

Plan de Acción para el Asma



St. Christopher's
Hospital for Children

Oficina del doctor - Te.: _____

Nombre: _____ Doctor/NP: _____ Fecha: _____

Bien

• Use estas medicinas de control **TODOS LOS DÍAS!**

Medicina:	Cuánta:	Cuándo:

Notas: _____



* Puede tomar medicina de rescate 20 minutos anterior a los ejercicios.

Precaución

• Tomar medicina de rescate • Continuar medicina controladora

Señales de aviso.



- Tos o silbido
- Pecho congestionado
- Problemas al dormir

Medicina:	Cuánta:	Cuándo:

LLAME AL DOCTOR SI LA MEDICINA DE RESCATE:

- es usada cada 4 horas por más de un día
- es necesaria más a menudo que cada 4 horas

Emergencia

• Obtenga ayuda de un médico **¡AHORA!**

Asma está fuera de control.



- Medicina de rescate no está ayudando
- Respiración difícil y rápida
- No puede caminar o hablar bien

Medicina:	Cuánta:	Acción necesaria:

OBTENGA ATENCIÓN DE EMERGENCIA SI:

- No puede hablar o caminar bien
- Respiración es difícil y rápida
- La piel absorbe alrededor de la garganta o las costillas mostraron durante la respiración
- Labios o uñas son grises o azules
- Medicina de rescate no ayuda

Yo autorizo al doctor, enfermera, plan de salud, y otros proveedores del cuidado de la salud compartir la información acerca del asma de mi hijo/a para ayudar a mejorar la salud de mi hijo/a.

Firma del padre/madre/guardián _____

Número de teléfono _____

Fecha _____

Asthma Action Plan:


Student's Name: _____



Well ● Use these controller medicines EVERY DAY!


Medicine:	How much:	When to take it:

Notes: *Medications listed in this section are given at home unless otherwise noted.

 _____

You may take rescue medicine 20 minutes before exercise.

Caution ● Take rescue medicine ● Continue controller medicine

Having a flare-up. 


Medicine:	How much:	When to take it:
		Every 4 hrs as needed per symptoms, for the entire school year

- Coughing or wheezing
- Tight chest
- Waking up at night

CALL DOCTOR IF RESCUE MEDICINE:

- has been used every 4 hours for longer than one day
- is needed more often than every 4 hours

Emergency ● Get help from a doctor NOW!



Medicine:	How much:	Action needed:
		Call 911, then call parent

GET EMERGENCY CARE IF:

- can't talk or walk well
- breathing is hard and fast
- skin sucks in around throat or ribs show during breaths
- lips or finger nails are grey or blue
- Rescue medicine is not helping
- nostrils are flaring with every breath
- student cannot count to 10 in one breath

Name of Health Care Provider:	*Parent Signature
Signature of Healthcare Provider:	Date Signed:
Date Signed:	Telephone:
Telephone:	Emergency Number:

*I authorize the school nurse or other designated staff to administer the medication indicated above as prescribed. My child may self administer if determined appropriate by the school nurse. I authorize the school nurse to communicate with my child's healthcare provider and my healthcare provider to reply as needed regarding this medication or my child's response.

- IN ACCORDANCE WITH CURRENT SCHOOL DISTRICT PROCEDURE
- I have assessed this student and he/she has demonstrated competency and may self administer this medication: yes no
- The administration of this medication was approved on: _____ Date

Signature of School Nurse

Telephone Number of School Nurse

Asthma Action Plan



**St. Christopher's
Hospital for Children**

Doctor's Office Phone: 215-427-5985

Name: _____ Doctor/NP: _____ Date: _____

Well

• Use these controller medicines **EVERY DAY!**

Medicine:	How much:	When to take it:

Notes:



* You may take rescue medicine 20 minutes before exercise.

Caution

• Take rescue medicine • Continue controller medicine

Having a flare-up.



- Coughing or wheezing
- Tight chest
- Waking up at night

Medicine:	How much:	When to take it:
Albuterol	2 Puffs or 1 Vial	Every 4 Hours

CALL DOCTOR IF RESCUE MEDICINE:

- has been used every 4 hours for longer than one day
- is needed more often than every 4 hours

Emergency

• Get help from a doctor **NOW!**

Asthma is out of control.



- Rescue medicine is not helping
- Breathing is hard and fast
- Can't walk or talk well

Medicine:	How much:	Action needed:
Albuterol	4 Puffs or 2 Vials	* CALL YOUR DOCTOR

GET EMERGENCY CARE IF:

- can't talk or walk well
- breathing is hard and fast
- skin sucks in around throat or ribs show during breaths
- lips or fingernails are grey or blue
- Rescue medicine is not helping

I give permission to the doctor, nurse, health plan, and other health care providers to share information about my child's asthma to help improve the health of my child.

Parent/Guardian Signature _____

Telephone Number _____

Date _____

Doctor or Nurse Practitioner Signature _____

Date _____