

2023 ASTHMA CARE PLAN AND MEDICATION ORDERS

Plan ____ of ____

STUDENT NAME				Birthdate		Place student picture here	
Grade	School	<input type="checkbox"/> Bus #	<input type="checkbox"/> Walk	<input type="checkbox"/> Drive	Weight:		Height:
<input type="checkbox"/> History of anaphylaxis		PE/Sports: Day/Time/Periods					
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 (if student is using the quick relief inhaler > 2 times per week or requires frequent observation by school staff → **Notify nurse and parent/guardian**)
- Full participation in physical education and sports

GREEN ZONE Peak Flow is _____ 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
 YELLOW ZONE Peak flow range: is _____ to _____ ☐ N/A Peak Flow
1. **Administer: quick-relief medication** _____ **Number of puffs** _____ or ☐ **Nebulizer, once**
Can repeat every _____ **minutes up to maximum of** _____ **doses** ☐ **User spacer/holding chamber with inhaler**
 - 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:
 2. **Administer: (quick-relief medication)** _____ **Number of puffs** _____ or ☐ **Nebulizer (2nd dose)**
 Contact school nurse (if available) and parents. Continue to stay with and monitor the student

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** RED ZONE Peak flow range: below _____ ☐ N/A Peak Flow
 - ☐ Give 4 puffs quick relief inhaler (or nebulizer treatment)
 - ☐ Administer epinephrine auto-injector (EAI) ☐ 0.3 mg ☐ 0.15 mg (Jr)
 - ☐ Other _____

EXERCISE PRE-TREATMENT: (check all that apply) ☐ N/A
☐ 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 may carry their rescue inhaler and/or EAI-needs assistance to administer	<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.
- Medical information may be shared with school staff working with my child and 911 staff, if they are called.
- 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.
- 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.

Does the student need classroom, school activity or recess accommodations ☐ Yes ☒ No If yes, please contact the school counselor or 504 coordinator.

I have reviewed and agree with this health care plan/504 and medication/treatment order.

Parent/Guardian Signature

Date

Student (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