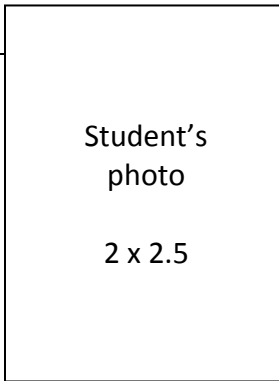


# 2016-17 INDIVIDUAL ASTHMA MANAGEMENT PLAN

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

### Emergency Contact Information

Name	Relationship	Daytime Phone	Alternate Phone