

# NEW MEXICO ASTHMA ACTION PLAN FOR SCHOOLS

Date \_\_\_\_\_

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

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

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

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

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



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

**YELLOW** means Caution!  
Add Rescue medicine

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

<b>Asthma Severity:</b> <input type="checkbox"/> Intermittent or Persistent: <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	<b>Asthma Triggers Identified</b> (Things that make your asthma worse): <input type="checkbox"/> Exercise <input type="checkbox"/> Colds <input type="checkbox"/> Smoke (tobacco, fires, incense) <input type="checkbox"/> Pollen <input type="checkbox"/> Dust <input type="checkbox"/> Animals _____ <input type="checkbox"/> Strong Odors <input type="checkbox"/> Mold/moisture <input type="checkbox"/> Stress/Emotions <input type="checkbox"/> Pests (rodents, cockroaches) <input type="checkbox"/> Gastroesophageal reflux <input type="checkbox"/> Season: Fall, Winter, Spring, Summer <input type="checkbox"/> Other: _____	<b>Date of Last Flu Shot:</b> _____/_____/_____ <b>Inhaler is kept:</b> <input type="checkbox"/> With Student <input type="checkbox"/> In Classroom <input type="checkbox"/> In Health Office <input type="checkbox"/> Other _____
--	---	---

**Health care provider: Please complete the following information for all zones:**

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

You have <b>ALL</b> of these: <ul style="list-style-type: none"> <li>Breathing is easy</li> <li>No cough or wheeze</li> <li>Can work and play</li> <li>No symptoms at night</li> </ul> <b>Peak flow (optional):</b> Greater than $\geq$ _____ (More than 80% of Personal Best) <b>Personal best peak flow:</b> _____	<input type="checkbox"/> No control medicine required. <input type="checkbox"/> _____, _____ puff(s) MDI with spacer _____ times a day Inhaled corticosteroid or inhaled corticosteroid/long-acting $\beta$ -agonist <input type="checkbox"/> _____, _____ nebulizer treatment(s) _____ times a day Inhaled corticosteroid <input type="checkbox"/> _____, take _____ by mouth once daily at bedtime Leukotriene antagonist <b>For asthma with exercise, ADD:</b> <input type="checkbox"/> _____, _____ puff(s) MDI with spacer 15 minutes before exercise <b>For nasal/environmental allergy, ADD:</b> <input type="checkbox"/> _____	<b>Always rinse mouth after using your daily inhaled medicine.</b>
--	--	--

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

You have <b>ANY</b> of these: <ul style="list-style-type: none"> <li>Cough or mild wheeze</li> <li>Tight chest</li> <li>First signs of a cold</li> <li>Problems sleeping, Playing or working</li> </ul> <b>Peak flow (optional):</b> _____ to _____ (50% - 80% of Personal Best)	<b>DO NOT LEAVE STUDENT ALONE! Call Parent/Guardian when rescue med is administered.</b> <input type="checkbox"/> _____, _____ puff(s) MDI with spacer & every _____ hours as needed Fast-acting inhaled $\beta$ -agonist <b>OR</b> <input type="checkbox"/> _____, _____ nebulizer treatment(s) & every _____ hours as needed Fast-acting inhaled $\beta$ -agonist <input type="checkbox"/> Other _____ <b>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.</b>
---	--

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

You have <b>ANY</b> of these: <ul style="list-style-type: none"> <li>Cannot talk, eat, or walk well</li> <li>Medicine is not helping or</li> <li>Getting worse, not better</li> <li>Breathing hard &amp; fast</li> <li>Blue lips &amp; fingernails</li> </ul> <b>Peak flow (optional):</b> Less than $\leq$ _____ (Less than 50% of Personal Best)	<b>DO NOT LEAVE STUDENT ALONE! → Call for emergency 911 and start treatment</b> <input type="checkbox"/> _____, _____ puff(s) MDI with spacer & <u>every 20 minutes</u> until paramedics arrive Fast-acting inhaled $\beta$ -agonist <b>OR</b> <input type="checkbox"/> _____, _____ nebulizer treatment(s) every 20 minutes until paramedics arrive Fast-acting inhaled $\beta$ -agonist <input type="checkbox"/> Other _____ <b>Call 911 immediately and call Parent/Guardian</b>
---	--

### 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 should not 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: \_\_\_\_\_