

ASTHMA MANAGEMENT PLAN

(To be completed by parent/guardian)

Place
Child/Youth
Photo
Here

CHILD/YOUTH NAME _____ AGE _____

PROGRAM _____

EMERGENCY CONTACT (List in priority of contact)

Name Relationship Daytime Phone Alternate Phone

1. _____
2. _____
3. _____

KNOWN ASTHMA TRIGGERS

- Colds/flu Physical activity Cold weather Odours Smoke Pets Pollen Mould Dust Allergies (specify): _____
 Anaphylaxis (specify allergy): _____ Other (specify): _____

RELIEVER INHALER (FAST-ACTING, USUALLY BLUE)



Use reliever inhaler _____ in the dose of _____ Spacer provided? Yes No
name of medicine number of puffs

Reliever inhaler is used to:

- Relieve symptoms being experienced (see MANAGING ASTHMA ATTACKS below)
 Other (please explain) _____

Requires assistance to access and use reliever inhaler. Make sure it is readily accessible by instructor/coach.

I agree _____ is responsible for carrying his/her fast-acting reliever inhaler at all times including off-site activities, or will
child/youth name
provide the coach/instructor with the inhaler (if he/she is not able to use independently), and that the inhaler is to be used as outlined in this plan.

Parent/Guardian signature _____ Child/Youth signature _____ Date _____

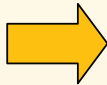
MANAGING ASTHMA ATTACKS

TAKE ACTION

If **any** of the following symptoms occur:

- Continuous coughing
- Trouble breathing
- Chest tightness
- Wheezing (whistling sound in chest)

Person may also be restless, irritable and/or very tired.



Step 1: Immediately use fast-acting reliever inhaler (usually a blue inhaler). Use a spacer if provided.

Step 2: Check symptoms. Only return to normal activity when all symptoms are gone.

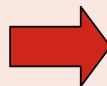
If symptoms get worse or do not improve within 10 minutes, this is an **emergency** – follow steps below.

EMERGENCY

If **any** of the following symptoms occur:

- Breathing is difficult and fast
- Cannot speak in full sentences
- Lips or nail beds are blue or gray
- Skin on neck or chest sucked in with each breath

Person may also be anxious, restless and/or very tired.



Step 1: Immediately use fast-acting reliever inhaler (usually a blue inhaler). Use a spacer if provided.

Call 911 for an ambulance. If possible, stay with person.

Step 2: If symptoms continue, use reliever inhaler every 5-15 minutes until medical help arrives.

While waiting for medical help to arrive:

- ✓ Have person sit up with arms resting on a table (**do not** have person lie down unless it is an anaphylactic reaction)
- ✓ **Do not** have person breathe into a bag
- ✓ Stay calm, reassure the person, and stay by his/her side
- ✓ Notify parent/guardian or emergency contact