

# Asthma Treatment Plan – Student

(This asthma action plan meets NJ Law N.J.S.A. 18A:40-12.8) **(Physician's Orders)**

**(Please Print)**

**The Pediatric/Adult  
Asthma Coalition  
of New Jersey**  
"Your Pathway to Asthma Control"  
PACNJ approved Plan available at  
www.pacnj.org

Sponsored by  
**AMERICAN  
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IN NEW JERSEY

**NJHealth**  
New Jersey Department of Health



|        |                                 |                   |
|--------|---------------------------------|-------------------|
| Name   | Date of Birth                   | Effective Date    |
| Doctor | Parent/Guardian (if applicable) | Emergency Contact |
| Phone  | Phone                           | Phone             |

## HEALTHY (Green Zone) |||||➡



You have ***all*** of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work, exercise, and play

And/or Peak flow above \_\_\_\_\_

**Take daily control medicine(s). Some inhalers may be more effective with a "spacer" – use if directed.**

| MEDICINE                                                                                                                                                  | HOW MUCH to take and HOW OFTEN to take it                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Advair® HFA <input type="checkbox"/> 45, <input type="checkbox"/> 115, <input type="checkbox"/> 230 _____                        | 2 puffs twice a day                                                                                                                      |
| <input type="checkbox"/> Aerospir™ _____                                                                                                                  | <input type="checkbox"/> 1, <input type="checkbox"/> 2 puffs twice a day                                                                 |
| <input type="checkbox"/> Alvesco® <input type="checkbox"/> 80, <input type="checkbox"/> 160 _____                                                         | <input type="checkbox"/> 1, <input type="checkbox"/> 2 puffs twice a day                                                                 |
| <input type="checkbox"/> Dulera® <input type="checkbox"/> 100, <input type="checkbox"/> 200 _____                                                         | 2 puffs twice a day                                                                                                                      |
| <input type="checkbox"/> Flovent® <input type="checkbox"/> 44, <input type="checkbox"/> 110, <input type="checkbox"/> 220 _____                           | 2 puffs twice a day                                                                                                                      |
| <input type="checkbox"/> Qvar® <input type="checkbox"/> 40, <input type="checkbox"/> 80 _____                                                             | <input type="checkbox"/> 1, <input type="checkbox"/> 2 puffs twice a day                                                                 |
| <input type="checkbox"/> Symbicort® <input type="checkbox"/> 80, <input type="checkbox"/> 160 _____                                                       | <input type="checkbox"/> 1, <input type="checkbox"/> 2 puffs twice a day                                                                 |
| <input type="checkbox"/> Advair Diskus® <input type="checkbox"/> 100, <input type="checkbox"/> 250, <input type="checkbox"/> 500 _____                    | 1 inhalation twice a day                                                                                                                 |
| <input type="checkbox"/> Asmanex® Twisthaler® <input type="checkbox"/> 110, <input type="checkbox"/> 220 _____                                            | <input type="checkbox"/> 1, <input type="checkbox"/> 2 inhalations <input type="checkbox"/> once or <input type="checkbox"/> twice a day |
| <input type="checkbox"/> Flovent® Diskus® <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="checkbox"/> 250 _____                     | 1 inhalation twice a day                                                                                                                 |
| <input type="checkbox"/> Pulmicort Flexhaler® <input type="checkbox"/> 90, <input type="checkbox"/> 180 _____                                             | <input type="checkbox"/> 1, <input type="checkbox"/> 2 inhalations <input type="checkbox"/> once or <input type="checkbox"/> twice a day |
| <input type="checkbox"/> Pulmicort Respules® (Budesonide) <input type="checkbox"/> 0.25, <input type="checkbox"/> 0.5, <input type="checkbox"/> 1.0 _____ | 1 unit nebulized <input type="checkbox"/> once or <input type="checkbox"/> twice a day                                                   |
| <input type="checkbox"/> Singulair® (Montelukast) <input type="checkbox"/> 4, <input type="checkbox"/> 5, <input type="checkbox"/> 10 mg _____            | 1 tablet daily                                                                                                                           |
| <input type="checkbox"/> Other _____                                                                                                                      |                                                                                                                                          |
| <input type="checkbox"/> None                                                                                                                             |                                                                                                                                          |

**Remember to rinse your mouth after taking inhaled medicine.**

If exercise triggers your asthma, take \_\_\_\_\_ puff(s) \_\_\_\_\_ minutes before exercise.

