



Asthma Care Plan

Plan Date

Photo of Student

Student Name

Date of Birth

Emergency Contacts & Phone Numbers

Ph:

Ph:

Staff are trained in asthma first aid and can provide routine asthma medication as authorised in this Care Plan (please refer to the reverse side for standard Asthma Care Plan). If your child's Care Plan varies from this as recommended by Asthma Australia please write down anything different your child might need if they have an asthma attack.

Known triggers for this students asthma – please detail:

Usual Asthma Signs

- Cough
- Wheeze
- Difficulty breathing
- Other (please detail)

Frequency & Severity

- Daily / Most days
- Often (< 5X per year)
- Occasionally (> 5X per year)
- Other (please detail)

Please detail Medication and number of puffs required

- Does your child usually tell an adult if she is having trouble breathing?
- Does your child need help to take her asthma medication?
- Does your child carry their asthma medication to school every day?
- Does your child need the Blue reliever medication before exercise?

<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No

Name of Doctor:

Contact Number:

Signature:

Parent/ Guardian

I approve the release of this information to staff and emergency personnel. I will notify the College in writing if there are any changes to these instructions. I understand the College will seek emergency medical help if needed and that I am responsible for payment of any emergency medical costs

Name:

Signature:

Asthma First Aid

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



2 Give 4 puffs of blue reliever puffer medication

- Use a spacer if there is one
 - **Shake** puffer
 - Put **1 puff** into spacer
 - Take **4 breaths** from spacer
- Repeat** until **4 puffs** have been taken
- Remember: Shake, 1 puff, 4 breaths**



3 Wait 4 minutes

- If there is no improvement, give **4 more puffs** as above



4 If there is still no improvement call emergency assistance (DIAL 000)*

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving **4 puffs** every **4 minutes** until emergency assistance arrives



*If calling Triple Zero (000) does not work on your mobile phone, try 112

Call emergency assistance immediately (DIAL 000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse, or is not improving
- If the person is having an asthma attack and a puffer is not available
- If you are not sure if it's asthma

Blue reliever medication is unlikely to harm, even if the person does not have asthma



To find out more contact your local Asthma Foundation
1800 ASTHMA (1800 278 462) | asthmaaustralia.org.au

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