



# Emergency Care Plan



Sample

## ASTHMA

Student: \_\_\_\_\_ Grade: \_\_\_\_\_ School Contact: \_\_\_\_\_ DOB: \_\_\_\_\_

Asthma Triggers: \_\_\_\_\_ Best Peak Flow: \_\_\_\_\_

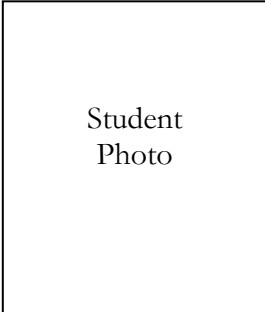
Mother: \_\_\_\_\_ MHome #: \_\_\_\_\_ MWork #: \_\_\_\_\_ MCell #: \_\_\_\_\_

Father: \_\_\_\_\_ FHome #: \_\_\_\_\_ FWork #: \_\_\_\_\_ FCell #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

### **SYMPTOMS OF AN ASTHMA EPISODE MAY INCLUDE ANY/ALL OF THESE:**

- **CHANGES IN BREATHING:** coughing, wheezing, breathing through mouth, shortness of breath, Peak Flow of < \_\_\_\_\_.
- **VERBAL REPORTS of:** chest tightness, chest pain, cannot catch breath, dry mouth, “neck feels funny”, doesn’t feel well, speaks quietly.
- **APPEARS:** anxious, sweating, nauseous, fatigued, stands with shoulders hunched over and cannot straighten up easily.



Student Photo

### **SIGNS OF AN ASTHMA EMERGENCY:**

- Breathing with chest and/or neck pulled in, sits hunched over, nose opens wide when inhaling. Difficulty in walking and talking.
- Blue-gray discoloration of lips and/or fingernails.
- Failure of medication to reduce worsening symptoms with no improvement 15 – 20 minutes after initial treatment.
- Peak Flow of \_\_\_\_\_ or below.
- Respirations greater than 30/minute.
- Pulse greater than 120/minute.

### **TREATMENT:**

Stop activity immediately.  
 Help student assume a comfortable position. Sitting up is usually more comfortable.  
 Encourage purse-lipped breathing.  
 Encourage fluids to decrease thickness of lung secretions.  
 Give medication as ordered: \_\_\_\_\_  
 Observe for relief of symptoms. If no relief noted in 15 – 20 minutes, follow steps below for an asthma emergency.  
 Notify school nurse at \_\_\_\_\_ who will call parents/guardian and healthcare provider.

### **STEPS TO FOLLOW FOR AN ASTHMA EMERGENCY:**

- Call 911 (Emergency Medical Services) and inform the that you have an asthma emergency. They will ask the student’s age, physical symptoms, and what medications he/she has taken and usually takes.
- A staff member should accompany the student to the emergency room if the parent, guardian or emergency contact is not present and adequate supervision for other students is present. Preferred Hospital if transported: \_\_\_\_\_

**STUDENT MAY SELF MEDICATE** \_\_\_\_\_ **MD** \_\_\_\_\_ / **PARENT SIGNATURE** - \_\_\_\_\_

Healthcare Provider: \_\_\_\_\_ / **MUST HAVE MD STAMP**

Written by: \_\_\_\_\_ Date: \_\_\_\_\_

Copy provided to Parent

Copy sent to Healthcare Provider

**Parent/Guardian Signature** to share this plan with Provider and School Staff: \_\_\_\_\_

*This plan is in effect for the current school year and summer school as needed.*

Revised 1/08