

# Kewaunee School District

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## Asthma Action Plan

Student Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Parent/Guardian Name: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
Provider Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
How often do asthma attacks occur? \_\_\_\_\_  
Has student ever been treated in the hospital for asthma and when? \_\_\_\_\_  
Is a peak flow meter used? \_\_\_\_\_ How often? \_\_\_\_\_ Best flow rate: \_\_\_\_\_  
List any conditions that usually trigger an asthma attack (getting sick, extreme hot and cold conditions). \_\_\_\_\_

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Circle the signs that are usually present during an asthma attack:

- Coughing
- Wheezing
- Feels frightened
- Short of breath
- Bluish color of skin/nails
- Other \_\_\_\_\_

Are medications needed to control the asthma? List below the medications needed.

<b>Medication and Dose</b>	<b>How often</b>	<b>Taken at school?</b>

The usual procedure followed at school for asthma is:

1. Allow student to use prescribed asthma medication with assistance as needed.
2. Encourage relaxation with slow deep breathing, sipping warm fluids.
3. Stay with student and monitor for symptoms.
  - If symptoms decrease after 15 minutes, return to class.
  - If symptoms remain the same after 15 minutes, parent will be contacted for directions.
  - If symptoms increase in severity, will call 911, CPR will be started if needed, parents called.

I have instructed \_\_\_\_\_ in the proper way to use his/her inhaled asthma medications. It is my professional opinion that he/she should be allowed to carry and use this inhaled medication by his/herself.

It is my professional opinion that \_\_\_\_\_ should not carry and use his/her inhaled asthma medication by his/herself.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

School Nurse: \_\_\_\_\_ Date: \_\_\_\_\_

**Note: The district medication policy requires parental and licensed provider signatures on district forms for all medications administered during school activities. Any treatments or test and activity restrictions require written directions from the student's health care provider.**

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