



SEAMAN USD #345 ASTHMA ACTION PLAN

The Asthma Action Plan is to be completed by a primary care provider for each student that has been diagnosed with asthma. The Asthma Action Plan should be regularly modified to meet the changing needs of the student and their medication regime.

Check Asthma Severity:

Mild Intermittent Mild Persistent Moderate Persistent Severe Persistent

Student Name:	Date of Birth:
Physician Name:	Parent/Guardian Name:
Physician Phone Number:	Parent/Guardian Phone:
Emergency Contact After Parent:	Contact Phone:

Personal Best Peak Flow Reading: _____

Peak Flow Ranges: _____

Red means **DANGER ZONE!** Get help fast from 911 or physician.

Yellow means **CAUTION ZONE!** Add prescribed medication if directed.

Green means **GO ZONE!** Use preventive medications if prescribed.

GO (Green) → Peak flow ↑ 80% _____ Use these medications every day.

⇒ Breathing is good. ⇒ No cough or wheeze. ⇒ Sleep through the night. ⇒ Can work and play.

Medicine/Dosage	How much to take	When to take it

For Exercise Take:	How much to take	When to take it

CAUTION (Yellow) → Peak Flow from 50% to 80% _____ Continue with green zone medications and ADD:

- ⇒ First sign of a cold. ⇒ Exposure to a known trigger. ⇒ Cough. ⇒ Mild wheeze.
- ⇒ Tight chest. ⇒ Cough at night.

Medicine/Dosage	How much to take	When to take it

DANGER (Red) → Peak flow ↓ 50% _____ Take these medications and GET HELP FROM DOCTOR NOW! IF AT SCHOOL, CALL 911.

- ⇒ Medication is not helping within 15 to 20 minutes
- ⇒ Nose opens wide and ribs show when breathing.
- ⇒ Lips and fingernails are blue.
- ⇒ Fingernails blue.
- ⇒ Breathing is hard and fast.
- ⇒ Trouble walking or talking.

Medicine/Dosage	How much to take	When to take it

Asthma Trigger List:

- Chalk Dust Cigarette Smoke Colds/Flu Dust or dust mites Stuffed animals
- Carpet Exercise Mold Pests Pets Plants, flowers Stress or excitement
- Strong odors, perfumes, cleaning agents Sudden temperature changes
- Wood smoke Foods Other _____

Date Asthma Action Plan Completed: _____

(Primary Care Provider Signature)

(Parent Signature)

(School Nurse Signature)

Instructions on Completion of the Seaman USD #345 Asthma Action Plan

How to Complete and Use the Seaman USD #345 Asthma Action Plan

The Asthma Action Plan is an education and communication tool to be used between the primary health care provider and the student, their family and caregivers, and the school nurse to properly manage asthma and to provide information on responding to asthma episodes. The student, and their family should fully understand the Asthma Action Plan, especially related to using the peak flow meter, recognizing asthma warning signs and asthma triggers, and administering medications. Students, families and school staff should be given additional asthma educational materials related to asthma, peak flow monitoring, and environmental control.

Zone Instructions

The Personal Best peak flow meter is used in all the Seaman USD #345 Health Rooms and the student's personal best peak flow reading should be determined when the student is symptom free. A diary can be used to determine personal best and is usually part of a peak flow meter package. The peak flow readings obtained in the school setting will be documented in the students medication log.

Green - Green Zone is 100 % to 80% of personal best peak flow, or when no symptoms are present. List all daily maintenance medications. Fill in actual numbers, not percentages, for peak flow readings.

Yellow - Yellow Zone is 80% to 50% of personal best peak flow, or when the listed symptoms are present. Add medications to be taken in the yellow zone. Include now long to continue taking yellow (quick relievers) medications and when to contact the primary care provider.

Red - Red Zone is below 50% of personal best peak flow, or when the listed symptoms are present. List any medications to be taken while waiting to speak to the primary care provider or when preparing to go to the emergency room.

