

# SECONDARY SCHOOL ASTHMA ACTION PLAN

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

PLAN GIVEN BY \_\_\_\_\_

DATE \_\_\_\_\_

## EMERGENCY CONTACT

NAME \_\_\_\_\_

TEL NUMBER \_\_\_\_\_

## What is Asthma?

Asthma is a condition that affects the smaller airways (bronchioles) of the lungs.

From time to time the airways constrict (narrow) in people who have asthma, which usually starts in childhood. Around 1 in 10 children have asthma.

Some things that can make asthma symptoms worse are known as triggers. Triggers can be exercise, cold, mould, animal hair and pollen. Irritants such as chemicals, air freshener, deodorant and smoke should be avoided.

Common symptoms are a cough and wheeze. A person who has asthma may also become breathless and their chest may become tight.

Symptoms are different for each individual and can be mild or severe.

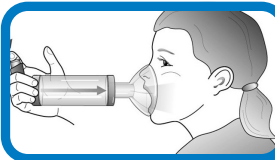

A reliever inhaler (blue) is all that is needed at school help manage asthma symptoms.

A preventer inhaler (usually a steroid inhaler) taken each morning and at night, should be kept at home and be taken with a parent or guardian present.

Most children will feel confident at taking their medication and will need only limited support.

**Instructions on how to administer inhaler medication are on the back page.**

## Using an inhaler with a spacer

1. Relax and sit up straight.
2. Shake the inhaler and insert into the back of the spacer.
3. Apply the mask gently to the face, ensuring a good seal around the mouth and nose OR place the mouthpiece of the spacer into the mouth. 
4. When ready, press the inhaler ONCE to release a dose of the drug.
5. Breathe in and out slowly and gently for 10 seconds.
6. If you hear a 'whistling' sound you are breathing TOO DEEPLY. 
7. Remove the mouthpiece or mask from mouth and relax. Wait 30 seconds to 1 minute and then repeat steps 2 to 8 for each puff prescribed.

## Using an inhaler without a spacer

1. Remove cap and shake inhaler
2. Breathe out gently
3. Put mouthpiece in mouth and breathe in slowly and deeply, press canister down and continue to inhale steadily and deeply
4. Hold your breath for 10 seconds or as long as is comfortable
5. For a second dose wait for approximately 30 seconds before repeating steps 1-4. Only use the device for the number of doses on the label then start a new inhaler.

## What is a School Asthma Plan?

A school asthma plan is an individual treatment and advice plan, agreed by a health professional.

The plan helps to make adjustments to the dose of inhalers, depending on symptoms, and/or peak flow readings.

## GREEN ZONE

No symptoms

### I am well if:

- I am able to perform my normal activities, such as play, walking and talking normally.
- I do not have any regular symptoms of cough, wheeze, chest tightness or breathlessness.
- I need my blue reliever inhaler less than three to five times per week (not including before doing exercise).

### My asthma treatment:

- Reliever: Salbutamol (Blue)
- I take 2 puffs when I wheeze or cough with or without my spacer device.
- I can take 2 puffs before exercise if this is a trigger.

**Sometimes I may need 4 puffs rather than just 2 puffs.**

## AMBER ZONE

Getting symptoms

### I need to increase my blue inhaler when:

- I have a cough, wheeze, it is hard to breathe or my chest hurts.
- I have a cold causing a wheeze, cough or chest tightness.
- I have difficulty doing my normal activities because of my asthma symptoms.
- I have taken my blue reliever but need more.

### Step up

**Increase the blue inhaler to 4 puffs every 4 hours. Gradually reduce, and stop when symptoms have improved.**

**But if I am NOT getting any better then I increase my blue inhaler to 8 puffs and contact my parent/guardian as I may need to go home and see my Doctor or Nurse soon as possible.**

## RED ZONE

Emergency Action Plan

**If I am having an asthma attack or any of these symptoms:**

- My lips are blue.
- I am breathless or my breathing is hard and fast.
- My asthma symptoms have worsened despite using my reliever.
- I am having difficulty talking or walking.
- The skin is depressed or sucked in at my neck, collarbone or between my ribs.
- I am having an allergic reaction

**Rescue Treatment  
Consider dialling 999**

**Keep me calm, sit me up and slightly forward. Loosen tight clothing.**

**GIVE 10 PUFFS OF THE BLUE INHALER, ONE PUFF AT A TIME, OVER 10 MINUTES. THIS CAN BE REPEATED AFTER 10 MINUTES.**

**999**

**IF SYMPTOMS DO NOT IMPROVE QUICKLY,  
TAKE ME TO A&E OR CALL 999  
CONTACT PARENT/GUARDIAN**