

ST. WENCESLAUS GRADE SCHOOL  
BISHOP NEUMANN HIGH SCHOOL

**STUDENT ASTHMA ACTION PLAN**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Physician the student sees for asthma: \_\_\_\_\_ Phone: \_\_\_\_\_

**Daily Asthma Management Plan**

Identify the things which start an asthma episode.  
Check each that applies to the student.

- Exercise
- Respiratory infections
- Change in temperature
- Animals
- Strong odors or fumes
- Chalk dust
- Carpets in the room
- Pollens
- Foods: \_\_\_\_\_
- \_\_\_\_\_
- Molds: \_\_\_\_\_
- Other: \_\_\_\_\_

**Control of School Environment**

List any environmental control measures, pre-mediations, and/or dietary restrictions that the student needs to prevent an asthma episode. For example, using inhaler before PE.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Peak Flow Monitoring** (If part of treatment plan)

Personal Best Peak Flow Number: \_\_\_\_\_

Monitoring Times: \_\_\_\_\_

Peak Flow Reading to initiate Emergency Action Plan

\_\_\_\_\_

**Parent's signature:**

\_\_\_\_\_

A good resource for grade school children is:  
[www.asthmabusters.com](http://www.asthmabusters.com)

**Daily Medication Plan** Please list all asthma medication your child takes even if it will not be administered at school.

Name of Medicine	Amount	Times Given

**Emergency Plan:** Emergency action is necessary when the student has symptoms such as

\_\_\_\_\_

\_\_\_\_\_

Steps to take during an asthma episode:

1. Give Emergency Asthma Medications listed below.
  2. Student may return to class if:
- \_\_\_\_\_
- \_\_\_\_\_

3. Contact parent if \_\_\_\_\_

\_\_\_\_\_

**4. Seek emergency medical care if the student has any of the following:**

- No improvement 15-20 min. after initial treatment with medication and a parent cannot be reached.
- Hard time breathing: Chest & neck are pulled in with breathing. Child is hunched over. Child is struggling to breathe.
- Trouble walking or talking.
- Stops activity (playing, PE, or athletic practice).
- Lips or fingernails are gray or blue.

**Emergency Asthma Medications:**

Name of Medicine	Am't	When to Use