## CAUTION (Yellow Zone) |||||➡



You have ***any*** of these:

- Cough
- Mild wheeze
- Tight chest
- Coughing at night
- Other: \_\_\_\_\_

If quick-relief medicine does not help within 15-20 minutes or has been used more than 2 times and symptoms persist, call your doctor or go to the emergency room.

And/or Peak flow from \_\_\_\_\_ to \_\_\_\_\_

**Continue daily control medicine(s) and ADD quick-relief medicine(s).**

| MEDICINE                                                                                                                                              | HOW MUCH to take and HOW OFTEN to take it |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Albuterol MDI (Pro-air® or Proventil® or Ventolin®) _____                                                                    | 2 puffs every 4 hours as needed           |
| <input type="checkbox"/> Xopenex® _____                                                                                                               | 2 puffs every 4 hours as needed           |
| <input type="checkbox"/> Albuterol <input type="checkbox"/> 1.25, <input type="checkbox"/> 2.5 mg _____                                               | 1 unit nebulized every 4 hours as needed  |
| <input type="checkbox"/> Duoneb® _____                                                                                                                | 1 unit nebulized every 4 hours as needed  |
| <input type="checkbox"/> Xopenex® (Levalbuterol) <input type="checkbox"/> 0.31, <input type="checkbox"/> 0.63, <input type="checkbox"/> 1.25 mg _____ | 1 unit nebulized every 4 hours as needed  |
| <input type="checkbox"/> Combivent Respimat® _____                                                                                                    | 1 inhalation 4 times a day                |
| <input type="checkbox"/> Increase the dose of, or add: _____                                                                                          |                                           |
| <input type="checkbox"/> Other _____                                                                                                                  |                                           |

**• If quick-relief medicine is needed more than 2 times a week, except before exercise, then call your doctor.**

## EMERGENCY (Red Zone) |||||➡



Your asthma is **getting worse fast:**

- Quick-relief medicine did not help within 15-20 minutes
- Breathing is hard or fast
- Nose opens wide • Ribs show
- Trouble walking and talking
- Lips blue • Fingernails blue
- Other: \_\_\_\_\_

And/or  
Peak flow  
below \_\_\_\_\_

**Take these medicines NOW and CALL 911.  
Asthma can be a life-threatening illness. Do not wait!**

| MEDICINE                                                                                                                                              | HOW MUCH to take and HOW OFTEN to take it |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Albuterol MDI (Pro-air® or Proventil® or Ventolin®) _____                                                                    | 4 puffs every 20 minutes                  |
| <input type="checkbox"/> Xopenex® _____                                                                                                               | 4 puffs every 20 minutes                  |
| <input type="checkbox"/> Albuterol <input type="checkbox"/> 1.25, <input type="checkbox"/> 2.5 mg _____                                               | 1 unit nebulized every 20 minutes         |
| <input type="checkbox"/> Duoneb® _____                                                                                                                | 1 unit nebulized every 20 minutes         |
| <input type="checkbox"/> Xopenex® (Levalbuterol) <input type="checkbox"/> 0.31, <input type="checkbox"/> 0.63, <input type="checkbox"/> 1.25 mg _____ | 1 unit nebulized every 20 minutes         |
| <input type="checkbox"/> Combivent Respimat® _____                                                                                                    | 1 inhalation 4 times a day                |
| <input type="checkbox"/> Other _____                                                                                                                  |                                           |

## Triggers

**Check all items that trigger patient's asthma:**

- ☐ Colds/flu
- ☐ Exercise
- ☐ Allergens
  - Dust Mites, dust, stuffed animals, carpet
  - Pollen - trees, grass, weeds
  - Mold
  - Pets - animal dander
  - Pests - rodents, cockroaches
- ☐ Odors (Irritants)
  - Cigarette smoke & second hand smoke
  - Perfumes, cleaning products, scented products
  - Smoke from burning wood, inside or outside
- ☐ Weather
  - Sudden temperature change
  - Extreme weather - hot and cold
  - Ozone alert days
- ☐ Foods:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- ☐ Other:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

This asthma treatment plan is meant to assist, not replace, the clinical decision-making required to meet individual patient needs.

