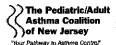
## Asthma Treatment Plan – Student

(This asthma action plan meets NJ Law N.J.S.A. 18A:40-12.8) (Physician's Orders)









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REVISED JULY 2012
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(Please Pr	int)	-					
Name			Date of Birth			Effective Date	
Doctor		•	Parent/Guardian (if applicable)		Emerg	Ernergency Contact	
Phone			Phone			Phone	
HEALTHY	(Green Zone)	Tak mor	e daily control me e effective with a	edicine(s). So a "spacer" – u	me inhal se if dire	ers may be	Triggers Check all items
$\triangle$	You have <u>all</u> of these:  • Breathing is good	MEDICINE HOW MUCH to take and HOW OFTEN to take it					that trigger patient's asthma:
( ( · ( · )	No cough or wheeze	☐ Advair® HFA ☐ 45, ☐ 115, ☐ 2302 puffs twice a day ☐ Alvesco® ☐ 80, ☐ 160 ☐ 1, ☐ 2 puffs twice a day					□ Colds/flu
	• Sleep through	☐ Duler	a® 🗆 100, 🗀 200	2 p	uffs twice a da	ay	☐ Exercise☐ Allergens
K L	the night	☐ Flove	nt® 🔲 44, 🔲 110, 🗀 220 _	2 p	uffs twice a da	ay	O Dust Mites,
	<ul> <li>Can work, exercise,</li> </ul>	-   □ Qvar	<sup>®</sup> □ 40, □ 80		1, ∐ 2 puffs tv	vice a day	dust, stuffed
	and play	□ Symbicort® □ 80, □ 160 □ 1, □ 2 puffs twice a day   □ Advair Diskus® □ 100, □ 250, □ 500 1 inhalation twice a day					animals, carpet  Pollen - trees,
		☐ Auva	n Diskus° 🔲 100, 🛅 230, t mex® Twisthaler® 🗍 110. 🗀		maiation twice	ons 🗆 once or 🗀 twice a day	
		☐ Asmanex® Twisthaler® ☐ 110, ☐ 220 ☐ 1, ☐ 2 inhalations ☐ once or ☐ twice a day ☐ Flovent® Diskus® ☐ 50 ☐ 100 ☐ 250 ☐ 1 inhalation twice a day					○ Mold
		□ Pulmicort Flexhaler® □ 90, □ 180 □ 1, □ 2 inhalations □ once or □ twice a day					O Pets - animal dander
	•	☐ Pulmicort Respules® (Budesonide) ☐ 0.25, ☐ 0.5, ☐ 1.0 ☐ 1 unit nebulized ☐ once or ☐ twice a day ☐ Singulair® (Montelukast) ☐ 4, ☐ 5, ☐ 10 mg ☐ 1 tablet daily					o Pests - rodents,
		∐ Singi		o, 🗀 10 mg1 ta	ablet dally		cockroaches
And/or Donk	· flaur abovo	□ None					☐ Odors (Irritants) ☐ Cigarette smoke
And/or Peak	flow above			to rince your ma	uth ofter tak	ing inhaled medicine.	& second hand
	If exercise triggers your	aethma :				nutes before exercise.	SITIONO
	ii exercise triggers your	asiiiiia,	take tins medicine				<ul> <li>Perfumes, cleaning</li> </ul>
CAUTION	(Yellow Zone)	Con	tinue daily control m	edicine(s) and A	DD auick-r	elief medicine(s).	products,
	(Yellow Zone)						scented products
	• Gough	MEDIC				OFTEN to take it	o Smoke from
( 2.7	Mild wheeze		bivent® 🔲 Maxair® 🔲 Xopei				burning wood, inside or outside
<i>₹</i>	Tight chest	☐ Vente	olin® 📋 Pro-Air® 🔲 Provent	til®	2 puffs every 4	4 hours as needed	□ Weather
X 60	Coughing at night	☐ Albut	terol 🗆 1.25, 🗀 2.5 mg		l unit nebulize	d every 4 hours as needed	o Sudden
	• Other:		neb®				temperature change
<b>V</b>		,	:nex® (Levalbuterol) □ 0.31, □	🗆 0.63, 🖂 1.25 mg _	1 unit nebulize	d every 4 hours as needed	<ul> <li>Extreme weather</li> </ul>
If auick-relief n	nedicine does not help within	1	ase the dose of, or add:				- hot and cold
	or has been used more than	☐ Othe	r				Ozone alert days
	mptoms persist, call your	• If a	uick-relief medic	ine is needed	more th	an 2 times a	☐ Foods:
	the emergency room.		ek, except before exercise, then call your doctor.				0
And/or Peak	c flow from to						. 0
