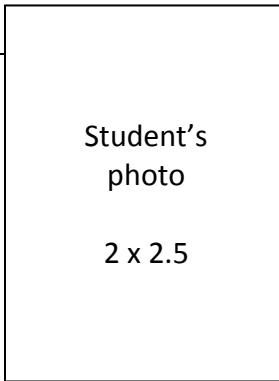


2016-17 INDIVIDUAL ASTHMA MANAGEMENT PLAN

STUDENT: _____ AGE: _____



KNOWN ASTHMA TRIGGERS

- colds/viruses exercise weather conditions strong smells animals
- allergies/other: _____
- anaphylaxis (+ asthma greatly increases severity of breathing difficulties)

MEDICATION: RELIEVER/RESCUE INHALER (USUALLY BLUE)

Use reliever inhaler _____ in the dose of _____.
 (name of medication) (# puffs/doses)

Reliever inhaler is used: to relieve symptoms (see below)
 to prevent *exercise induced* asthma, given 10-15 minutes prior to activity.
 (Please specify activity: _____)

Location of Reliever inhaler: student carries own inhaler
 stored in classroom (specify: _____)
 other: _____

Student can self-administer? Yes No, needs assistance

INSTRUCTIONS FOR MANAGING WORSENING ASTHMA

	MILD ASTHMA SYMPTOMS	ASTHMA EMERGENCY
WHAT TO LOOK FOR (1 or more)	<ul style="list-style-type: none"> • continuous coughing • complaints of chest tightness • difficulty breathing • wheezing (not always present) <p>(Above symptoms may also be accompanied by: restlessness, irritability, tiredness)</p>	<p>ANY of the following symptoms indicate an emergency!</p> <ul style="list-style-type: none"> • unable to catch breath • difficulty speaking a few words • lips or nail bed blue or grey • breathing is difficult & fast (>25 breaths per minute)
WHAT TO DO	<ol style="list-style-type: none"> 1. Administer reliever inhaler. 2. Stay calm. Remain with child. 3. Tell the child to breathe slowly & deeply. 4. Notify parent of episode. 5. Child can resume normal activities once feeling better. 6. If there is no improvement in 5-10 min. THIS IS AN EMERGENCY→→→→→ <p>NOTE: If child requires reliever inhaler again in <i>less than 4 hours</i> medical attention should be sought. NOTE: School personnel do not drive students to hospital.</p>	<p style="text-align: center;">↓ ↓ ↓ ↓</p> <ol style="list-style-type: none"> 1. CALL 911 2. Give reliever inhaler immediately & continue to give reliever inhaler every few minutes until help arrives. 3. Stay calm. Remain with child. 4. Tell child to breathe slowly & deeply.

Emergency Contact Information

Name	Relationship	Daytime Phone	Alternate Phone