

ADMINISTRATIVE PROCEDURE



STUDENT ASTHMA MANAGEMENT PLAN

(To be completed by parent/guardian)

STUDENT _____ AGE _____

TEACHER _____ GRADE _____

EMERGENCY CONTACT (List in priority of contact)			
Name	Relationship	Daytime Phone	Alternate Phone
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____

KNOWN ASTHMA TRIGGERS

- Colds/flu
 Physical activity
 Hot or cold weather
 Strong smells
 Pets
 Pollen
 Allergies (specify): _____
 Anaphylaxis (specify allergy): _____
 Other (specify): _____

RELIEVER INHALER (FAST-ACTING, USUALLY BLUE)



Use reliever inhaler _____ in the dose of _____ Spacer provided? Yes No
(name of medicine) (number 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 _____ is responsible for carrying his/her inhaler at all times (including recess, gym, outdoor and off-site activities).
(insert student name)

Parent/guardian signature: _____ Student signature: _____ Date: _____

MANAGING ASTHMA ATTACKS

MILD ASTHMA ATTACK	
If ANY of the following occur: <ul style="list-style-type: none"> • Continuous coughing • Trouble breathing • Chest tightness • Wheezing (whistling sound in chest) Student may also be restless, irritable and/or very tired.	Step 1: Immediately use fast-acting reliever inhaler (usually a blue inhaler). 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: <ul style="list-style-type: none"> • 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 a blue inhaler). CALL 911 for an ambulance. If possible, stay with person. Step 2: If symptoms continue, use reliever inhaler every 5-15 minutes until medical help arrives.
While waiting for medical help to arrive: <ul style="list-style-type: none"> ✓ 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 	