**\*\*Immediate action is required when the student exhibits shortness of breath and any one of the following signs of respiratory distress. Always treat symptoms even if a FEV1 or peak flow meter is not available.**

Severe cough	Agitation	Sucking in of the chest wall	Difficulty breathing when walking
Chest tightness	Pulse > 120	Shallow, rapid breathing	Difficulty breathing when talking
Wheezing	Rapid, labored breathing	Blueness of fingernails & lips	Decreased or loss of consciousness
Prefers sitting	O2 saturation < 90%	FEV1 or PEF < 70% predicted	

## Steps to Take During an Asthma Episode

- 1. Call EMS (911) if the student does not respond to a repeat of his/her initial quick relief medication and continues to exhibit shortness of breath and one or more of the above signs of respiratory distress.**
- 2. Initiate CPS Management of Asthma Exacerbation Protocol. Emergency asthma medication will be provided by the school district.**
- 3. Notify parent that EMS has been notified and protocol has been initiated.**

## Parent Consent for Management of Asthma at School

I, the parent or guardian of the above named student, request that this School Asthma Action Plan be used to guide asthma care for my child. I agree to:

1. Provide all necessary personal medications and supplies (mask, spacer, etc.).
2. Notify the school nurse of any changes in the student's health status.
3. Allow school nurse to inform appropriate school staff interacting directly with my child of his/her respiratory needs while at school.

Parent/Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Reviewed by School Nurse \_\_\_\_\_ Date \_\_\_\_\_

*Teachers: If you have any information that would warrant consideration for special education and related services, in addition to the Individual Health Plan or other mitigating measures being implemented, contact the nurse to submit a referral under IDEA or Section 504.*