



ASTHMA CARE PLAN AND MEDICATION ORDERS

STUDENT:	BIRTHDATE:	GRADE:
Brief Medical History:	Current Medications:	<input type="checkbox"/> History of Anaphylaxis

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 office/nurse 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 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 office/nurse 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 office/nurse 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 <input type="checkbox"/> Last day of school <input type="checkbox"/> Other
Date	Telephone Fax

Asthma Care Plan – Part 2 – Parent/Guardian

STUDENT NAME _____

EMERGENCY CONTACTS

Parent/Guardian	Name	Parent/Guardian	Name		
	Primary #		Primary #		
	Other #		Other #		
	Other #		Other #		
Name:		Relationship:		Phone:	

My child may carry and is trained to administer their rescue inhaler	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Provide extra for office	<input type="checkbox"/> Yes	<input type="checkbox"/> No
My child may carry and is trained to self-administer their EAI	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Provide extra for office	<input type="checkbox"/> Yes	<input type="checkbox"/> No
My child needs to carry their rescue inhaler and/or EAI- and will need assistance with administration	<input type="checkbox"/> Yes <input type="checkbox"/> 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.

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 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:** _____