

# Virginia Asthma Action Plan

School:

Effective Dates:

Name		Date of Birth
Health Care Provider	Emergency Contact	Emergency Contact
Provider Phone #	Phone: area code + number	Phone: area code + number
Fax #	Contact by text? <input type="checkbox"/> YES <input type="checkbox"/> NO	Contact by text? <input type="checkbox"/> YES <input type="checkbox"/> NO

Medical provider complete from here down

## Asthma Triggers (Things that make your asthma)

<input type="checkbox"/> Colds	<input type="checkbox"/> Dust	<input type="checkbox"/> Animals: _____	<input type="checkbox"/> Strong odors	<b>Season</b> <input type="checkbox"/> Fall <input type="checkbox"/> Spring <input type="checkbox"/> Winter <input type="checkbox"/> Summer
<input type="checkbox"/> Smoke (tobacco, incense)	<input type="checkbox"/> Acid reflux	<input type="checkbox"/> Pests (rodents, cockroaches)	<input type="checkbox"/> Mold/moisture	
<input type="checkbox"/> Pollen	<input type="checkbox"/> Exercise	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Stress/Emotions	

**Asthma Severity:**  Intermittent or  Persistent:  Mild  Moderate  Severe

## Green Zone: Go! Take these CONTROL Medicines every day at home

<p>You have <b>ALL</b> of these:</p> <ul style="list-style-type: none"> <li>Breathing is easy</li> <li>No cough or wheeze</li> <li>Can work and play</li> <li>Can sleep all night</li> </ul> <p><b>Peak flow:</b> _____ to _____ (More than 80% of Personal Best)</p> <p><b>Personal best peak flow:</b> _____</p>	<p><b>Always rinse your mouth after using your inhaler. Remember to use a spacer with your MDI when possible.</b> <input type="checkbox"/> No control medicines</p> <p><input type="checkbox"/> Advair _____, <input type="checkbox"/> Alvesco _____, <input type="checkbox"/> Arnuity _____, <input type="checkbox"/> Asmanex _____</p> <p><input type="checkbox"/> Breo _____, <input type="checkbox"/> Budesonide _____, <input type="checkbox"/> Dulera _____, <input type="checkbox"/> Flovent _____, <input type="checkbox"/> Pulmicort _____</p> <p><input type="checkbox"/> QVAR Redihaler _____, <input type="checkbox"/> Symbicort _____, <input type="checkbox"/> Other: _____</p> <p><b>MDI:</b> _____ puff (s) _____ times per day <b>or Nebulizer Treatment:</b> _____ times per day</p> <p>Singulair/Montelukast take _____ mg by mouth once daily</p>
--	---

**For Asthma with exercise/sports add:** MDI w/spacer 2 puffs, 15 minutes prior to exercise:  
 Albuterol  Xopenex  Ipratropium *If asymptomatic not < than every 6 hours*

## Yellow Zone: Caution! Continue CONTROL Medicines and ADD RESCUE Medicines

<p>You have <b>ANY</b> of these:</p> <ul style="list-style-type: none"> <li>Cough or mild wheeze</li> <li>First sign of cold</li> <li>Tight chest</li> <li>Problems sleeping, working, or playing</li> </ul> <p><b>Peak flow:</b> _____ to _____ (60% - 80% of Personal Best)</p>	<p><input type="checkbox"/> Albuterol <input type="checkbox"/> Levalbuterol (Xopenex) <input type="checkbox"/> Ipratropium (Atrovent)</p> <p><b>MDI:</b> _____ puffs with spacer every _____ hours as needed</p> <p><input type="checkbox"/> Albuterol 2.5 mg/3m1 <input type="checkbox"/> Levalbuterol (Xopenex) <input type="checkbox"/> Ipratropium (Atrovent) 2.5mg/3m1</p> <p><b>Nebulizer Treatment:</b> one treatment every _____ Hours as needed</p> <p><b>Call your Healthcare Provider if you need rescue medicine for more than 24 hours <u>or</u> two times a week <u>or</u> if your rescue medicine does not work.</b></p>
---	---

