



School Asthma Plan

NAME OF STUDENT _____ DATE _____

School Age Children and Asthma

Asthma is the most common pediatric lung disorder. It affects as many as five percent of children under the age of 15 years. This is between two to five million children in the United States. Children with asthma have swollen, sensitive airways that lead to episodes of breathing difficulty. Although there is no known cure for asthma, it can be controlled effectively. When asthma is under good control, the inflammation and obstruction in the airways will be decreased. Because children spend most of their day at school, it is important that school professionals understand asthma and asthma management. This handout introduces asthma management concepts and gives school professionals' detailed information about this student's asthma management program. Managing asthma will make it possible for the child to participate in school to the level of their ability. If you would like more information about asthma management, please call the Lung Line® at 1-800-222-LUNG. Registered Nurses will be able to answer your questions and send you written information about school issues and asthma management.

What Makes Asthma Worse

Asthma triggers are the things that make asthma worse immediately or slowly over time. Every child with asthma has different asthma triggers. Things that make asthma worse should be avoided or controlled in the school environment. These things can make asthma worse. Things that can make asthma worse include:

irritants (i.e., smoke and fumes), allergens (i.e., furry animals, grasses and trees), exercise, infections and emotions.

Although emotions may make asthma symptoms worse, they **do not** cause asthma.

Comments: _____

Asthma Symptoms

Early warning signs and asthma symptoms are indicators that a child's asthma may be getting worse. Monitoring asthma signs and symptoms is very important in managing asthma

at school. Signs and symptoms are things that children feel or that you may notice when asthma is getting worse.

Common symptoms to watch for include: **wheezing, coughing, shortness of breath or chest tightness.**

Comments:_____

Peak Flow Monitoring

In addition to watching for asthma symptoms, children with asthma can monitor their breathing at school by using a peak flow meter. A peak flow meter measures the flow of air in a forced exhalation in liters/minute. Peak flow monitoring can help identify the start of an asthma episode, often before the child is having symptoms. Peak flow zones divide the peak flow meter into the colors of a traffic light and can help children and school professionals make decisions about asthma management.

- Personal Best _____
- Green Zone (All Clear) Above _____
- Yellow Zone (Caution) _____ to _____
- Red Zone (Medical Alert) Below _____

Asthma Medications

Asthma medications are divided into two groups-long-term control and quick-relief medications. Some quick-relief medications (i.e., Proventil®, Ventolin®, ProAir e®, Maxaire®) work quickly to relax the muscles around the airways. These are used to treat **asthma symptoms**. Long-term control medications are used daily to maintain control of asthma and prevent asthma symptoms. Long-term control medications may be inhaled (i.e.Flovent®, Pulmicort®, QVar®) or oral (i.e., Singulair®). Most children use a combination of long-term control and quick-relief medications to manage their asthma. Spacers or holding chambers are devices that attach to the inhaler to increase the amount of medication that is delivered to the child's airways. Many children may use these.



_____ (name of student)s medications include:

Name of Medication	Dose	When to Use

Asthma Action Plan

FOR _____ (Student's Name).

This action plan has been individually designed to help school professionals' work with _____ (Student's Name) to control and treat asthma at school. It is based on monitoring peak flow numbers and asthma symptoms.

Name of School: _____

Date of Birth: _____ Grade: _____

Parent(s) or guardian(s) names: _____

Mother Telephone: (H) _____ (W) _____

Father Telephone: (H) _____ (W) _____

Health Care Provider's Name: _____

Type of Insurance: _____

In case of emergency, contact:

Name: _____ Telephone: _____ Relationship: _____

Name: _____ Telephone: _____ Relationship: _____

Hospital Preference if 911 is called: _____

If peak flow number is from _____ to _____ (Yellow Zone) or you notice any of these symptoms

1. _____

2. _____

If peak flow number is from _____ to _____ (Red Zone) or you notice any of these symptoms _____

1. _____

2. _____

PARENT SIGNATURE / DATE _____

PHYSICIAN SIGNATURE / DATE _____

Note: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.