Pediatric Asthma Action Plan

Patient Name: _____ **Date:** _____

Follow up appointment with physician: *Physician Name* _____
Telephone # _____
Follow up recommendation _____
_____

POSSIBLE TRIGGERS
Tobacco smoke, dust mites, molds, pets, cockroaches, strong odors and sprays (burning wood in fireplace, incense, scented candles, perfume, paints, cleaning products), exercise, pollen, cold air, or the flu.

OK **WHEN WELL: ASTHMA UNDER CONTROL**
Symptoms: Almost none; no cough or wheezing, sleeps through the night, breathing is good, can work or play without coughing or wheezing.

Use these medicine(s) EVERY DAY:
- Controller _____ Dose _____
- Controller _____ Dose _____
- Before exercise, use reliever medicine: _____

Call your physician if using reliever more than 2-3 times per week

CAUTION **WHEN NOT WELL: ASTHMA GETTING WORSE**
Symptoms: Waking from sleep, worsens at the first sign of a cold, cough, mild wheeze, tight chest, coughing at night, symptoms which interfere with exercise, exposure to known trigger (such as weather or allergies).

Add the following medicine to those used daily:
- Reliever medicine _____ Dose _____
  (albuterol or other)
- Reliever medicine _____ Dose _____
- Reliever medicine _____ Dose _____

Call your physician if using reliever more than 2-3 times per week

DANGER **IF SYMPTOMS GET WORSE: ASTHMA IS SEVERE - GET HELP NOW!**
Symptoms: Breathing is hard and fast, nose opens wide, ribs show, blue lips, trouble walking and talking, reliever medication (usually albuterol) not helping in 15-20 minutes, neck muscles used to breathe, if you or your child are frightened.
- **Call 911**
- Reliever/rescue medicine:
  - Start an albuterol nebulized treatment or give albuterol 6 puffs from meter-dosed inhaler with a spacer. Repeat this every 5-10 minutes until help arrives.

****Bring your medications/devices with you to your follow-up visit****

School Permission Slip **Date: _____**

Student may use rescue medication (albuterol) at school.

Parent Signature: _____ Physician Signature: _____

Courtesy of Arnold Palmer Hospital for Children, Orlando, Florida.

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