## Red Zone: DANGER! Continue CONTROL & RESCUE Medicines and GET HELP!

<p>You have <b>ANY</b> of these:</p> <ul style="list-style-type: none"> <li>Can't talk, eat, or walk well</li> <li>Medicine is not helping</li> <li>Breathing hard and fast</li> <li>Blue lips and fingernails</li> <li>Tired or lethargic</li> <li>Ribs show</li> </ul> <p><b>Peak flow:</b> &lt; _____ (Less than 60% of Personal Best)</p>	<p><input type="checkbox"/> Albuterol <input type="checkbox"/> Levalbuterol (Xopenex) <input type="checkbox"/> Ipratropium (Atrovent)</p> <p><b>MDI:</b> _____ puffs with spacer <b>every 15 minutes</b>, for <b>THREE treatments</b></p> <p><input type="checkbox"/> Albuterol 2.5 mg/3m1 <input type="checkbox"/> Levalbuterol (Xopenex) <input type="checkbox"/> Ipratropium (Atrovent)</p> <p><b>Nebulizer Treatment:</b> one nebulizer treatment <b>every 15 minutes</b>, for <b>THREE treatments</b></p> <p><b>Call 911 or go directly to the Emergency Department NOW!</b></p>
---	---

I give permission for school personnel to follow this plan, administer medication and care for my child, and contact my provider if necessary. I assume full responsibility for providing the school with prescribed medication and delivery/ monitoring devices. I approve this Asthma Management Plan for my child. With HCP authorization & parent consent inhaler will be located in  clinic or  with student (self-carry)

PARENT/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**SCHOOL MEDICATION CONSENT & HEALTH CARE PROVIDER ORDER**

**CHECK ALL THAT APPLY**

Student may carry and self-administer inhaler at school.

Student needs supervision/assistance & **should not** carry the inhaler in school.

MD/NP/PASIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

CC:  Principal  Parent/guardian  School Nurse or clinic  Bus Driver/Transp  Coach/PE

Office Staff  School Staff  Cafeteria Mgr

Virginia Asthma Action Plan approved by the Virginia Asthma Coalition (VAC) 03/2019

**OFFICE OF CATHOLIC SCHOOLS DIOCESE OF ARLINGTON**  
**INHALED MEDICATION or NEBULIZER TREATMENT AUTHORIZATION**  
 Release and indemnification agreement

**PLEASE READ INFORMATION AND PROCEDURES ON REVERSE SIDE**

**PART I TO BE COMPLETED BY PARENT/GUARDIAN**

I hereby request designated school personnel to administer an inhaler as directed by this authorization. I agree to release, indemnify, and hold harmless the designated school personnel, or agents from lawsuits, claim expense, demand or action, etc., against them for helping this student use an inhaler, provided the designated school personnel comply with the Licensed Healthcare Provider (LHCP) or parent or guardian orders set forth in accordance with the provision of the Asthma Action Plan. I have read the procedures outlined below this form and assume responsibility as required.

Inhaler/Respiratory Treatment  Renewal  New (If new, the first full dose must be given at home to assure that the student does not have a negative reaction.)

First dose was given: Date \_\_\_\_\_ Time \_\_\_\_\_

Student Name (Last, First, Middle)

Date of Birth

Allergies

School

School Year

**PART II SEE PAGE 1 OF ASTHMA ACTION PLAN – Complete by Parent/Guardian and Student, if applicable**

The inhaled medication will be given as noted and detailed on the attached Allergy Action Plan.

Check  the appropriate boxes:

- Asthma Action Plan is attached with orders signed by Licensed Healthcare Provider.
- It is not necessary for the student to carry his/her inhaler during school, the inhaler will be kept in the clinic or other approved school location.
- The student is to carry an inhaler during school and school sanctioned events with principal/school nurse approval. (An additional inhaler, to be used as backup, is advised to be kept in the clinic or other approved school location and Appendix F-21A is signed) Additionally, I believe that this student has received information on how and when to use an inhaler and that he or she demonstrates its proper use.

