Emergency Care Plan

Sample

ASTHMA

Student: _____ Grade: _____ DOB: _____

Asthma Triggers: _____ Best Peak Flow: _____

Mother: _____ Cell #: _____ Home #: _____ Work #: _____

Father: _____ Cell #: _____ Work #: _____

Emergency Contact: _____ Relationship: _____ Phone: _____

Parent's Signature: _____Date: _____

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

- **CHANGES IN BREATHING:** coughing, wheezing, breathing through mouth, shortness of breath
- **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.
- Respirations greater than 30/minute.
- Pulse greater than 120/minute.

STAFF MEMBERS INSTRUCTED: ❑ Classroom Teacher(s) ❑ Administration ❑ Support Staff

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:_____# Puffs:____Inhaled, Every_____Hours, PRN_____**
Observe for relief of symptoms. If no relief noted in 15 – 20 minutes, follow steps below for an asthma emergency.

ASTHMA EMERGENCY:

- Call Hatzalah 718-387-1750 or 718-230-1000 and inform them that you have an asthma emergency. They will ask the student's age, physical symptoms, and what medications he has taken and usually takes.
- Call parent

Name of Physician: _____ Phone: _____Fax:_____

Physician's Signature: _____ Date: _____Stamp:

**** Physician to complete**

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

Revised 1/08