

OFFICE USE:
Review...../...../.....

Student Asthma Record

This record is to be completed by parents/carers in consultation with their child's doctor. Please tick the appropriate box and print your answers clearly in the blank spaces where indicated. The information on this plan is confidential. All staff that care for your child will have access to this information. It will only be distributed to them to provide safe asthma management for your child. This service will only discuss this information to others with your consent. Parents/carers should inform their child's service immediately if there are any changes to this record.



Name:..... M F
(Surname) (First name)

Personal Details

Photo (optional)

Date of Birth:/...../..... Class..... Teacher.....

Emergency Contact (eg parent or carer)

Name Relationship.....

Phone (Mobile(Home).....(Work).....

Name Relationship.....

Phone (Mobile).....(Home).....(Work).....

Doctor Phone.....

USUAL ASTHMA MANAGEMENT

Usual signs of student's asthma

- Wheeze
- Tightness in chest
- Coughing
- Difficulty breathing
- Difficulty speaking
- Other (please describe)
.....

Worsening signs of student's asthma

Increasing signs of

- Wheeze
- Tightness in chest
- Coughing
- Difficulty breathing
- Difficulty speaking
- Other (please describe)
.....

What triggers the student's asthma?

- Exercise refer to Managing EIA
- Colds/Virus
- Pollens
- Dust
- Smoke
- Pets
- Other.....

Managing Exercise Induced asthma (EIA)

Students with asthma are encouraged to take part in school based exercise and physical activity to contribute to their cardiovascular fitness and general wellbeing. Most individuals with EIA can exercise to their full potential if the following steps are taken:

1. Students should take their blue reliever medication 5-10 minutes before warm up, then warm up appropriately.
2. If the student presents with asthma during the activity the student should stop the activity, take their blue reliever medication and wait 4 minutes. If the symptoms improve, they may resume activity. If their symptoms reoccur, recommence treatment. THE STUDENT SHOULD NOT RETURN TO THE ACTIVITY UNDER ANY CIRCUMSTANCES and the parent/carer should be informed of any incident.
3. Cool down at the end of the activity and be alert for asthma symptoms after exercise.

Does the student need assistance to take their asthma medication? Yes No

Does the student use a spacer to take their asthma medication? Yes No

For more information on the use of spacers please contact the Asthma Foundation NT - phone 1800 645 130

Does the student use a nebuliser at home? Yes No

For more information on nebulisers please contact the Asthma Foundation NT - phone 1800 645 130

Usual Asthma Management Plan

Name of Medication	Puffer & spacer	Dose – How often?

In an **EMERGENCY**, follow the Plan below that has been ticked (✓)

Standard Asthma First Aid Plan

Please tick (✓) the preferred box

Step 1 Sit the student upright, be calm and reassuring. Do not leave the student alone.

Step 2 Give 4 separate puffs of a blue reliever puffer (Airomir, Asmol or Ventolin).

The medication is best given one puff at a time through a spacer device. Ask the student to take 4 breaths from the spacer after each puff of the medication.

Step 3 Wait 4 minutes.

Step 4 If there is little or no improvement, repeat steps 2 & 3.

If there is still no improvement call an ambulance immediately. Continue steps 2 & 3 while waiting for the ambulance.

My Child's Asthma First Aid Plan (attached)

Additional

comments.....

- Please notify me if my child regularly has asthma symptoms at school.
- Please notify me if my child has received Asthma First Aid.
- In the event of an asthma attack, I agree to my son/daughter receiving the treatment described above.
- I authorise school staff to assist my child with taking asthma medication should they require help.
- I will notify in writing if there are any changes to these instructions.
- I agree to pay for all expenses incurred for any medical treatment deemed necessary.

Signature of Parent/Carer.....Date...../...../.....