

ADMINISTRATIVE PROCEDURE

STUDENT ASTHMA MANAGEMENT PLAN

Name: _____

Place Student's Photo Here

KNOWN ASTHMA TRIGGERS

- | | |
|------------------------|---------------|
| Colds/Flu | Strong Smells |
| Physical Activity | Pets |
| Hot or Cold Weather | Pollen |
| Allergies (specify): | |
| Anaphylaxis (specify): | |
| Other (specify): | |

(to be provided by parent)

RELIEVER INHALER (FAST-ACTING, USUALLY BLUE)

Use reliever inhaler _____ in the dose of _____. Spacer provided? Yes No
(name of medication) (# of puffs)

Reliever inhaler is used to:

Relieve symptoms being experienced (see "MANAGING ASTHMA ATTACKS" below)

Other (please explain): _____

Student requires assistance to access and use reliever inhaler. Make sure it is readily accessible by teacher/supervisor.

Student will carry their inhaler at all times including outdoor activities and field trips.

We agree _____ (student name) is responsible for carrying his/her inhaler at all times (including recess, gym, outdoor and off-site activities).

Name of Parent/Guardian: _____

Date: _____

Signature of Parent/Guardian: _____

Date: _____

Signature of School Administrator: _____

Date: _____

Permission to Post (where applicable) Yes No

ADMINISTRATIVE PROCEDURE

MILD ASTHMA ATTACK

If **ANY** of the following occur:

- Continuous coughing
- Trouble breathing
- Chest lightness
- Wheezing (whistling sound in chest)

Student may also be restless, irritable and/or very tired.



Step 1: Immediately use fast-acting reliever inhaler (usually blue).

Step 2: Check symptoms. Only return to normal activity when all symptoms are gone.

If symptoms get worse or do not improve within 10 minutes, this is an **emergency** – follow steps below.

ASTHMA EMERGENCY

If **ANY** of the following occur:

- Breathing is difficult and fast
- Cannot speak in full sentences
- Lips or nail beds are blue or gray
- Skin on neck or chest sucked in with each breath

Student may also be anxious, restless and/or very tired.



Step 1: Immediately use fast-acting reliever inhaler (usually blue). **CALL 911** for an ambulance. If possible, stay with the student.

Step 2: If symptoms continue, use reliever inhaler every 5-15 minutes until medical help arrives.

While waiting for medical help to arrive:

- ✓ Have student sit up with arms resting on a table (do not have student lie down unless it is an anaphylactic reaction)
 - ✓ Stay calm, reassure the student and stay by his/her side
 - ✓ Notify parent/guardian or emergency contact