

ASTHMA ACTION PLAN

Trumbull County Board of Developmental Disabilities – Fairhaven School
420 Lincoln Way, Niles, OH 44446

Phone: 330-652-5811

Fax – Nurse’s Office: 330-574-4517

Student Name: _____ Date of Birth: _____

Asthma Triggers: Colds Smoke Weather Exercise Dust Air Pollution
 Animals Other: _____

This student receives medication before exercise: No Yes _____ minutes before exercise

Symptoms:

<p>Mild:</p> <ul style="list-style-type: none"> Cough. Difficulty breathing. 	<p>Moderate:</p> <ul style="list-style-type: none"> Chest tightness. Difficulty breathing. Audible wheezing. Anxious. Not talking. Shoulders hunched. 	<p>Severe:</p> <ul style="list-style-type: none"> Lips, nails, mucous membranes are pale, gray or bluish. Rapid pulse. Gasping for breath. Labored breathing with chest and neck pulling in. Unable to speak. Decrease or loss of conscience.
---	--	--

If you see this:	Do this: (Never send a student anywhere alone.)
Mild or Moderate Symptoms	<ul style="list-style-type: none"> Go to nursing clinic or if unable have medication brought to student if necessary. Sit student upright, if conscious, offer water. Instruct student to breathe in through nose and out through pursed lips slowly and deeply.
No improvement within 15 minutes after medication.	<ul style="list-style-type: none"> Notify parent. Stay with student and monitor closely.
Severe symptoms. Breathing stops.	Call 9-1-1. Begin CPR.

Symptoms usually seen in this student: _____

Nurse to administer prescribed asthma medication: _____

Nurse to notify parents if no improvements in 15 minutes.

If symptoms worsen: Call 9 -1-1 and monitor student closely until emergency personnel arrive.

For Busing:

- For symptoms ranging from mild to moderate – it is important to stay calm and keep student calm.
- Anxiety can make asthma worse.
- Sit student upright.
- Instruct student to breathe in through nose and out through pursed lips slowly and deeply.
- Monitor the student closely.

If symptoms worsen or if symptoms are severe, bus should be pulled over and 9-1-1 should be called. Monitor student closely until emergency personnel arrive.

After calling 9-1-1, notify Transportation Office to notify student’s parents.

After 9-1-1 is called, Transportation Office or Principal to notify Superintendent.

Parent Signature: _____ Date: _____