

# NEW MEXICO ASTHMA ACTION PLAN FOR SCHOOLS

Date \_\_\_\_\_

School District \_\_\_\_\_

School Name \_\_\_\_\_

School Nurse / Health Asst. \_\_\_\_\_

School Phone # / FAX # \_\_\_\_\_ / \_\_\_\_\_

**PARENT/GUARDIAN: Please complete the information in the top sections and sign consent at bottom of the page.**

Student Name	Date of Birth	Student #
*Health Care Provider Name/Title	Provider's Office Phone / FAX #	
Parent/Guardian	Parent's Phone #s	
Emergency Contact	Contact Phone #s	
<b>Allergies to Medications:</b>		



**GREEN** means Go!  
Use CONTROL medicine daily

**YELLOW** means Caution!  
Add Rescue medicine

**RED** means EMERGENCY!  
Get help from a provider now!

**Asthma Triggers Identified** (Things that make your asthma worse):

Exercise    Colds    Smoke (tobacco, fires, incense)    Pollen    Dust

Strong Odors    Mold/moisture    Stress/Emotions    Pests (rodents, cockroaches)

Gastroesophageal reflux    Season: Fall, Winter, Spring, Summer

Animals    Other (*food allergies*): \_\_\_\_\_

Date of student's last visit to medical provider: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Date of Last Flu Shot: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Inhaler is kept:**

With Student

In Classroom

Health Office

Other \_\_\_\_\_

**HEALTH CARE PROVIDER: Please complete Severity Level, Zone Information and Medical Order Below**

**Asthma Severity:**  Intermittent or Persistent:  Mild    Moderate    Severe

**Green Zone: Go! Take Control Medications EVERY DAY**

You have **ALL** of these:

- Breathing is easy
- No cough or wheeze
- Can work and play
- No symptoms at night

**Peak flow (optional):**  
Greater than  $\geq$  \_\_\_\_\_  
(More than 80% of Personal Best)

Personal best peak flow: \_\_\_\_\_

No controller medication is prescribed. **Always rinse mouth after using your daily inhaled medication.**

\_\_\_\_\_, \_\_\_\_\_ puff(s) MDI with spacer \_\_\_\_\_ times a day  
Inhaled corticosteroid or inhaled corticosteroid/long-acting  $\beta$ -agonist

\_\_\_\_\_, \_\_\_\_\_ nebulizer treatment(s) \_\_\_\_\_ times a day  
Inhaled corticosteroid

\_\_\_\_\_, take \_\_\_\_\_ by mouth once daily at bedtime  
Leukotriene antagonist

**For asthma with exercise, ADD:**

\_\_\_\_\_, \_\_\_\_\_ puff(s) MDI with spacer 5 to 15 minutes before exercise

**For nasal/environmental allergy, ADD:**

\_\_\_\_\_

**Yellow Zone: Caution! Continue CONTROL Medicine & ADD RESCUE Medicines-**

You have **ANY** of these:

- Cough or mild wheeze
- Tight chest
- First signs of a cold
- Problems sleeping, Playing or working

**Peak flow (optional):**  
\_\_\_\_\_ to \_\_\_\_\_  
(50% - 80% of Personal Best)

**DO NOT LEAVE STUDENT ALONE! Call Parent/Guardian when rescue medication is given.**

\_\_\_\_\_, \_\_\_\_\_ puff(s) MDI with spacer & every \_\_\_\_\_ hours as needed  
Fast-acting inhaled  $\beta$ -agonist

**OR**

\_\_\_\_\_, \_\_\_\_\_ nebulizer treatment(s) & every \_\_\_\_\_ hours as needed  
Fast-acting inhaled  $\beta$ -agonist

Other \_\_\_\_\_

**Call your MEDICAL PROVIDER if you have these signs more than two times a week, or if your rescue medicine does not work! If symptoms are NOT better OR peak flow is NOT improved, go to RED ZONE ↓**

**Red Zone: EMERGENCY! Continue CONTROL Medicine & ADD RESCUE Medicines and GET HELP!**

You have **ANY** of these:

- Cannot talk, eat, or walk well
- Medicine is not helping or Getting worse, not better
- Breathing hard & fast
- Blue lips & fingernails

**Peak flow (optional):**  
Less than  $\leq$  \_\_\_\_\_  
(Less than 50% of Personal Best)

**DO NOT LEAVE STUDENT ALONE! → Call for emergency 911 and start treatment**

\_\_\_\_\_, \_\_\_\_\_ puff(s) MDI with spacer & **every 20 minutes** until paramedics arrive  
Fast-acting inhaled  $\beta$ -agonist

**OR**

\_\_\_\_\_, \_\_\_\_\_ nebulizer treatment(s) **every 20 minutes** until paramedics arrive  
Fast-acting inhaled  $\beta$ -agonist

**Call 911 and start treatment immediately. Then call Parent/Guardian.**

**Use only if Oxygen and Pulse Oximeter available:**  
Administer Oxygen \_\_\_\_\_ l/min for O2 Sat.  $\leq$  \_\_\_\_\_ % and measure O2 Sat. every \_\_\_\_\_ minutes

**HEALTH CARE PROVIDER ORDER AND SCHOOL MEDICATION CONSENT**

*Check all that apply:*

\_\_\_\_ Student has been instructed in the proper use of his/her asthma medications and IS ABLE TO CARRY AND SELF-ADMINISTER his/her INHALER AT SCHOOL.

\_\_\_\_ Student is to notify designated school health personnel after using inhaler at school.

\_\_\_\_ Student needs supervision or assistance when using inhaler.

\_\_\_\_ Student is unable to carry his/her inhaler while at school.

\*SIGNATURE/TITLE \_\_\_\_\_ DATE \_\_\_\_\_

**Parent/Guardian:**

I approve of this asthma action plan. I give my permission for the school nurse and trained school personnel to follow this plan, administer medication(s), and contact my provider, if necessary. I assume full responsibility for providing the school with the prescribed medications and delivery and monitoring devices. I give my permission for the school to share the above information with school staff that need to know and permission for my child to participate in any asthma educational learning opportunities at school.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

SCHOOL NURSE: \_\_\_\_\_ DATE: \_\_\_\_\_