

Virginia Asthma Action Plan

School Division:

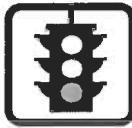
Name		Date of Birth	
Health Care Provider	Provider's Phone #	Fax #	Last flu shot
Parent/Guardian	Parent/Guardian Phone		Parent/Guardian Email:
Additional Emergency Contact	Contact Phone	Contact Email	


Asthma Triggers (Things that make your asthma worse)


<input type="checkbox"/> Colds	<input type="checkbox"/> Dust	<input type="checkbox"/> Animals: _____	<input type="checkbox"/> Strong odors	Season
<input type="checkbox"/> Smoke (tobacco, incense)	<input type="checkbox"/> Acid reflux	<input type="checkbox"/> Pests (rodents, cockroaches)	<input type="checkbox"/> Mold/moisture	<input type="checkbox"/> Fall <input type="checkbox"/> Spring
<input type="checkbox"/> Pollen	<input type="checkbox"/> Exercise	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Stress/Emotions	<input type="checkbox"/> Winter <input type="checkbox"/> Summer

▼ Medical provider complete from here down ▼

Asthma Severity: - -

<p>Green Zone: Go!</p> <p>You have ALL of these:</p> <ul style="list-style-type: none"> Breathing is easy No cough or wheeze Can work and play Can sleep all night  <p>Peak flow: _____ to _____ (More than 80% of Personal Best)</p> <p>Personal best peak flow: _____</p>	<p>Take these CONTROL (PREVENTION) Medicines EVERY Day</p> <p>Always rinse your mouth after using your inhaler and remember to use a spacer with your MDI.</p> <p><input type="checkbox"/> No control medicines required.</p> <p><input type="checkbox"/> - _____ _____ puff (s) MDI _____ time(s) a day Or _____ nebulizer treatment(s) _____ time(s) a day</p> <p><input type="checkbox"/> (Montelukast) Singular, take <u>5mg</u> by mouth once daily at bedtime</p> <p><input type="checkbox"/> Other: _____ For asthma with exercise, ADD: <input type="checkbox"/> - _____, _____ puffs MDI with spacer 15 minutes before <input type="checkbox"/> PE <input type="checkbox"/> recess <input type="checkbox"/> sports <input type="checkbox"/> exercise</p>
--	---

<p>Yellow Zone: Caution!</p> <p>You have ANY of these:</p> <ul style="list-style-type: none"> Cough or mild wheeze First sign of cold Tight chest Problems sleeping, working, or playing  <p>Peak flow: _____ to _____ (60% - 80% of Personal Best)</p>	<p>Continue CONTROL Medicines and ADD RESCUE Medicines</p> <p><input type="checkbox"/> - _____ or _____, _____ puffs MDI with spacer every _____ hours as needed</p> <p><input type="checkbox"/> - _____ one nebulizer treatment every _____ Hours as needed for _____ days</p> <p>Other : _____</p> <p>Call your Healthcare Provider if you need rescue medicine for more than 24 hours or two times a week, or if your rescue medicine doesn't work.</p>
---	--

<p>Red Zone: DANGER!</p> <p>You have ANY of these:</p> <ul style="list-style-type: none"> Can't talk, eat, or walk well Medicine is not helping Breathing hard and fast Blue lips and fingernails Tired or lethargic Ribs show  <p>Peak flow: < _____ (Less than 60% of Personal Best)</p>	<p>Continue CONTROL & RESCUE Medicines and GET HELP!</p> <p><input type="checkbox"/> - _____, _____ puffs MDI with spacer every 15 minutes, for THREE treatments</p> <p><input type="checkbox"/> - _____, one nebulizer treatment every 15 minutes, for THREE treatments</p> <p><input type="checkbox"/> Other : _____</p> <p>Call your doctor while administering the treatments. IF YOU CANNOT CONTACT YOUR DOCTOR: Call 911 or go directly to the Emergency Department NOW!</p>
---	--

<p>REQUIRED SIGNATURES:</p> <p>I give permission for school personnel to follow this plan, administer medication and care for my child and contact my provider if necessary. I assume full responsibility for providing the school with prescribed medication and delivery/ monitoring devices. I approve this Asthma Management Plan for my child.</p> <p>PARENT/GUARDIAN _____ Date _____</p> <p>SCHOOL NURSE/DESIGNEE _____ Date _____</p> <p>OTHER _____ Date _____</p> <p>CC: <input type="checkbox"/> Principal <input type="checkbox"/> Cafeteria Mgr <input type="checkbox"/> Bus Driver/Transportation <input type="checkbox"/> School Staff <input type="checkbox"/> Coach/PE <input type="checkbox"/> Office Staff <input type="checkbox"/> Parent/guardian</p>	<p>SCHOOL MEDICATION CONSENT & HEALTH CARE PROVIDER ORDER</p> <p>Check One:</p> <p><input type="checkbox"/> Student, in my opinion, can carry and self-administer inhaler at school.</p> <p><input type="checkbox"/> Student needs supervision or assistance to use inhaler, and should not carry the inhaler in school.</p> <p>MD/NP/PA SIGNATURE: _____ DATE _____</p>
---	---

Effective Dates ▶ to ▶

Virginia Asthma Action Plan approved by the Virginia Asthma Coalition (VAC) 04/2015

Blank copies of this form may be reproduced or downloaded from www.virginiaasthmacoalition.org

Based on NAEPP Guidelines 2007 and modified with permission from the D.C. Asthma Action Plan via District of Columbia, Department of Health, D.C. Control Asthma Now, and District of Columbia Asthma Partnership