

**COLORADO ASTHMA CARE PLAN AND MEDICATION ORDER FOR SCHOOL AND CHILD CARE SETTINGS**

**PARENT/GUARDIAN COMPLETE AND SIGN:** School/grade: \_\_\_\_\_  
 Child Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
 Parent/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Healthcare Provider Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Triggers:  Weather (cold air, wind)  Illness  Exercise  Smoke  Dust  Pollen  Other: \_\_\_\_\_  
 Life threatening allergy, specify: \_\_\_\_\_

I give permission for school personnel to share this information, follow this plan, administer medication and care for my child/youth, and if necessary, contact our healthcare provider. I assume full responsibility for providing the school/program prescribed medication and supplies, and to comply with board policies, if applicable. I am aware 911 may be called if a quick relief inhaler is not at school and my child/youth is experiencing symptoms. I approve this care plan for my child/youth.

\_\_\_\_\_ **PARENT SIGNATURE** \_\_\_\_\_ **DATE** [ *not required* ] \_\_\_\_\_ **NURSE/CCHC SIGNATURE** \_\_\_\_\_ **DATE**

<b>HEALTHCARE PROVIDER COMPLETE ALL ITEMS, SIGN AND DATE:</b>		<b>QUICK RELIEF (RESCUE) MEDICATION:</b> <input type="checkbox"/> Albuterol <input type="checkbox"/> Other: _____ Common side effects: <input type="checkbox"/> heart rate, tremor <input type="checkbox"/> Have child use spacer with inhaler. Controller medication used at home: _____	
<b>IF YOU SEE THIS:</b>		<b>DO THIS:</b>	
<b>GREEN ZONE:</b> No Symptoms Pretreat	<ul style="list-style-type: none"> <li>No current symptoms</li> <li>Doing usual activities</li> </ul>	<b>Pretreat strenuous activity:</b> <input type="checkbox"/> Not required <input type="checkbox"/> Routine <input type="checkbox"/> Student/Parent request Give QUICK RELIEF MED 10-15 minutes before activity: <input type="checkbox"/> 2 puffs <input type="checkbox"/> 4 puffs <input type="checkbox"/> Repeat in 4 hours, if needed for additional physical activity. <i>If child is currently experiencing symptoms, follow YELLOW ZONE.</i>	
<b>YELLOW ZONE:</b> Mild symptoms	<ul style="list-style-type: none"> <li>Trouble breathing</li> <li>Wheezing</li> <li>Frequent cough</li> <li>Complains of tight chest</li> <li>Not able to do activities, but talking in complete sentences</li> <li>Peak flow: _____ &amp; _____</li> </ul>	1. Stop physical activity. 2. Give QUICK RELIEF MED: <input type="checkbox"/> 2 puffs <input type="checkbox"/> 4 puffs 3. Stay with child/youth and maintain sitting position. 4. <b>REPEAT</b> QUICK RELIEF MED, if not improving in 15 minutes: <input type="checkbox"/> 2 puffs <input type="checkbox"/> 4 puffs 5. Child/youth may go back to normal activities, once symptoms are relieved. 6. Notify parents/guardians and school nurse. <i>If symptoms do not improve or worsen, follow RED ZONE.</i>	
<b>RED ZONE: EMERGENCY</b> Severe Symptoms	<ul style="list-style-type: none"> <li>Coughs constantly</li> <li>Struggles to breathe</li> <li>Trouble talking (only speaks 3-5 words)</li> <li>Skin of chest and/or neck pull in with breathing</li> <li>Lips/fingernails gray or blue</li> <li>↓ Level of consciousness</li> <li>Peak flow &lt; _____</li> </ul>	1. Give QUICK RELIEF MED: <input type="checkbox"/> 2 puffs <input type="checkbox"/> 4 puffs ▪ Refer to anaphylaxis plan, if child/youth has life-threatening allergy. 2. Call 911 and inform EMS the reason for the call. 3. Stay with child/youth. Remain calm, encouraging slower, deeper breaths. 4. Notify parents/guardians and school nurse. 5. If symptoms do not improve, <b>REPEAT</b> QUICK RELIEF MED: <input type="checkbox"/> 2 puffs <input type="checkbox"/> 4 puffs every 5 minutes until EMS arrives. <i>School personnel should not drive student to hospital.</i>	

**PROVIDER INSTRUCTIONS FOR QUICK RELIEF INHALER USE: CHECK APPROPRIATE BOX(ES)**

Student needs supervision or assistance to use inhaler. Student will not self-carry inhaler.

Student understands proper use of asthma medications, and in my opinion, can carry and use his/her inhaler at school independently with approval from school nurse and completion of contract.

Student will notify school staff after using quick relief inhaler, if symptoms do not improve with use.

*Note: we do not allow children to self-carry at Bluff Lake camp!*

\_\_\_\_\_ **HEALTH CARE PROVIDER SIGNATURE** \_\_\_\_\_ **PRINT PROVIDER NAME** \_\_\_\_\_ **DATE** \_\_\_\_\_ **FAX** \_\_\_\_\_ **PHONE** \_\_\_\_\_

Copies of plan provided to:  Teacher(s)  PhysEd/Coach  Principal  Main Office  Bus Driver Other \_\_\_\_\_