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### Permission to Self-administer Medication:

- ☐ This student is capable and has been instructed in the proper method of self-administering of the non-nebulized inhaled medications named above in accordance with NJ Law.
- ☐ This student is not approved to self-medicate.

PHYSICIAN/APN/PA SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Physician's Orders

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

PHYSICIAN STAMP

**Make a copy for parent and for physician file, send original to school nurse or child care provider.**

# Asthma Treatment Plan – Student Parent Instructions



The **PACNJ Asthma Treatment Plan** is designed to help everyone understand the steps necessary for the individual student to achieve the goal of controlled asthma.

**1. Parents/Guardians:** *Before taking this form to your Health Care Provider, complete the top left section with:*

- Child's name
- Child's doctor's name & phone number
- Parent/Guardian's name & phone number
- Child's date of birth
- An Emergency Contact person's name & phone number

**2. Your Health Care Provider will** complete the following areas:

- The effective date of this plan
- The medicine information for the Healthy, Caution and Emergency sections
- Your Health Care Provider will check the box next to the medication and check how much and how often to take it
- Your Health Care Provider may check **"OTHER"** and:
  - ❖ Write in asthma medications not listed on the form
  - ❖ Write in additional medications that will control your asthma
  - ❖ Write in generic medications in place of the name brand on the form
- Together you and your Health Care Provider will decide what asthma treatment is best for your child to follow

**3. Parents/Guardians & Health Care Providers together** will discuss and then complete the following areas:

- Child's peak flow range in the Healthy, Caution and Emergency sections on the left side of the form
- Child's asthma triggers on the right side of the form
- Permission to Self-administer Medication section at the bottom of the form: Discuss your child's ability to self-administer the inhaled medications, check the appropriate box, and then both you and your Health Care Provider must sign and date the form

**4. Parents/Guardians:** *After completing the form with your Health Care Provider:*

- Make copies of the Asthma Treatment Plan and give the signed original to your child's school nurse or child care provider
- Keep a copy easily available at home to help manage your child's asthma
- Give copies of the Asthma Treatment Plan to everyone who provides care for your child, for example: babysitters, before/after school program staff, coaches, scout leaders

## PARENT AUTHORIZATION

I hereby give permission for my child to receive medication at school as prescribed in the Asthma Treatment Plan. Medication must be provided in its original prescription container properly labeled by a pharmacist or physician. I also give permission for the release and exchange of information between the school nurse and my child's health care provider concerning my child's health and medications. In addition, I understand that this information will be shared with school staff on a need to know basis.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Date

## FILL OUT THE SECTION BELOW ONLY IF YOUR HEALTH CARE PROVIDER CHECKED PERMISSION FOR YOUR CHILD TO SELF-ADMINISTER ASTHMA MEDICATION ON THE FRONT OF THIS FORM.

**RECOMMENDATIONS ARE EFFECTIVE FOR ONE (1) SCHOOL YEAR ONLY AND MUST BE RENEWED ANNUALLY**

- ☐ I do request that my child be **ALLOWED** to carry the following medication \_\_\_\_\_ for self-administration in school pursuant to N.J.A.C.:6A:16-2.3. I give permission for my child to self-administer medication, as prescribed in this Asthma Treatment Plan for the current school year as I consider him/her to be responsible and capable of transporting, storing and self-administration of the medication. Medication must be kept in its original prescription container. I understand that the school district, agents and its employees shall incur no liability as a result of any condition or injury arising from the self-administration by the student of the medication prescribed on this form. I indemnify and hold harmless the School District, its agents and employees against any claims arising out of self-administration or lack of administration of this medication by the student.
- ☐ I **DO NOT** request that my child self-administer his/her asthma medication.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Date