



School Year _____

STUDENT ASTHMA HEALTH ACTION PLAN

Student's Name _____ Birthdate _____

School _____ Grade _____ Teacher/HR _____

Parent/Guardian _____

Address _____

Phone (Home) _____ (Work) _____ (Cell) _____

Emergency Phone Contact _____ Relationship _____ Phone _____

Physician Student Sees for Asthma _____ Phone _____

Other Physician _____ Phone _____

How long has your child had asthma? _____ months/years

Please rate the severity of his/her asthma on a scale of 1 (not severe) to 10 (severe) _____

How many days would you estimate he/she missed school last year due to asthma? _____ days

Identify what triggers an asthma episode (Check each that apply to the student.)

- | | |
|---|--|
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Pollens |
| <input type="checkbox"/> Respiratory Infections/Illness | <input type="checkbox"/> Molds |
| <input type="checkbox"/> Weather | <input type="checkbox"/> Cigarette/Other Smoke |
| <input type="checkbox"/> Animals | <input type="checkbox"/> Emotions |
| <input type="checkbox"/> Strong odor/fumes | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Chalk dust | <input type="checkbox"/> Food _____ |
| <input type="checkbox"/> Carpets in the room | <input type="checkbox"/> Allergies _____ |

Comments _____

What symptoms does your child have prior to an asthma episode? (Check each that apply to the student.)

- | | |
|--|---|
| <input type="checkbox"/> Hoarseness, throat clearing | <input type="checkbox"/> Coughing |
| <input type="checkbox"/> Dark circles under eye | <input type="checkbox"/> Facial changes |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Anxious, fidgety |
| <input type="checkbox"/> Wheezing | <input type="checkbox"/> Chest tightness |

What does your child do at home to relieve an asthma episode? (Check each that apply to the student.)

- | | |
|--|--|
| <input type="checkbox"/> Stop activity | <input type="checkbox"/> Inhaler |
| <input type="checkbox"/> Breathing exercises | <input type="checkbox"/> Nebulizer |
| <input type="checkbox"/> Rest/Relaxation | <input type="checkbox"/> Oral medications |
| <input type="checkbox"/> Drink liquids | <input type="checkbox"/> Other directions for an acute asthma episode: |
| <input type="checkbox"/> Sit in upright position | _____ |
| <input type="checkbox"/> Take medications | |

Please list any medications your child takes for asthma:

	Name of Medication	Dose	Frequency
(In School)	_____	_____	_____
	_____	_____	_____
(At Home)	_____	_____	_____
	_____	_____	_____

Has your child been taught how to use a spacer or other device with his/her inhaler? Yes ☐ No ☐

NOTE: Parents are responsible for providing medication to be given during school. A Parent/Guardian Medication Authorization Form (5330 F1) needs to be filled out and signed by a doctor each school year. Medications must be in the original labeled container. Wisconsin law 118.291 allows students to self-carry inhalers with written permission from their doctor and parent. It is in the best interest of your child if school personnel are aware that your child carries an inhaler to assist him/her in monitoring its effectiveness.

PLEASE COMPLETE AND SIGN REVERSE SIDE OF THIS ACTION PLAN

Does your child need any special considerations related to his/her asthma while at school?

(Check any that apply to the student and describe briefly.)

- ☐ Modified gym class _____
- ☐ Modified recess outside _____
- ☐ No animal pets in classroom _____
- ☐ Avoiding certain foods _____
- ☐ Emotional or behavior concerns _____
- ☐ Special consideration while on field trips _____
- ☐ Special transportation to and from school _____
- ☐ Observation for side effects from medication _____
- ☐ Other _____
- ☐ Does your child need to monitor peak flow readings during the school day?
- Personal Best Peak Flow number _____
- Monitoring Times _____

Emergency Plan

Emergency action is necessary when the student has symptoms such as a cough, shortness of breath, and/or chest pain.

Refer to Student's Individualized Plan of care

If no individualized plan of care, follow actions listed below:

1. Give medications as authorized.
2. Have student return to classroom if symptoms improve after treatment. Continue to monitor student's condition throughout the day.
3. Contact parent/emergency contact if there is no improvement.
4. **Call 9-911 to seek emergency medical care if the student has any of the following:**
 - No improvement 15-20 minutes after initial treatment
 - Difficult time breathing with:
 - Chest and neck pulled in with breathing
 - Student is hunched over
 - Student is struggling to breathe
 - Trouble walking or talking
 - Stops playing and can't start activity again
 - Lips or fingernails are gray or blue

Comments/Special Instructions:

This information may be shared with the classroom teacher(s), bus driver and other appropriate school personnel with a need to know.

Parent/Guardian Signature: _____ Date _____