

## Asthma Action Plan

Child's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Grade: \_\_\_\_ School: \_\_\_\_\_

**The following is to be completed by the PHYSICIAN:**

1. Asthma severity (circle one): mild intermediate \_mild persistent \_moderate persistent severe persistent

2. Medications (at school AND home):

A. <i>QUICK-RELIEF</i> Medication Name 1. _____ 2. _____	MDI, oral, neb?	Dosage or No. of Puffs _____ _____
B. <i>ROUTINE</i> Med Name (eg, anti-inflammatory) 1. _____ 2. _____	MDI, oral, neb?	Dosage or No. of Puffs      Time of day _____ _____
C. <i>BEFORE PE, EXERTION</i> Medication Name 1. _____ 2. _____	MDI, oral, neb?	Dosage or No. of Puffs _____ _____

3. For student on inhaled medication (all students must go to health office for oral medications):

Assist student with medication in office  Remind student to take medication  May carry own medication, if responsible

4. Circle Known Triggers: tobacco pesticide animals birds dust cleansers car exhaust perfume mold cockroach cold air  
cleansers exercise Other: \_\_\_\_\_

5. Peak Flow: Write patient's personal best peak flow reading under the 100% box (below); multiply by .8 and .5, respectively

100%	<b>Green Zone</b>	80%	<b>Yellow Zone</b>	50%	<b>Red Zone</b>
Peak flow = _____	No Symptoms	Peak flow = _____	Starting to cough, wheeze or feel short of breath. <i>Action for home or school: Give quick-relief med; notify parent.</i>  <i>Action for Parent/MD: Increase controller dose</i>	Peak flow = _____	Cough, short of breath, trouble walking or talking. <i>Action for home or school: Take quick-relief meds; -If student improves to yellow zone, send student to doctor or contact doctor. -If student stays in red zone, begin Emergency Plan.</i>

**School Emergency Plan:** If student has: a) no improvement 15–20 minutes **AFTER** initial treatment with quick-relief medication, b) Peak flow of < 50% of usual best, c) trouble walking, or talking, or d) chest/neck muscle retractions with breaths, hunched, or blue color, then: 1) Give quick-relief meds; repeat in 20 minutes, if help has not arrived; 2) Seek emergency care (911); 3) Contact parent.  
**In yellow or red zone?** Students with symptoms who need to use quick-relief meds frequently may need change in routine controller medication. Schools must be sure parent is aware of each occasion when student had symptoms and requires medication.

Physician's<sup>†</sup> Name (print): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Office Address: \_\_\_\_\_ Office Telephone: \_\_\_\_\_

<sup>†</sup>Includes nurse practitioner or other health care provider as long as there is authority to prescribe.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Emergency Telephone Number(s) / Names of Contact: \_\_\_\_\_