



Alabama State Department of Education



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 Gaspng for Air	Prolonged Expiration Change in Color of Skin (Pale or Blue)	Tightness in Chest
DO THIS WHEN MEDICATION* AVAILABLE...		DO THIS WHEN MEDICATION NOT AVAILABLE...	
*Med/Dose: Type Here		Have student sit in calm, cool environment (if possible).	
1. Route: <input type="checkbox"/> Inhaler** <input type="checkbox"/> Nebulizer 2. Observe student for change in condition 3. Allow student to return to class if symptoms Relieved/Improved after medication.		Have student sit upright with hands on knees (arms straight).	
If no change in symptoms after 15 minutes of medication: *Med/Dose: Type Here 1. Route: <input type="checkbox"/> Inhaler** <input type="checkbox"/> Nebulizer 2. Call parent about student using medication x 2 3. Have student maintain sitting position 4. Limited physical activity.		Encourage purse-lip breathing (slowly inhale through nose and exhale through pursed-lips).	
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			
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

How to Use a Metered-Dose Inhaler without a Valved Holding Chamber or Spacer

Prime a brand-new inhaler: Before using it for the first time, if you have not used it for more than 7 days, or if it has been dropped.



1. Shake inhaler 10 seconds.



2. Take the cap off the inhaler and make sure it is clean and there is nothing inside of the mouthpiece.



3. Breathe out away from the device.



4. Put inhaler mouthpiece in mouth.



5. Press inhaler once and breathe in deep and steady.



6. Hold your breath for 10 seconds, then breathe out slowly.

If you need another puff of medicine, wait 1 minute and repeat steps 3-6.



7. Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung HelpLine at **1-800-LUNGUSA**.