

# ASTHMA ACTION PLAN

CHILD'S NAME ..... SCHOOL .....

LOCATION OF INHALER..... TYPE OF INHALER.....



PHOTO

NHS NUMBER .....DATE OF BIRTH .....

**For exercise-induced asthma**

Take \_\_\_\_ puffs of the reliever (usually blue) via spacer 10-15 minutes before physical exercise

**In the event of any of the below:**

- ☛ WHEEZE
- ☛ TIGHT or SORE CHEST
- ☛ COUGH
- ☛ SHORTNESS OF BREATH

- Administer reliever medication (usually blue) via Spacer
- Give 2 puffs of reliever every 2 minutes (maximum 10 puffs)
- If reliever is needed more than 4-hourly, medical advice/attention should be sought and parents contacted.

**EMERGENCY CONTACTS**

1. Name.....  
Number.....
2. Name.....  
Number.....

**CHILD'S TRIGGERS**

.....  
.....  
.....

**PARENTAL CONSENTS (tick boxes)**

- I consent to the administration of the prescribed inhaler by members of staff and will notify school if there are any changes to my child's medication and personal details. I will provide my child's inhaler and spacer in school and will ensure that they are in date.
- I consent to school staff administering the emergency school inhaler should my child's personal inhaler be unavailable
- I consent for this plan to be on display in school and I will notify the school of any changes for review

Signature of Parent/Carer:

.....

Date: .....

**IF NO IMPROVEMENT**



**SIGNS OF AN ACUTE ASTHMA ATTACK**

**If the child's reliever inhaler (usually blue) + spacer are not helping, and/or the child presents with any of the following:**

- They can't talk or walk easily
- They are breathing hard and fast
- Their lips turn blue
- They are coughing or wheezing incessantly

**During this time the child should:**

- Sit up – DO NOT LIE DOWN
- Be encouraged to stay calm
- Be accompanied by a member of staff
- Give 2 puffs of reliever every 2 minutes (maximum 10 puffs)

**IF NO IMPROVEMENT AFTER 10 PUFFS**



**CALL 999 IMMEDIATELY**

- ❖ CONTINUE TO ADMINISTER THE INHALER IN CYCLES OF 10 PUFFS, AS ADVISED ABOVE, EVERY 10 MINUTES UNTIL THE AMBULANCE ARRIVES
- ❖ CONTACT PARENT/CARER AND ACCOMPANY CHILD IN THE AMBULANCE UNTIL PARENT/CARER ARRIVES