



ASTHMA ACTION PLAN

Nurse Phone: 516-7287

Nurse Fax: 516-8462

Student's Name: _____ Grade/Teacher: _____

Health Care Provider: _____ Phone: _____ Fax: _____

Parent/Guardian: _____ Home: _____ Cell: _____

Alternate Emergency Contact Name: _____ Phone: _____

Circle known Asthma Triggers for this student:

Colds Exercise Animals Dust Smoke Food Weather Fragrance Other: _____

<u>Daily Maintenance Medications:</u>	<u>Dosage:</u>	<u>Frequency:</u>
1.		
2.		
3.		

PLEASE TAKE _____ PUFFS of _____ INHALER _____ MINUTES BEFORE PE (GYM) CLASS

Personal Best Peak Flow Number _____ Monitoring Times: _____

<u>Rescue Medications:</u>	<u>Dosage:</u>	<u>Frequency:</u>
1.		
2.		
3.		

Please check one:

Student has been instructed on self-administration and is capable of responsibly carrying his/her own inhaler during school hours. Student will notify nurse if used during school hours. **Dover Middle School Nurse will not be responsible for medication effects or for ensuring that it is taken. Student will be responsible for taking his/her own inhaler on field trips.**

Student should not self-carry his/her inhaler: inhaler should be kept in the Nurse's Office. **Inhalers kept with the nurse will be packed by the nurse for field trips.**

I give permission for the School Nurse to share information about my child's asthma with staff and faculty of Dover Middle School. I allow the School Nurse to communicate with my child's Health Care Provider regarding his/her asthma. I will notify the School Nurse of any medication/treatment changes.

Parent Signature: _____

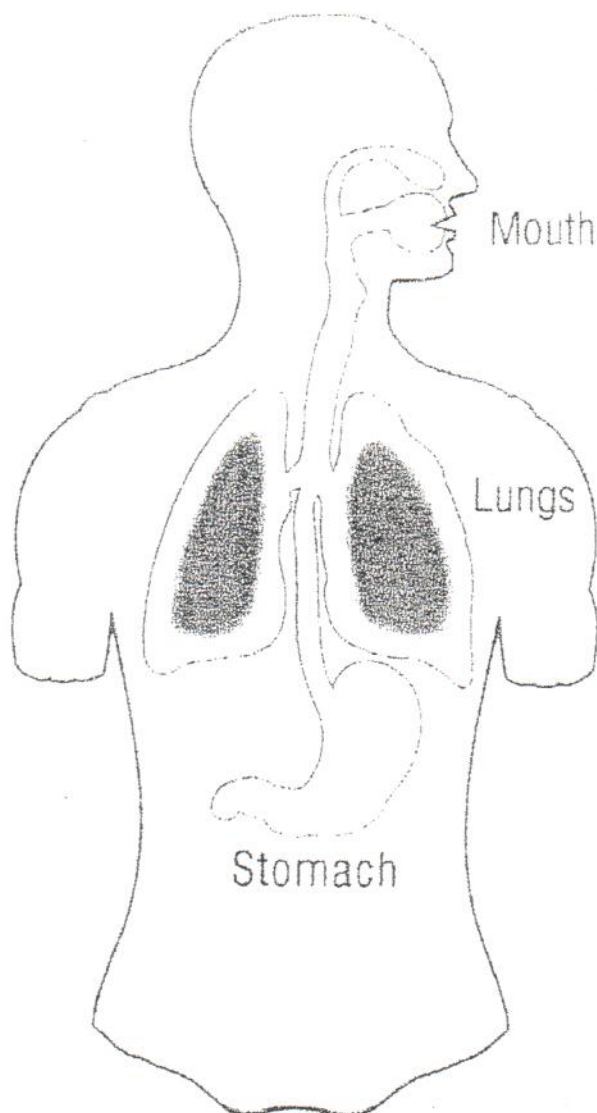
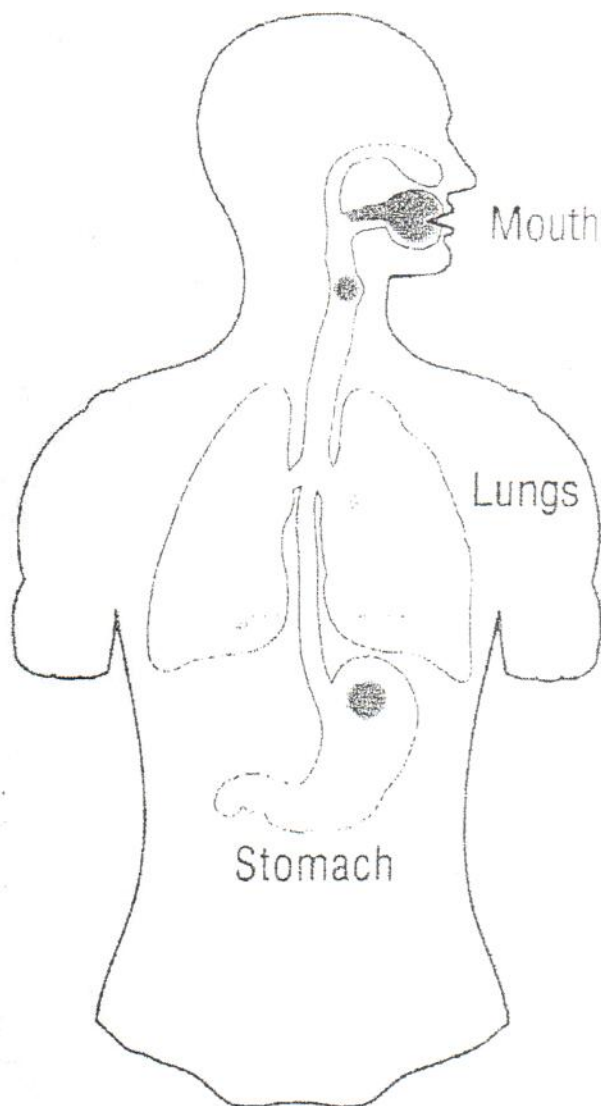
Date: _____

Health Care Provider Signature: _____

Date: _____

MDI Without Spacer

MDI With Spacer



BENEFITS OF USING A SPACER/CHAMBER DEVICE

- Using an (MDI) Metered-dose inhaler without a Spacer/Chamber Device may increase the delivery of the aerosol drug medication in the mouth, throat, trachea, and stomach which may cause potential side effects.
- Using an (MDI) Metered-dose inhaler with a Spacer/Chamber Device increases the delivery of the aerosol drug medication deep into the lungs for an effective therapeutic benefit.

For more detailed information, see *Asthma Magazine*, July/August 1997, Page 5-7 the article entitled "Spacers: A Valuable Tool for Asthmatics"

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