

Student Asthma Management

Plan



Place child's photo here



Reliever/Rescue Inhaler

Use reliever inhaler _____ in the dose of _____
(name of medication) (number of puffs or doses)

Reliever is used to:

- ☐ Relieve symptoms (see below)
- ☐ Prevent exercise-induced asthma – given 10-15 minutes prior to activity.
- ☐ Other, please specify: _____

Location of reliever inhaler:

- ☐ Student carries own inhaler ☐ Stored in classroom. Please specify where: _____
- ☐ Other, please specify: _____

Can student self-administer?

- ☐ Yes ☐ No, needs assistance

Instructions For Managing Worsening Asthma

Mild Asthma Symptoms

Look for one or more of

- Continuous coughing
- Complaints of chest tightness
- Difficulty breathing
- Wheezing

These symptoms may also be accompanied by restlessness, irritability, tiredness.

What to do

1. Administer the reliever inhaler.
If there is no improvement in 5 to 10 minutes treat as an emergency – call 911
2. Stay calm, remain with the student.
3. Tell the student to breathe slowly and deeply.
4. Notify parent of episode.
5. Student can resume normal activities once feeling better.
If the student requires reliever inhaler again in less than 4 hours, medical attention should be sought.

Asthma Emergency

ANY of the following symptoms indicate an emergency

- Unable to catch breath
- Difficulty speaking a few words
- Lips or nail-bed blue or grey
- Breathing is difficult and fast (more than 25 breaths per minute)

What to do

1. Call 911
2. Administer reliever inhaler immediately; continue to administer every few minutes until help arrives.
3. Stay calm, remain with the student.
4. Tell the student to breathe slowly and deeply.
School personnel should not drive student to hospital.



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THE  LUNG ASSOCIATION™
When you can't breathe, nothing else matters.

For more copies
call the Asthma Action Helpline
1-800-668-7682