

Asthma Action Plan

Name	Date of Birth	Date / /
Health Care Provider	Provider's Phone	
Parent/Responsible Person	Parent's Phone	School
Additional Emergency Contact	Contact Phone	Last 4 Digits of SS#



GREEN means Go!
Use CONTROL medicine daily

YELLOW means Caution!
Add RESCUE medicine

RED means EMERGENCY!
Get help from a doctor now!

Asthma Severity (see reverse side) <input type="checkbox"/> Intermittent or Persistent: <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe Asthma Control <input type="checkbox"/> Well-controlled <input type="checkbox"/> Needs better control	Asthma Triggers Identified (Things that make your asthma worse): <input type="checkbox"/> Colds <input type="checkbox"/> Smoke (tobacco, incense) <input type="checkbox"/> Pollen <input type="checkbox"/> Dust <input type="checkbox"/> Animals _____ <input type="checkbox"/> Strong odors <input type="checkbox"/> Mold/moisture <input type="checkbox"/> Pests (rodents, cockroaches) <input type="checkbox"/> Stress/emotions <input type="checkbox"/> Gastroesophageal reflux <input type="checkbox"/> Exercise <input type="checkbox"/> Season: Fall, Winter, Spring, Summer <input type="checkbox"/> Other: _____	Date of Last Flu Shot: ___ / ___ / ___
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Green Zone: Go!—Take these CONTROL (PREVENTION) Medicines EVERY Day

You have **ALL** of these:

- Breathing is easy
- No cough or wheeze
- Can work and play
- Can sleep all night



Peak flow in this area:

_____ to _____
(More than 80% of Personal Best)

Personal best peak flow: _____

No control medicines required. **Always rinse mouth after using your daily inhaled medicine.**

_____, _____ puff(s) MDI with spacer _____ times a day
Inhaled corticosteroid or inhaled corticosteroid/long-acting β -agonist

_____, _____ nebulizer treatment(s) _____ times a day
Inhaled corticosteroid

_____, take _____ by mouth once daily at bedtime
Leukotriene antagonist

For asthma with exercise, **ADD:**

_____, _____ puff(s) MDI with spacer 15 minutes before exercise
Fast-acting inhaled β -agonist

For nasal/environmental allergy, **ADD:**

Yellow Zone: Caution!—Continue CONTROL Medicines and **ADD RESCUE** Medicines

You have **ANY** of these:

- First sign of a cold
- Cough or mild wheeze
- Tight chest
- Problems sleeping, working, or playing



Peak flow in this area:

_____ to _____
(50%-80% of Personal Best)

_____, _____ puff(s) MDI with spacer every _____ hours as needed
Fast-acting inhaled β -agonist

OR

_____, _____ nebulizer treatment(s) every _____ hours as needed
Fast-acting inhaled β -agonist

Other _____

Call your DOCTOR if you have these signs more than two times a week, or if your rescue medicine doesn't work!



Red Zone: EMERGENCY!—Continue CONTROL & RESCUE Medicines and **GET HELP!**

You have **ANY** of these:

- Can't talk, eat, or walk well
- Medicine is not helping
- Breathing hard and fast
- Blue lips and fingernails
- Tired or lethargic
- Ribs show



Peak flow in this area:

Less than _____
(Less than 50% of Personal Best)

_____, _____ puff(s) MDI with spacer **every 15 minutes**, for **THREE** treatments
Fast-acting inhaled β -agonist

OR

_____, _____ nebulizer treatment **every 15 minutes**, for **THREE** treatments
Fast-acting inhaled β -agonist

Call your doctor while giving the treatments.

Other _____

IF YOU CANNOT CONTACT YOUR DOCTOR: Call 911 for an ambulance or go directly to the Emergency Department!

REQUIRED Healthcare Provider Signature: _____

Date: _____

REQUIRED Responsible Person Signature: _____

Date: _____

Follow up with primary doctor in 1 week or:

Phone: _____

SCHOOL MEDICATION CONSENT AND PROVIDER ORDER FOR CHILDREN/YOUTH:

Possible side effects of rescue medicines (e.g., albuterol) include tachycardia, tremor, and nervousness.

Healthcare Provider Initials:

_____ This student is capable and approved to self-administer the medicine(s) named above.

_____ This student is not approved to self-medicate.

As the RESPONSIBLE PERSON:

I hereby authorize a trained school employee, if available, to administer medication to the student.

I hereby authorize the student to possess and self-administer medication.

I hereby acknowledge that the District and its schools, employees and agents shall be immune from civil liability for acts or omissions under D.C. Law 17-107 except for criminal acts, intentional wrongdoing, gross negligence, or willful misconduct.





