

# Asthma Action Plan/ Medication Authorization Form

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

Phone for Doctor or Clinic: \_\_\_\_\_

Predicted/Personal Best Peak Flow Reading: \_\_\_\_\_

### Asthma Triggers

Try to stay away from or control these things:

- |   |  |
|---|--|
| <input type="checkbox"/> Exercise         | <input type="checkbox"/> Smoke, strong odors or spray  |
| <input type="checkbox"/> Mold             | <input type="checkbox"/> Colds/Respiratory infections  |
| <input type="checkbox"/> Chalk dust/dust  | <input type="checkbox"/> Carpet                        |
| <input type="checkbox"/> Pollen/Allergies | <input type="checkbox"/> Change in temperature/weather |
| <input type="checkbox"/> Animals          | <input type="checkbox"/> Dust mites                    |
| <input type="checkbox"/> Tobacco smoke    | <input type="checkbox"/> Cockroaches                   |
| <input type="checkbox"/> Food _____       | <input type="checkbox"/> Other _____                   |

## 1. Green – Go

- Breathing is good.
- No cough or wheeze.
- Can work and play.



Or Peak Flow \_\_\_\_\_ to \_\_\_\_\_ (80-100%)

Use these controller medicines every day to keep you in the green zone:

<u>Medicine:</u>	<u>How much to take:</u>	<u>When to take it:</u>	<input type="checkbox"/> Home
_____	_____	_____	<input type="checkbox"/> School

5-15 minutes before very active exercise, use  Albuterol \_\_\_\_\_ puffs.  
 Other \_\_\_\_\_, \_\_\_\_\_ puffs

## 2. Yellow – Caution



Coughing



Wheezing



Tight Chest



Wakes up at night

Or Peak Flow \_\_\_\_\_ to \_\_\_\_\_ (50-80%)

Keep using controller green zone medicines every day.

Add these medicines to keep an asthma attack from getting bad:

<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
Albuterol	<input type="checkbox"/> 2 puffs by inhaler	<input type="checkbox"/> May repeat every
or	<input type="checkbox"/> 4 puffs by inhaler	20 min up to 3 doses
_____	<input type="checkbox"/> with spacer, if available	in first hour, if needed
	<input type="checkbox"/> by nebulizer	

If symptoms **DO NOT** improve after first hour of treatment, then go to **red zone**.

If symptoms **DO** improve after first hour of treatment, then continue:

Albuterol	<input type="checkbox"/> 2 puffs by inhaler	<input type="checkbox"/> Every 4 - 8 hours
or	<input type="checkbox"/> 4 puffs by inhaler	for _____ days
_____	<input type="checkbox"/> with spacer, if available	
	<input type="checkbox"/> by nebulizer	

_____ times a day for _____ days	<input type="checkbox"/> Home
(oral corticosteroid) (how much)	<input type="checkbox"/> School

Call your doctor if still having some symptoms for more than 24 hours!

Call your doctor and/or parent/guardian NOW!

Take these medicines until you talk with a doctor or parent/guardian:

<u>Medicine:</u>	<u>How much to take:</u>	<u>When to take it:</u>
Albuterol	<input type="checkbox"/> 2 puffs by inhaler	<input type="checkbox"/> May repeat every
or	<input type="checkbox"/> 4 puffs by inhaler	20 minutes until
_____	<input type="checkbox"/> with spacer, if available	you get help
	<input type="checkbox"/> by nebulizer	

_____ times a day for _____ days	<input type="checkbox"/> Home
(oral corticosteroid) (how much)	<input type="checkbox"/> School

Call 911 for severe symptoms, if symptoms don't improve, or you can't reach your doctor and/or parent/guardian.

## 3. Red – Stop – Danger

- Medicine is not helping.
- Breathing is hard and fast.
- Nose opens wide.
- Can't walk.
- Ribs show.
- Can't talk well.



Or Peak Flow \_\_\_\_\_ (Less than 50%)

## PHYSICIAN AND PARENT SIGNATURES REQUIRED ON BACK

Student's name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

A. TO BE COMPLETED BY MEDICAL PROVIDER:

- I agree with the Asthma Management as written.
- I have instructed\_\_in the proper way to use his/her inhaled medications. It is my professional opinion that he/she **should** be allowed to carry this medication and administer to himself/herself. This student **will not** need adult supervision when taking this medicine.
- It is my professional opinion that \_\_\_\_\_ **should not** be allowed to carry his/her inhaled medications or to administer it himself/herself.

Physician Signature: \_\_\_\_\_ Print Physician Name: \_\_\_\_\_ Date: \_\_\_\_\_

ALL MEDICATIONS ORDERS EXPIRE ON THE LAST DAY OF SCHOOL UNLESS OTHERWISE SPECIFIED- Termination Date: \_\_\_\_\_

**B. TO BE COMPLETED BY PARENT/GUARDIAN:**

**Parent Permission for medication to be SELF-ADMINISTERED by their child**

- I agree to the Asthma Management Plan as written by the above medical provider.
- I hereby request that my child be allowed to carry and self-administer the inhaler, equipment or other prescription medication at school as prescribed by my child's licensed health care provider. I understand my child must carry this medication at all times in school or he/she will lose the right to carry it. I further understand that the school undertakes no responsibility for the administration of the medication. I hereby release the School Board, its agents and employees, from any and all liability that may result from my child taking this medication. My child is knowledgeable about this medication and how to self-administer it.
- I agree to ensure that the inhaler will have a pharmacy label with my child's name.

Parent/Guardian Signature: \_\_\_\_\_ Phone: \_\_\_\_\_ Date: \_\_\_\_\_

**OR**

**Parent Permission for medication to be administered by the school nurse/staff**

- I agree to the Asthma Management Plan as written by the above medical provider.
- I hereby give my permission for my child to receive medication during school hours. I understand that the school undertakes no responsibility for the administration of the medication. This medication has been prescribed by a licensed health care provider. I hereby release the School Board, its agents and employees, from any and all liability that may result from my child taking prescription and non-prescription medication. I am in full agreement to supply this medication as needed.
- I also agree to provide the medicine with a pharmacy label and that if my child is to receive nebulizer treatments that I will provide the machine and tubing needed to properly administer it.

Parent/Guardian Signature: \_\_\_\_\_ Phone: \_\_\_\_\_ Date: \_\_\_\_\_

**C. ORDER REVIEWED BY SCHOOLSTAFF: \_\_\_\_\_ Date: \_\_\_\_\_**

**D. STUDENT CONTRACT TO SELF-ADMINISTER MEDICATIONS**

Student Responsibilities:

- I plan to keep my inhaler, equipment, or other medication with me at school. I am capable of taking this medication as recommended and accept this responsibility.
- I agree to use my inhaler, equipment, or other medication in a responsible manner, in accordance with my licensed health care provider's orders.
- I will notify the school nurse or teacher/school staff if I am having more difficulty than usual with my asthma.
- I will not share my inhaler, equipment, or other medication with any other person.
- I will carry properly labeled medication with a pharmacy label on my inhaler, or other medication.

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

School Office Staff's Responsibilities:

- Demonstrates correct use and skill level to self-administer
- Recognizes proper and prescribed timing for medication
- Agrees to carry medication or keep in an established location
- Knows health condition well and can identify known triggers and warning signs of asthma symptoms
- I have informed the student that he/she must tell a staff member whenever he/she has used the medication at school.
- Keeps a second labeled container in the health room
- Will not share medication or equipment with others.

School Office Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_