Individualized Health Care Plan   **Student Name:** Type Here   **School Year:** Type Here

Asthma Individualized Healthcare Plan

SECTION II: Emergency Action Plan	
IF YOU SEE THIS… Coughing, Wheezing Gasping for Air	**Prolonged Expiration** **Tightness in Chest** Change in Color of Skin (Pale or Blue)

DO THIS WHEN MEDICATION* AVAILABLE…	DO THIS WHEN MEDICATION NOT AVAILABLE…
*Med/Dose: Type Here 1. Route: ☐ Inhaler** ☐ Nebulizer 2. Observe student for change in condition 3. Allow student to return to class if symptoms Relieved/Improved after medication. **If no change in symptoms after 15 minutes of medication:** *Med/Dose: Type Here 1. Route: ☐ Inhaler** ☐ Nebulizer 2. Call parent about student using medication x 2 3. Have student maintain sitting position 4. Limited physical activity. **If no improvement in symptoms after second dose of medication and unable to contact parent after second dose is administered…** 1. Call 9-1-1 (Continue trying emergency contacts) 2. Encourage slow deep breathing, rest 3. Have student maintain sitting position **Student complains, is hunched over, has difficulty breathing, is unable to speak, uses neck/shoulder muscles to assist in breathing effort, lips and/or nail beds are blue in color** 1. Call 9-1-1 2. Call parent/guardian 3. Rest, reassurance, calm slow deep breathing	Have student sit in calm, cool environment (if possible). Have student sit upright with hands on knees (arms straight). Encourage purse-lip breathing (slowly inhale through nose and exhale through pursed-lips).
If student becomes unconscious… 1. Call 9-1-1 2. Call parent/emergency contact	**If no improvement…** 1. Call parent/emergency contact 2. Call 9-1-1

ALL MEDICATIONS GIVEN AT SCHOOL REQUIRE A SCHOOL MEDICATION PRESCRIBER/PARENT AUTHORIZATION SIGNED BY THE PRESCRIBER – SEE PAGE # 5

**Proper technique for using inhaler:* Have student sit upright. Remove cap; hold inhaler upright. Shake well. Tilt head slightly back, and have student breath out. Position inhaler in or near mouth or use spacer. Have student take a deep breath; press down on inhaler while student is taking a breath. Count to 10 while student holds breath.*

School Nurse Use Only

Medication	Expiration Date	Self-Carry?	Location of Medication