Government of the
District of Columbia
Vincent C. Gray, Mayor

www.dcasthmapartnership.org

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Stepwise Approach for Managing Asthma in Children and Adults (from 2007 NAEPP Guidelines)

Criteria apply to all ages unless otherwise indicated	IMPAIRMENT					RISK	Step
	Daytime Symptoms 	Nighttime Awakenings 	Interference with normal activity	Short-acting beta-agonist use	FEV ₁ % predicted (n/a in age <5)	Exacerbations requiring oral systemic corticosteroids	
	<5 years	≥5 years					
Classification of Asthma SEVERITY: TO DETERMINE INITIATION OF LONG-TERM CONTROL THERAPY Consider severity and interval since last exacerbation when assessing risk.							
Severe Persistent	Throughout the day	>1x/week	Often 7x/week	Extremely limited	Several x/day	<60%	<5: ≥2 in 6 months OR ≥4 wheezing episodes in 1 year lasting >1 day AND risk factors for persistent asthma 5-11: Step 3 Medium-dose ICS option or Step 4 12-adult: Step 4 or 5 All ages: Consider short course OCS
Moderate Persistent	Daily	3-4x/month	>1x/week but not nightly	Some	Daily	60-80%	
Mild Persistent	>2 days/week but not daily	1-2x/month	3-4x/month	Minor	>2 days/week but not daily	>80%	5-adult: ≥2/year Step 2
Intermittent	≤2 days/week	0	≤2x/month	None	≤2 days/week	>80%	0-1/year Step 1

Classification of Asthma CONTROL: TO DETERMINE ADJUSTMENTS TO CURRENT CONTROL MEDICATIONS Consider severity and interval since last exacerbation and possible medication side effects when assessing risk.								Action: In children <5, consider alternate diagnosis or adjusting therapy if no benefit seen in 4-6 weeks.
<12 years 12-adult								
Very Poorly Controlled	Throughout the day	≥2x/week	≥4x/week	Extremely limited	Several times/day	<60%	<5: >3/year 5-adult: ≥2/year	Step up 1-2 steps. Consider short course OCS. Reevaluate in 2 weeks. For side effects, consider alternate treatment.
Not Well Controlled	>2 days/week	≥2x/month	1-3x/week	Some	>2 days/week	60-80%	<5: 2-3/year 5-adult: ≥2/year	Step up at least 1 step. Reevaluate in 2-6 weeks. For side effects, consider alternate treatment.
Well Controlled	≤2 days/week	≤1x/month	≤2x/month	None	≤2 days/week	>80%	0-1/year	Maintain current treatment. Follow-up every 1-6 months. Consider step down if well controlled for at least 3 months.

Daily Doses of common inhaled corticosteroids	Fluticasone			Budesonide			Beclomethasone			Fluticasone/Salmeterol DPI	Budesonide/Formoterol MDI
	Low	MDI (mcg) Medium	High	Low	Respules (mg) Medium	High	Low	MDI (mcg) Medium	High		
<5 years	176	>176-352	>352	0.25-0.5	>0.5-1	>1	n/a	n/a	n/a	n/a	n/a
5-11 years	88-176	>176-352	>352	0.5	1	2	80-160	>160-320	>320	100/50 mcg 1 inhalation BID	80 mcg/4.5 mcg 2 puffs BID
12 years-adult	88-264	>264-440	>440	n/a	n/a	n/a	80-240	>240-480	>480	Dose depends on patient	Dose depends on patient

Abbreviations:
 SABA: Short-acting beta-agonist
 LABA: Long-acting beta-agonist
 LTRA: Leukotriene-receptor antagonist
 ICS: Inhaled corticosteroids
 LD-ICS: Low-dose ICS
 MD-ICS: Medium-dose ICS
 HD-ICS: High-dose ICS
 OCS: Oral corticosteroids
 CRM: Cromolyn
 NCM: Nedocromil
 THE: Theophylline
 MLK: Montelukast
 ALT: Alternative

Step 1
Preferred
 SABA prn

Step 2
Preferred
 LD-ICS
Alternative
 <5: CRM or MLK
 5-adult: CRM, LTRA, NCM, or THE

Step 3
Preferred
 <5: MD-ICS
 5-11: **EITHER** LD-ICS plus LABA, LTRA or THE **OR** MD-ICS
 12-adult: LD-ICS plus LABA **OR** MD-ICS
Alternative
 12-adult: LD-ICS plus either LTRA, THE or Zileuton

Step 4
Preferred
 <5: Medium-dose ICS plus either LABA or MLK
 5-adult: MD-ICS plus LABA
Alternative
 5-11: MD-ICS plus either LTRA or THE
 12-adult: MD-ICS plus either LTRA, THE or Zileuton

Step 5
Preferred
 <5: HD-ICS plus either LABA or MLK
 5-11: HD-ICS plus LABA
 12-adult: High-dose ICS plus LABA **AND** consider Omalizumab for patients who have allergies
Alternative
 5-11: HD-ICS plus either LTRA or THE

Step 6
Preferred
 <5: HD-ICS plus either LABA or MLK plus OCS
 5-11: HD-ICS plus LABA plus OCS
 12-adult: HD-ICS plus LABA plus OCS **AND** consider Omalizumab for patients who have allergies
Alternative
 5-11: HD-ICS plus either LTRA or THE plus OCS

← Step down if possible (asthma well-controlled at least 3 months)/Step up if needed (check adherence, technique, environment, co-morbidities) →