ASTHMA CARE PLAN AND MEDICATION ORDERS

Plan ____ of ____

Place student picture here

STUDENT NAME | **Birthdate**

Grade | **School** | ☐ **Bus #** | ☐ **Walk** ☐ **Drive** | **Weight:** | **Height:**

☐ **History of anaphylaxis** | **Brief medical history:**

Asthma Triggers (check all that apply) ☐ None Known ☐ Animals ☐ Cold Air ☐ Exercise ☐ Pollens
☐ Respiratory illness/virus ☐ Smoke, chemicals, strong odors ☐ Other____________________(i.e., foods, emotions, insects, etc.)

Usual Asthma Symptoms (check all that apply) ☐ Cough ☐ Wheeze ☐ Shortness of breath ☐ Chest tightness
☐ Asking to use inhaler ☐ Other ____

Inhaler(s) location: ☐ Office ☐ Backpack ☐ On person ☐ Other______________________

Epinephrine auto-injector(s) (**EAI**) location ☐ Office ☐ Backpack ☐ On person ☐ Other______________________

This Section to be Completed by a Licensed Healthcare Provider (LHP)

GO ZONE (GREEN) INFREQUENT/MINIMAL SYMPTOMS

Symptoms and/or use of quick relief medication < 2 times per week. (Does not include exercise pre-treatment usage.) Infrequent and minimal symptoms like cough, wheeze, and shortness of breath. Full participation in physical education and sports is allowed.

If student is using the quick relief inhaler > 2 times per week or requires frequent observation by school staff
➔ **Notify school nurse-phone # _________________________ and parent/guardian.**

GREEN ZONE
Peak Flow Range
_____ to _____
☐ N/A Peak Flow

CAUTION ZONE (YELLOW) *SIGNIFICANT SYMPTOMS DO NOT LEAVE STUDENT UNATTENDED*

SYMPTOMS INCREASE: Cough, wheeze, chest tightness, or shortness of breath, can do some, but not all, usual activities

ADMINISTER ☐ **Quick-relief Medication:** _______________________ **Number of puffs:** _________
☐ **Use spacer/chamber with inhaler**
OR ☐ **Quick-relief Medication via Nebulizer**: ___________________ **Dosage:** _________

Can repeat every _____ minutes up to maximum of _____ doses

- If symptoms (and peak flow, if used) resolve student returns to GREEN ZONE guidance
- If symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:
  Administer ☐ **Quick-relief Medication:** _______________________ **Number of puffs:** ______
  OR ☐ **Nebulizer** (2nd dose)

Contact school nurse (if available) and parent/guardian. Student should not remain at school at this point. Continue to stay with and monitor the student until parent/guardian arrives.

YELLOW ZONE
Peak Flow Range
_____ to _____

EMERGENCY ZONE (RED) *EXTREME SYMPTOMS DO NOT LEAVE STUDENT UNATTENDED*

If student is very short of breath, can see ribs during breathing, difficulty walking or talking, blue appearance to lips or nails, quick relief medication not working

- **CALL 911** ☐ Give 4 puffs quick relief inhaler (or nebulizer treatment)
  ☐ Administer epinephrine auto-injector (EAI) ☐ 0.3 mg ☐ 0.15 mg (Jr)
  ☐ Other ____

Contact school nurse (if available) and parent/guardian. Adult stays with student

RED ZONE
Peak Flow Range
Below: ________

EXERCISE PRE-TREATMENT: ☐ N/A PE/Sports: Day/Time/Periods ______________________________________

☐ Give 2 puffs of quick relief inhaler 15- 30 minutes prior to PE or other strenuous exercise

If asthma symptoms occur during exercise, follow CAUTION ZONE (YELLOW) instructions. Notify nurse and parent/guardian if occurs.

Daily Controller Medication____ Dose________________Time__________

☐ Takes daily controller medication at home ☐ Administer daily controller medication at school

SIDE EFFECTS of medication(s): increased heart rate, shakiness

This student demonstrated correct use of the rescue inhaler and EAI in the LHP's office as required ☐ Yes ☐ No

☐ Student can carry and self-administer rescue inhaler and EAI ☐ Needs help administering rescue inhaler and EAI

LHP Signature		LHP Print Name
Start date	End date ☐ Last day of school ☐ Other	
Date	Telephone	Fax

Asthma Care Plan – Part 2 – Parent/Guardian

STUDENT NAME ___________________________________

EMERGENCY CONTACTS

Parent/Guardian		Parent/Guardian	
	Name		Name
	Primary #		Primary #
	Other #		Other #
	Other #		Other #

Name:	Relationship:	Phone:

My child may carry and is trained to administer their rescue inhaler	☐ Yes	☐ No	Provide extra for office	☐ Yes	☐ No
My child may carry and is trained to self-administer their EAI	☐ Yes	☐ No	Provide extra for office	☐ Yes	☐ No
My child needs to carry their rescue inhaler and/or EAI- and will need assistance with administration	☐ Yes	☐ No			

- A new care plan and medication/treatment order must be submitted each school year.
- If any changes are needed to the care plan, it is the parent/guardian's responsibility to contact the school nurse.
- It is the parent/guardian's responsibility to alert all other **non-school** programs of their child's health condition.
- I understand that the school district cannot be held responsible for negative outcomes resulting from my child self-administering their medication at my request.
- Medical information may be shared with school staff working with my child and 911 staff, if they are called.
- This is a life-threatening care plan and can only be discontinued by the LHP.
- I authorize the exchange of information about my child's asthma between the LHP office and the school nurse.

My child needs classroom, school activity or recess accommodations ☐ Yes ☐ No

If yes, please contact the school counselor or 504 coordinator.

I have reviewed the information on this care plan/504 and medication/treatment order and request/authorize trained school employees to provide this care and administer medication/treatments in accordance with the Licensed Healthcare Provider's (LHP) instructions.

____

Parent/Guardian Signature **Date**

Student (for all students but required for student who self-carries/self-administers rescue inhaler and/or EAI):

- I have demonstrated the correct use of the rescue inhaler and/or EAI to the medical provider and the school registered nurse.
- I agree never to share my inhaler and/or EAI with another person or use it in an unsafe manner.
- I agree that if there is no improvement after using inhaler and/or EAI, I will report to an adult.

____ _________________________

Student Signature (Required) **Date**

- **The care plan is intended to strengthen the partnership of families, healthcare providers and the school. It is based on the NHLBI Guidelines for Asthma Management.**
- Some students are capable of carrying and using their quick relief inhaler by themselves. The student, student's parents, school nurse and health care provider will collectively make this decision. The school nurse must also evaluate technique for effective use.

For School District Nurse Only **504 Plan** ☐

A registered nurse has completed a nursing assessment and developed this Asthma Care Plan in conjunction with the student, their parent/guardian and their LHP.

Student may carry and self-administer the medication ordered above: ☐ Yes ☐ No

If yes, has the student demonstrated to the registered nurse, the skill necessary to use the medication and any device necessary to administer the medication as ordered: ☐ Yes ☐ No

Device(s) if any, used Expiration date(s)

Registered Nurse Signature: **Date:** **Phone number:**

A copy of the Health Care Plan will be available to all staff members who are involved with the student, including substitutes.