

Individual Asthma Management Plan

Student's name:	Date of birth:
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Managing an asthma attack - Staff are trained in asthma first aid (see overleaf) and can provide routine asthma medication as authorised in this care plan by the treating doctor. Please advise staff in writing of any changes to this plan.

Daily asthma management

This child's usual asthma signs

Frequency and severity

Known triggers for this child's asthma
(eg exercise, colds/flu, smoke)

Cough

Daily/most days

Wheeze

Frequently (more than 5x per year)

Difficulty breathing

Occasionally (less than 5x per year)

Other (please describe)

Other (please describe)

Does this child usually tell an adult if he/she is having trouble breathing?

Yes

No

Does this child need help to take asthma medication?

Yes

No

Does this child use a mask with a spacer?

Yes

No

Does this child need a blue reliever puffer medication before exercise?

Yes

No

Your child's medication will be kept:

in his/her schoolbag

in a labelled medical bag in his/her classroom

at the school office?

other:

Medication plan

If this child needs asthma medication, please detail below and make sure the medication and spacer/mask are supplied to staff.

Name of medication and colour	Dose/number of puffs	Time required

Doctor's Name and contact number:

Parent/carer emergency contact:	
First parent/carer	Second parent/carer
Name:	Name:
Relationship:	Relationship:
Home phone:	Home phone:
Work phone:	Work phone:
Mobile:	Mobile:
Address:	Address:

Parent/Carer Name:	Signature:	Date:
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Asthma First Aid

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



2 Give 4 separate puffs of blue/grey reliever puffer

- **Shake** puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer

Repeat until **4 puffs** have been taken

Remember: Shake, 1 puff, 4 breaths

OR Give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12).



3 Wait 4 minutes

- If there is no improvement, give **4 more separate puffs of blue/grey reliever** as above

(OR give 1 more dose of Bricanyl or Symbicort inhaler.)



4 If there is still no improvement call emergency assistance (DIAL 000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving **4 separate puffs** every **4 minutes** until emergency assistance arrives

(OR 1 dose of Bricanyl or Symbicort every 4 minutes — up to 3 more doses of Symbicort)

