

ASTHMA EMERGENCY TREATMENT FORM

STUDENT: _____

D.O.B: _____

HEALTH CARD #: _____

GRADE: _____

KNOWN ASTHMA TRIGGERS

- colds/viruses exercise weather conditions strong smells animals
 allergies/other: _____
 anaphylaxis (+ asthma greatly increases severity of breathing difficulties)

MEDICATION: RELIEVER/RESCUE INHALER (USUALLY BLUE)

Use reliever inhaler: _____ in the dose of: _____
 (name of medication) (# puffs/doses)

INSTRUCTIONS FOR MANAGING WORSENING ASTHMA

	<u>MILD ASTHMA SYMPTOMS</u>	<u>ASTHMA EMERGENCY</u>
What to Look For	<ul style="list-style-type: none"> • continuous coughing • complaints of chest tightness • difficulty breathing • wheezing (not always present) <p>(Above symptoms may also be accompanied by: restlessness, irritability, tiredness)</p>	<p>ANY of the following symptoms indicate an emergency!</p> <ul style="list-style-type: none"> • unable to catch breath • difficulty speaking a few words • lips or nail bed blue or grey <p>• breathing is difficult & fast (>25 breaths per minute)</p>
What To Do	<ol style="list-style-type: none"> 1. Administer reliever inhaler. If there is no improvement in 5-10 minutes...THIS IS AN EMERGENCY!!!! 2. Stay calm. Remain with child. 3. Tell the child to breathe slowly & deeply. 4. Notify parent of episode. 5. Child can resume normal activities once feeling better. <p>NOTE: If child requires reliever inhaler again in <i>less than 4 hours</i> medical attention should be sought.</p>	<ol style="list-style-type: none"> 1. CALL 911 2. Give reliever inhaler immediately & continue to give reliever inhaler every few minutes until help arrives 3. Stay calm. Remain with the child. 4. Tell child to breathe slowly & deeply. <p>NOTE: School personnel should not drive students to hospital.</p>