

Student asthma management and emergency response plan

Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue/Grey reliever medication is unlikely to harm, even if the person does not have asthma

Child's name: _____

Date of birth: ____/____/____

Child also has allergy/anaphylaxis (attach ASCIA action plan)

No ☐ Yes ☐

This child requires medication prior to planned exercise:

No ☐ Yes ☐

Name and dose of medication: _____

Name of medical / nurse practitioner completing this form: _____

Signature: _____ Date: ____/____/____

Note for medical or nurse practitioner:

This form is to be completed and signed by a medical or nurse practitioner. The parent can complete emergency contact details below. If the child's asthma first aid instructions differ from this plan, please provide the parent with written detailed instructions.

Parent to complete

Please complete the below information and return this form to your child's school or childcare

Emergency contact details:

Name: _____

Relationship to child: _____

Best contact phone number/s: _____



DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- **Has a known allergy to food, insects or medication and has SUDDEN BREATHING DIFFICULTY, GIVE ADRENALINE AUTOINJECTOR FIRST (if available), even if there are no skin changes, then use a reliever**

Alternative emergency service _____

Signs of an asthma attack

Signs of severe, life threatening flare-up

- Extreme difficulty in breathing
- Unable to talk freely
- Sucking in at the base of the throat/caving in of the rib cage
- Bluish tinge to the lips, pale, sweaty
- Distressed, anxious, exhausted, confused, drowsy

Signs of mild/moderate asthma flare-up

- Mild or moderate difficulty in breathing
- Wheezing (high pitched whistling sound, generally heard when breathing out)
- Dry and irritable cough
- Chest tightness or sore chest
- Mostly able to talk in full sentences

1



SIT THE PERSON UPRIGHT

- be **calm** and reassuring
- **do not** leave them alone.

2



GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER

- **Shake** puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer
 - Repeat until **4 puffs** have been taken

! If using Bricanyl, give 2 separate inhalations (5 years or older)

If you don't have a spacer handy in an emergency:

- Take **1 puff** as you take **1 deep breath**
- hold breath for as long as comfortable.
- **Repeat** until all puffs are given

3



WAIT 4 MINUTES

- If breathing does not return to normal, give **4 more** separate puffs of reliever as above

! Bricanyl: Give 1 more breath

IF BREATHING DOES NOT RETURN TO NORMAL

4



DIAL TRIPLE ZERO (000)

- Say **'ambulance'** and that someone is having an asthma attack
- Keep giving **4 separate puffs every 4 minutes** until emergency assistance arrives

! Bricanyl: Give 1 more breath **every 4 minutes** until emergency assistance arrives

Alternative emergency service _____