EMEDCE	NCY (Red Zone)				· · · · · · · · · · · · · · · · · · ·	OALL 044	□ Other:
LIVILNUL	Your asthma is:		ke these me				0
See Miles	getting worse fast:	AS	thma can be a lit	fe-threatening	g illness.	. Do not wait!	0
	• Quick-relief medicine did	ME	DIÇINE	HOW MUC	H to take an	d HOW OFTEN to take it	o
	not help within 15-20 min						This asthma treatment
	<ul> <li>Breathing is hard or fast</li> <li>Nose opens wide</li> <li>Ribs s</li> </ul>	how 🗀 🕻	Combivent® □ Maxair® □ X /entolin® □ Pro-Air® □ Pro	ventil®	2 puffs	every 20 minutes	plan is meant to assist,
HH	Trouble walking and talki		Albuterol 🗀 1.25, 🗀 2.5 mg		1 unit no	ebulized every 20 minutes	not replace, the clinical
And/or	• Lips blue • Fingernails bl	البا مير	Ouoneb®			ebulized every 20 minutes	decision-making
Peak flow	• Other:		(openex® (Levalbuterol) 🗌 0.3	31, □ 0.63, □ 1.25 m	ig1 unit n	ebulized every 20 minutes	required to meet
below			Other				individual patient needs
Discoloriment: Thouse of the likelying ACC papelled on an "as its" basis. The American In-	NU, Astring Tonghaed Plancych is cooleac is all your earnifely. The coolean lie try Association of the Mail-Affends (AS-AN-Ag. be Pediatri/Adult Asthus		··-			·	
Capifor of New Jersey and all efficies distributions of the Jersey and all efficies distributed for a contract of the July A. Talker so represent a force or committee.	org Association of the Model Parist, the AM-May, the Profession (AM-May Assisted Parist) of the Association, and the Second Second Parist of the Association (AM-May Association) of the Association of the Association of Association (AM-May Association) of the Association (AM-May Association) of the Association of the Association (AM-May Association) of the Association (AM-May Association) of the Association of the Association (AM-May Association) of the Association (AM-May Association) of the Association of the Association (AM-May Association) of the Associatio		elf-administer Medication:	PHYSICIAN/APN/PAS	SIGNATURE		DATE
content, ALAM & makes represently, representation detects on the consecut, in on exact shall distal consequent to dismagns, personal improgrammental	c co-dimigration in Light man splick cut involved and construction place in change for this property in place [1]. Construction in the cut of the cut of place in the cut of the	is student is	capable and has been instructed				
resumptions to take or requesting the transact combination in every network or notices, course, so not in the time of the state of the			proper method of self-administering of the parent/GUARDIAN SIGNATURE			_	
The Padia(in)Alah Asthma DesPilon of New Jerse Funnas surported by a grant from the Mew Jersey's Jers for Dispose Control and Proportion (1995)	yin şımışcediği fir America iling Associatoria Nordeniy Tilir pilifica- Dişamunlul Halin yılı Seriya Seriyası viri kiralışı sükleliyi Bellis. Gen- condra Amazarın S.P.EERCOMST-10, "Kozala i Despubli Venson S.Nillar	accordance v		1	· A # # P		
of    each in soul du fout vous at lympresis and   It's Dentes to Discose Control and Presis for a	(INCHES INCHES IN THE USAN THURS TO COMMUNICATE IN THE PROPERTY OF THE USAN		nt is <u>not</u> approved to self-medicate. PHYSICIAN STAMP				

Make a copy for parent and for physician file, send original to school nurse or child care provider.