

# STUDENT ASTHMA MANAGEMENT PLAN

(To be completed by parent/guardian)

Place  
Student  
Photo  
Here

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 \_\_\_\_\_ (name of medicine) in the dose of \_\_\_\_\_ (number of puffs) Spacer provided?  Yes  No

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 \_\_\_\_\_ (insert student name) is responsible for carrying his/her inhaler at all times (including recess, gym, outdoor and off-site activities).

Parent/guardian signature: \_\_\_\_\_ Student signature: \_\_\_\_\_ Date: \_\_\_\_\_

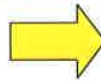
## MANAGING ASTHMA ATTACKS

### MILD ASTHMA ATTACK

If **ANY** of the following occur:

- 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).

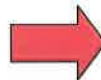
Step 2: Check symptoms. Only return to normal activity when all symptoms are gone.  
If symptoms get worse or do not improve within 10 minutes, this is an **emergency** – follow steps below.

### ASTHMA EMERGENCY

If **ANY** of the following occur:

- 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:

- ✓ 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