\_\_\_\_\_  
Parent or Guardian Name (Print or Type)

\_\_\_\_\_  
Parent or Guardian (Signature)

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Name (Print or Type)

\_\_\_\_\_  
Student Signature (Required if Self Carry in addition to Appendix F-21A)

\_\_\_\_\_  
Date

**PART III TO BE COMPLETED BY LICENSED NURSE OR TRAINED ADMINISTRATOR OF MEDICATION**

Check  as appropriate:

- Parts I and II above are completed including signatures.
- Inhaler/Respiratory Treatment Medication is appropriately labeled.
- If Asthma Action Plan indicates Self-Carry to be authorized. I have reviewed the proper use of the inhaler with the student and,  agree  disagree that student should self carry in school. Appendix F-21A is also reviewed and attached.
- If self-carry and parent does not supply 2<sup>nd</sup> inhaler for clinic, parent must sign acknowledge and refusal to send medication form, Appendix F-25.

\_\_\_\_\_  
Date any unused medication was collected by the parent or properly disposed. (Within one week after expiration of the physician order or on the last day of school).

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Blank copies of the Asthma Action Plan form may be reproduced or downloaded from [www.virginiaasthmacoalition.org](http://www.virginiaasthmacoalition.org)

Based on NAEPP Guidelines 2007 and modified with permission from the D.C. Asthma Action Plan via District of Columbia, Department of Health, D.C. Control Asthma Now, and District of Columbia Asthma Partnership

## PARENT INFORMATION ABOUT MEDICATION PROCEDURES

1. **In no case may any health, school, or staff member administer any medication outside the framework of the procedures outlined here in the *Office of Catholic Schools Policies and Guidelines* and *Virginia School Health Guidelines* manual.**
2. **Schools do NOT provide routine medications for student use.**
3. Medications should be taken at home whenever possible. The first dose of any new medication must be given at home to ensure the student does not have a negative reaction.
4. Medication forms are required for each Prescription and Over the Counter (OTC) medication administered in school.
5. **All medication taken in school must have a parent/guardian signed authorization. Prescription medications, herbals and OTC medications taken for 4 or more consecutive days also require a licensed healthcare provider's (LHCP) written order. No medication will be accepted by school personnel without the accompanying complete and appropriate medication authorization form.**
6. **The parent or guardian must transport medications to and from school.**
7. Medication must be kept in the school health office, or other principal approved location, during the school day. All medication will be stored in a locked cabinet or refrigerator, within a locked area, accessible only to authorized personnel, unless the student has prior written approval to self-carry a medication (inhaler, Epi-pen). If the student self carries, it is advised that a backup medication be kept in the clinic. If a backup inhaler is not supplied, please complete Appendix F-25.
8. Parents/guardians are responsible for submitting a new medication authorization form to the school at the start of the school year and each time there is a change in the dosage or the time of medication administration.
9. A Licensed Health Care Provider (LHCP) may use office stationery, prescription pad or other appropriate documentation in lieu of completing the Asthma Action Plan. The following information written in lay language with no abbreviations must be included and attached to this medication administration form. Signed faxes are acceptable.
  - a. Student name
  - b. Date of Birth
  - c. Diagnosis
  - d. Signs or symptoms
  - e. Name of medication to be given in school
  - f. Exact dosage to be taken in school
  - g. Route of medication
  - h. Time and frequency to give medications, as well as exact time interval for additional dosages.
  - i. Sequence in which two or more medications are to be administered
  - j. Common side effects
  - k. Duration of medication order or effective start and end dates
  - l. LHCP's name, signature and telephone number
  - m. Date of order
10. All prescription medications, including physician's samples, must be in their original containers and labeled by a LHCP or pharmacist. Medication must not exceed its expiration date.
11. All Over the Counter (OTC) medication must be in the original, small, sealed container with the name of the medication and expiration date clearly visible. Parents/guardians must label the original container of the OTC with:
  - a. Name of student
  - b. Exact dosage to be taken in school
  - c. Frequency or time interval dosage is to be administered
12. The student is to come to the clinic or a predetermined location at the prescribed time to receive medication. Parents must develop a plan with the student to ensure compliance. Medication will be given no more than one half hour before or after the prescribed time.
13. **Students are NOT permitted to self medicate. The school does not assume responsibility for medication taken independently by the student.** Exceptions may be made on a case-by-case basis for students who demonstrate the capability to self-administer emergency life saving medications (e.g. inhaler, Epi-pen)
14. Within one week after expiration of the effective date on the order, or on the last day of school, the parent or guardian must personally collect any unused portion of the medication. Medications not claimed within that period will be destroyed.