



Asthma Action Plan

School Nurse Academy



HOSPITALS • RESEARCH • FOUNDATION

Asthma Action Plan

Triggers: pollen, dust mites, dog dander, (for example) *Triggers differ for everyone

<p> Green Zone</p> <p>You have all of these:</p> <ul style="list-style-type: none"> Breathing is good No cough or wheeze Can work/play Sleeps all night 	<p>You are feeling well!</p> <p>Inhaled Medication Fluticasone (Flovent) HFA 110mcg</p> <p>Other Instructions: Rinse mouth with water after taking your controller medicine to prevent oral thrush.</p>	<p>Do these things EVERYDAY</p> <table border="1"> <thead> <tr> <th>How much to take</th> <th>When to take it</th> </tr> </thead> <tbody> <tr> <td>2 Puffs</td> <td>Two Times a Day</td> </tr> </tbody> </table>		How much to take	When to take it	2 Puffs	Two Times a Day
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<p> Yellow Zone</p> <p>You have any of these:</p> <ul style="list-style-type: none"> Cough Wheeze Tight chest Coughing at night 	<p>You have Symptoms! (Continue Green Zone)</p> <p>Inhaled Medication Albuterol HFA 90mcg</p> <p>Other Instructions: Give rescue medication every 4 hours for 1 to 2 days if symptoms are getting better.</p> <p>If rescue medication is needed more than 2 days, CALL your health care provider.</p> <p>If your child's symptoms are NOT BETTER or GET WORSE, go to the RED Zone.</p>	<p>ADD RESCUE Medication (Continue Green Zone)</p> <table border="1"> <thead> <tr> <th>How much to take</th> <th>When to take it</th> </tr> </thead> <tbody> <tr> <td>4 Puffs</td> <td>Every 4 hours as needed</td> </tr> </tbody> </table>		How much to take	When to take it	4 Puffs	Every 4 hours as needed
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<p> Red Zone</p> <p>You have any of these:</p> <ul style="list-style-type: none"> Medicine is not helping Breathing is hard and fast Nose opens wide Can't walk or talk well Ribs show 	<p>Danger!</p> <p>Inhaled Medication Albuterol HFA 90mcg</p> <p>Other Instructions: If symptoms are NOT BETTER, call 911 or GO TO THE EMERGENCY ROOM!</p>	<p>Get Help Now!</p> <table border="1"> <thead> <tr> <th>How much to take</th> <th>When to take it</th> </tr> </thead> <tbody> <tr> <td>4 Puffs</td> <td>Every 20 minutes for up to 3 doses</td> </tr> </tbody> </table>		How much to take	When to take it	4 Puffs	Every 20 minutes for up to 3 doses
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Asthma Action Plan

Triggers: pollen, dust mites, dog dander

😊 Green Zone	You are feeling well!	Do these things EVERYDAY	
You have all of these: <ul style="list-style-type: none">Breathing is goodNo cough or wheezeCan work/playSleeps all night	Inhaled Medication Fluticasone (Flovent) HFA 110mcg	How much to take 2 Puffs	When to take it Two Times a Day
	Other Instructions: Rinse mouth with water after taking your controller medicine to prevent oral thrush.		

- Triggers should be listed somewhere on the patient's plan. Generally at the top of the page
- This is the zone we want students to live in everyday; where they are at baseline and symptom free
- Controller medications for daily use are listed in the green zone
- A reminder to rinse mouth after controller medication will be listed here
- This may be where pre-treating with albuterol before exercise is written

Asthma Action Plan

Triggers: pollen, dust mites, dog dander

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You have all of these: <ul style="list-style-type: none"> Breathing is good No cough or wheeze Can work/play Sleeps all night 	Inhaled Medication	How much to take	When to take it
	Fluticasone (Flovent) HFA 110mcg	2 Puffs	Two Times a Day
Other Instructions: Rinse mouth with water after taking your controller medicine to prevent oral thrush.			

😞 Yellow Zone	You have Symptoms!	ADD RESCUE Medication (Continue Green Zone)	
You have any of these: <ul style="list-style-type: none"> Cough Wheeze Tight chest Coughing at night 	Inhaled Medication	How much to take	When to take it
	Albuterol HFA 90mcg	4 Puffs	Every 4 hours as needed
Other Instructions: Give rescue medication every 4 hours for 1 to 2 days if symptoms are getting better.			
If rescue medication is needed more than 2 days, CALL your health care provider.			
If your child's symptoms are NOT BETTER or GET WORSE, go to the RED Zone.			

- Early symptom recognition is key to avoiding an emergency room or inpatient encounter
- Treat early and aggressively with short acting bronchodilator (SABA)
- The provider has the discretion to order the number of puffs for each zone
- Arkansas Children's providers suggest 4 puffs in the yellow zone

Asthma Action Plan

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You have all of these: <ul style="list-style-type: none"> Breathing is good No cough or wheeze Can work/play Sleeps all night 	Inhaled Medication Fluticasone (Flovent) HFA 110mcg	How much to take 2 Puffs	When to take it Two Times a Day
	Other Instructions: Rinse mouth with water after taking your controller medicine to prevent oral thrush.		

