

## Medical Action Plan - Asthma

Child's full name:		Date of birth:																
Parent/guardian name:		Phone:																
Other emergency contacts:		Phone:																
<b>Asthma Severity:</b> <input type="checkbox"/> Intermittent <b>OR</b> Persistent: <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	<b>Asthma Triggers (avoid or manage exposure to these things)</b> <input type="checkbox"/> Animals with fur/feathers <input type="checkbox"/> Dust/dust mites <input type="checkbox"/> Strong odors <input type="checkbox"/> Change in temperature <input type="checkbox"/> Mold <input type="checkbox"/> Tobacco smoke or vapor <input type="checkbox"/> Chemical sprays <input type="checkbox"/> Pollen <input type="checkbox"/> Other: <input type="checkbox"/> Cockroaches <input type="checkbox"/> Respiratory infection Allergies																	
<b>GREEN - GO</b> Asthma is under control. Use CONTROL medications every day at home when prescribed.																		
<ul style="list-style-type: none"> <li>Breathing well</li> <li>No cough or wheeze</li> <li>Sleeps well</li> <li>Plays actively</li> </ul>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e0e0e0;"> <th style="text-align: left; padding: 5px;">Daily medication</th> <th style="text-align: left; padding: 5px;">How much to give</th> <th style="text-align: left; padding: 5px;">When to give</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="padding: 5px;"> <b>Medicine to be given before very active play, at home or in child care:</b>    <input type="checkbox"/> None needed                             </td> </tr> <tr style="background-color: #e0e0e0;"> <th style="text-align: left; padding: 5px;">Name of medication</th> <th style="text-align: left; padding: 5px;">How much to give</th> <th style="text-align: left; padding: 5px;">When to give</th> </tr> <tr> <td style="padding: 5px;"></td> <td style="padding: 5px;">puffs by</td> <td style="padding: 5px;">10-15 min before very</td> </tr> <tr> <td style="padding: 5px;"></td> <td style="padding: 5px;">inhaler with spacer</td> <td style="padding: 5px;">active play</td> </tr> </tbody> </table>			Daily medication	How much to give	When to give	<b>Medicine to be given before very active play, at home or in child care:</b> <input type="checkbox"/> None needed			Name of medication	How much to give	When to give		puffs by	10-15 min before very		inhaler with spacer	active play
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<b>YELLOW – CAUTION</b> Add RESCUE medication. Keep using long-term CONTROL green zone medications every day.																		
<ul style="list-style-type: none"> <li>Coughing (may be worse during sleep/very active play)</li> <li>Wheezing</li> <li>Shortness of breath</li> <li>Chest tightness</li> <li>First sign of a cold or respiratory infection</li> <li>Other early symptoms:</li> </ul>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e0e0e0;"> <th style="text-align: left; padding: 5px;">Rescue medication</th> <th style="text-align: left; padding: 5px;">How much to give</th> <th style="text-align: left; padding: 5px;">When to give</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;"> <input type="checkbox"/> Albuterol -or-  <input type="checkbox"/> </td> <td style="padding: 5px;"> <input type="checkbox"/> puffs by                      inhaler with spacer  <input type="checkbox"/> by nebulizer                 </td> <td style="padding: 5px;"> <input type="checkbox"/> Repeat every 4                      hours until back in the                      green zone                 </td> </tr> </tbody> </table> <p style="margin-top: 5px;">Additional therapy:</p> <ul style="list-style-type: none"> <li>Contact parent/guardian if symptoms do not improve within 15 minutes (if at child care).</li> <li>Contact health care professional if rescue medication is needed:                             <ul style="list-style-type: none"> <li>for more than 24 hours -or-</li> <li>more than two times in a week</li> </ul> </li> <li>Check for improvement in symptoms after using rescue medication.</li> <li>If improving, continue to monitor. If not, move to red zone.</li> </ul>			Rescue medication	How much to give	When to give	<input type="checkbox"/> Albuterol -or- <input type="checkbox"/>	<input type="checkbox"/> puffs by inhaler with spacer <input type="checkbox"/> by nebulizer	<input type="checkbox"/> Repeat every 4 hours until back in the green zone									
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**RED - DANGER**      Symptoms are severe/not improving. Give quick-relief medications until emergency help arrives.															
Symptoms are not improving or are severe:   - Breathing hard and fast - Nostrils open wide, flare - Sinking in of skin between ribs and neck (retracting) - Fingernails/lips gray or blue - Coughing constantly - Cannot talk, walk, or play		Rescue medication	How much to give	When to give		-------------------	---	--		Albuterol -or-	<input type="checkbox"/> puffs by inhaler with spacer <input type="checkbox"/> by nebulizer	<input type="checkbox"/> Repeat every minutes for a total of treatments <input type="checkbox"/> Other:	While giving rescue medication:   - If at home, contact child's health care professional or emergency services/911 - If at child care, contact emergency services/911 and emergency contact		
Health care professional name:		Phone:													
Health care professional signature:		Date:													

## Glossary of Asthma terms

Asthma severity	Classification based on the frequency and severity of past and current asthma symptoms, determined by a health care professional, and used to determine treatment. Intermittent asthma means a person has symptoms only every now and then and is otherwise free of asthma symptoms. Persistent asthma means a person has asthma symptoms more frequently from a couple of times a week, to daily, or more than once per day.
Asthma triggers	A substance, act, or event that causes the airways to become more sensitive or inflamed and leads to asthma symptoms. Triggers may differ from person to person and exposure to an individual child’s asthma triggers must be avoided or controlled.
Asthma episode	Also known as an asthma attack or flare-up, this describes when a person is showing symptoms of asthma and is in the Yellow Zone or Red Zone. Asthma episodes can become life-threatening events and require quick actions such as calling 911 for help or starting CPR.
Control medicine	Long-acting medication that may be prescribed to be taken each day to <i>prevent</i> asthma episodes and stay in Green Zone. Control medicines are not used to <i>treat</i> active asthma symptoms.
Rescue/Quick Relief medicine	Short-acting medication that starts working within minutes to <i>treat</i> active asthma symptoms in the Yellow and Red Zones. Some children who are at risk of asthma symptoms during physical exertion may be prescribed rescue medicines before the start of very active play so that those symptoms do not progress to full blown asthma episodes.
Combination medicine	Medication that combines two different types of medicine (control and rescue/quick relief) into one. Combination medications are used for older children with moderate to severe persistent asthma using Single Maintenance and Reliever Therapy (SMART).
Spacer/Aero-chamber	A tube-shaped device that connects to an inhaler mouthpiece so that the spray enters a chamber before being breathed in. A spacer helps the medicine to be breathed deep into the lungs. Spacers should be used with a mask that covers the mouth and nose in very young children and children who have developmental delays with coordination and a mouthpiece for older children who can coordinate their breathing.
Inhaler/Metered Dose Inhaler (MDI)	Delivery method for medications that uses a canister in a hand-held device. When the top of the inhaler is pressed down, the device sprays one “puff” of medicine. Always use a spacer or aero-chamber with any inhaler/MDI to effectively deliver asthma medication to the lower airways and lungs.
Nebulizer	Delivery method that uses a machine and tubing to change liquid medicine to a fine mist for a person to inhale through a mouthpiece or mask deep into their lungs. A nebulizer treatment takes approximately 10 minutes.