

# School Asthma Action Plan

Year \_\_\_\_\_

Name \_\_\_\_\_ Grade/room \_\_\_\_\_  
 Parent/guardian \_\_\_\_\_ Home phone \_\_\_\_\_  
 Work phone \_\_\_\_\_ Cell phone \_\_\_\_\_  
 Other emergency contact \_\_\_\_\_ Phone \_\_\_\_\_  
 Physician \_\_\_\_\_ Hospital preference \_\_\_\_\_

## Asthma Management Plan

Identify the things which may start an asthma episode.

- |                                  |                        |
|----------------------------------|------------------------|
| __ exercise                      | __ strong odors/fumes  |
| __ respiratory infections        | __ dust                |
| __ change in temperature/weather | __ carpets in room     |
| __ animals _____                 | __ pollens/grass/weeds |
| __ food _____                    | __ molds               |
| __ other _____                   |                        |

## Signs/symptoms of an attack

\_\_\_\_\_

## Medication plan

List names of medications given, how given (inhaler, nebulizer, pills), when given (daily, during an asthma episode), and if medication will be needed at school. Please call the school nurse if child needs medication kept at school. Peak flow monitoring is also available at school.

Daily medication	how given	time	school (y/n)
1. _____	_____	_____	_____
2. _____	_____	_____	_____
Emergency medication			
3. _____	_____	_____	_____
4. _____	_____	_____	_____

## Steps to take during an asthma episode

1. Give medication if available at school.
2. If no medication at school,  
\_\_\_\_\_.
3. Have student return to class if,  
\_\_\_\_\_.
4. Contact parent if \_\_\_\_\_.
5. **Seek emergency medical care if:** No improvement 15-20 minutes after initial treatment  
 Hard time breathing-chest and neck pulled in  
     -child hunched over  
     -child struggling to breath  
 Trouble walking or talking  
 Lips or fingernails are gray or blue  
 Other \_\_\_\_\_
6. Parent signature \_\_\_\_\_

\*nebulizer machine available at school for student use, contact school nurse for information regarding use