- Patient is showing signs of distressed breathing
- This is an emergency, Don't delay treatment
- Look closely at the patient, remain calm
- Arkansas Children's uses weight based guidelines for the Red Zone:
 - $\leq 20\text{kg}$ = 4 puffs albuterol; $>20\text{kg}$ = 6 puffs albuterol

☹️ Red Zone	Danger!	Get Help Now!	
You have any of these: <ul style="list-style-type: none"> Medicine is not helping Breathing is hard and fast Nose opens wide Can't walk or talk well Ribs show 	Inhaled Medication Albuterol HFA 90mcg	How much to take 4 Puffs	When to take it Every 20 minutes for up to 3 doses
	Other Instructions: If symptoms are NOT BETTER, call 911 or GO TO THE EMERGENCY ROOM!		



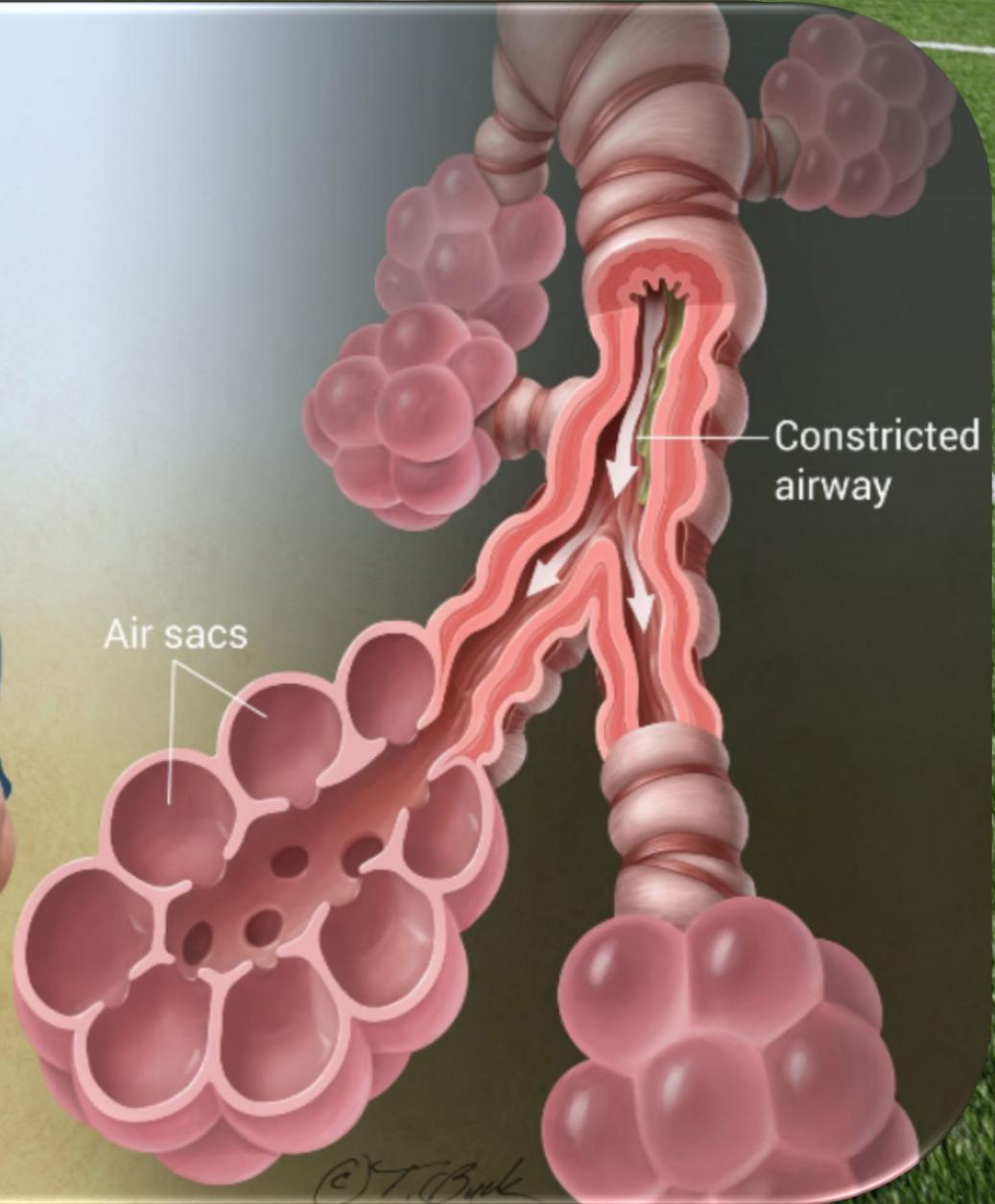
Asthma Flare-up Simulation

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Difficulty breathing



© T. Burke

Patient Assessment

Asthma Severity	Normal	Mild	Moderate	Severe
Resp. Rate 2-3 years 4-5 years 6-12 years >12 years	18-26 16-24 14-20 12-18	27-34 25-30 21-26 19-23	35-39 31-35 27-30 24-27	≥ 40 ≥ 36 ≥ 31 ≥ 28
Auscultation	Normal Breath Sounds with good aeration throughout	End expiratory wheezing only	Expiratory Wheezing	Inspiratory and Expiratory Wheezing to diminished breath sounds
Retractions	None	Intercostal	Intercostal & Subcostal	Intercostal substernal and supraclavicular
Dyspnea	Speaks in complete sentences	Speaks in short sentences	Speaks in partial sentences, short cry	Speaks in single words. Short phrases/grunting

Asthma Treatment



😊 Green Zone	You are feeling well!	Do these things EVERYDAY	
You have all of these: <ul style="list-style-type: none"> • Breathing is good • No cough or wheeze • Can work/play • Sleeps all night 	Inhaled Medication Fluticasone (Flovent) HFA 110mcg	How much to take 2 Puffs	When to take it Two Times a Day
Other Instructions: Rinse mouth with water after taking your controller medicine to prevent oral thrush. Give 4 puffs albuterol before exercise			
😞 Yellow Zone	You have Symptoms!	ADD RESCUE Medication (Continue Green Zone)	
You have any of these: <ul style="list-style-type: none"> • Cough • Wheeze • Tight chest • Coughing at night 	Inhaled Medication Albuterol HFA 90mcg	How much to take 4 Puffs	When to take it Every 4 hours as needed
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If rescue medication is needed more than 2 days, CALL your health care provider.			
If your child's symptoms are NOT BETTER or GET WORSE, go to the RED Zone.			
😱 Red Zone	Danger!	Get Help Now!	
You have any of these: <ul style="list-style-type: none"> • Medicine is not helping • Breathing is hard and fast • Nose opens wide • Can't walk or talk well • Ribs show 	Inhaled Medication Albuterol HFA 90mcg	How much to take 6 puffs	When to take it Every 20 minutes for up to 3 doses
Other Instructions: If symptoms are NOT BETTER, call 911 or GO TO THE EMERGENCY ROOM!			



Let's give Jessica her 1st treatment

Patient Assessment

Asthma Severity	Normal	Mild	Moderate	Severe
Resp. Rate 2-3 years 4-5 years 6-12 years >12 years	18-26 16-24 14-20 12-18	27-34 25-30 21-26 19-23	35-39 31-35 27-30 24-27	≥ 40 ≥ 36 ≥ 31 ≥ 28
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Asthma Treatment



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Let's give Jessica her 2nd treatment

Patient Assessment

Asthma Severity	Normal	Mild	Moderate	Severe
Resp. Rate 2-3 years 4-5 years 6-12 years >12 years	18-26 16-24 14-20 12-18	27-34 25-30 21-26 19-23	35-39 31-35 27-30 24-27	≥ 40 ≥ 36 ≥ 31 ≥ 28
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Asthma Treatment



😊 Green Zone

- You have all of these:**
- Breathing is good
 - No cough or wheeze
 - Can work/play
 - Sleeps all night

You are feeling well!

Inhaled Medication
Fluticasone (Flovent)
HFA 110mcg

Do these things EVERYDAY

How much to take	When to take it
2 Puffs	Two Times a Day

Other Instructions:

Rinse mouth with water after taking your controller medicine to prevent oral thrush.

😞 Yellow Zone

- You have any of these:**
- Cough
 - Wheeze
 - Tight chest
 - Coughing at night

You have Symptoms! (Zone)

Inhaled Medication
Albuterol HFA 90mcg

ADD RESCUE Medication (Continue Green Zone)

How much to take	When to take it
4 Puffs	Every 4 hours as needed

Other Instructions:

Give rescue medication every 4 hours for 1 to 2 days if symptoms are getting better.

If rescue medication is needed more than 2 days, CALL your health care provider.

If your child's symptoms are NOT BETTER or GET WORSE, go to the RED Zone.

😱 Red Zone

- You have any of these:**
- Medicine is not helping
 - Breathing is hard and fast
 - Nose opens wide
 - Can't walk or talk well
 - Ribs show

Danger!

Inhaled Medication
Albuterol HFA 90mcg

Get Help Now!

How much to take	When to take it
4 Puffs	Every 20 minutes for up to 3 doses

Other Instructions:

If symptoms are NOT BETTER, call 911 or GO TO THE EMERGENCY ROOM!

