

# Asthma Emergency Action Plan

Student: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

## Emergency Phone Numbers

Home: \_\_\_\_\_

Mom's Work: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Dad's Work: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Physician: \_\_\_\_\_

Phone: \_\_\_\_\_

## Asthma Medications as ordered by a Physician:

\_\_\_\_\_ Yes  Self Carry  Keep in Clinic  Kept at home, call and will bring in when needed

\_\_\_\_\_ No  Call Home  Other \_\_\_\_\_

## Symptoms of an asthma attack

- "**Tight feeling**" in the chest area
- You hear the student **wheezing** (even slightly)
- The student **coughs with no relief**
- The student is **hunched over**
- The student appears to **struggle to breathe**
- The student has **trouble walking**, or **stops playing** and cannot start again
- The student's **fingernails and/or lips appear blue**
- **Wheezing continues** or increases after medication has been given

## Treatment- Do not leave student alone, Call Nurse

1. Encourage to assume sitting position
2. Encourage slow deep breathing in through nose and out through mouth (like blowing out a candle)
3. Administer rescue inhaler if ordered.....see back of page for instructions
4. Call Parent
5. Administer second dose if first ineffective
6. Call 911 if turns blue, symptoms do not improve or worsen
7. Proceed with rescue breathing if no respirations or CPR if cardiac arrest occurs

**Continued on back.....parent/guardian signature required on bottom**

\_\_\_\_\_ Inhaler use (without spacer)

1. Remove the cap and hold canister upright
2. Shake the inhaler for 5 seconds
3. Tilt your head back slightly, exhale (breathe out) slowly
4. Put the mouthpiece into your mouth
5. Start to breathe in slowly. At the same time, press down firmly on the top of the canister to release one "puff" of medication
6. Remove from mouth and continue to breathe in slowly and deeply for 3-5 seconds
7. Hold your breath for 5-10 seconds
8. Open your mouth and exhale slowly and completely
9. If second dose ordered...wait one minute and repeat steps 3-8

\_\_\_\_\_ Inhaler use with spacer

1. To begin, shake inhaler 5-6 times
2. Remove the mouthpiece cover and place the spacer over the mouthpiece at the end of the inhaler
3. Exhale completely, close your lips tightly around the mouthpiece of the spacer
4. Press down firmly on the top of the canister to release one "puff" of medicine.
5. Then, start to inhale slowly
6. Continue to breathe in as slowly and as deeply as you can manage
7. Then take the spacer out of your mouth-hold your breath as long as you can...if able, hold your breath for a count of 10.
8. Open your mouth and exhale slowly and completely

I have reviewed this plan and agree to it being shared with the appropriate School Staff for the safety of my child.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date