

School Asthma Action Plan

Student Name _____ Teacher/Team _____

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

- Exercise
- Animal Dander
- Cigarette smoke, strong odors
- Respiratory Infections
- Pollens
- Temperature Changes
- Foods _____
- Emotions (e.g. when upset)
- Molds
- Irritants (e.g. chalk dust)
- 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 Peak Flow:
_____ Personal Best Peak Flow _____ Monitoring Times _____
_____ Do Not Monitor Peak Flow

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. 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.

(1) Parent to Contact _____
Phone Number(s) _____
(2) Other Person to Contact in Emergency _____
Phone Number(s) _____

Parent/Legal Guardian Signature _____ Date _____

Reviewed by the School Nurse _____ Date _____

Asthma Emergency Plan

Name:

DOB:

Teacher:

Parent:

****Immediate action is required when the student exhibits any of the following signs of respiratory distress. Always treat symptoms even if a peak flow meter is not available.**

Severe cough	Shortness of Breath	Sucking in of the chest wall	Difficulty walking from breathing
Chest tightness	Turning blue	Shallow, rapid breathing	Difficulty talking from breathing
Wheezing	Rapid, labored breathing	Blueness of fingernails & lips	Decreased or loss of consciousness

Steps to Take During an Asthma Episode:

(COUGHING/WHEEZING/SHORTNESS OF BREATH)

1. Give Emergency Asthma Medications As Listed Below:

Quick Relief Medications	Dose/Frequency	When to Administer
1.		
2.		

2. Contact Parents if inhaler is administered.

3. Call 911 to activate EMS if the student has ANY of the following:

- Lips or fingernails are blue or gray
- Student is too short of breath to walk, talk, or eat normally
- No relief from medication within 15-20 minutes with any of the following signs
 - Chest and neck pulling in with breathing
 - Child is hunching over
 - Child is struggling to breathe

Physician: