

# Schools and Child Services ACTION PLAN FOR ASTHMA FLARE-UP



Child's photo

Child's name: \_\_\_\_\_

Date of birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

This child has confirmed food, insect, or medication allergies:

Yes  No

This child has an ASCIA Action Plan:

Yes  No

Name of Medical / Nurse Practitioner completing this form: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

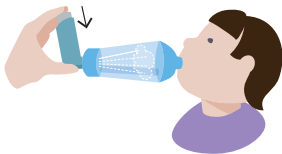
Plan due for review: \_\_\_\_\_

## How to use a puffer with a spacer

- 1 Remove cap, shake puffer well and insert into spacer.



- 2 Place mouthpiece of spacer between teeth, closing lips to form a seal. Push down on top of puffer to release 1 puff of medicine into spacer.



- 3 Take 4 normal breaths in and out through spacer. For each additional puff of medicine shake puffer and repeat steps 2 & 3.



Masks can be attached to spacers for children under 4 years or for those with developmental/cognitive delay.

**Note for Medical or Nurse Practitioner:** This form has been developed specifically for use within the Education and Care sector and is **to be completed and signed by a Medical or Nurse Practitioner only** (emergency contact details can be completed by parent or guardian). If the child's school or child's service asthma first aid instructions differ from this Action Plan for Asthma Flare-up, please provide parent/guardian with written detailed instructions.

### SIGNS OF A MILD TO 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

\* Not all need to be present

### ACTION FOR A MILD TO MODERATE ASTHMA FLARE-UP

Be calm and reassuring. If possible, get someone to help.

**STEP 1:** Place the child in a seated upright position.

**STEP 2:** Shake blue/grey puffer (e.g. Ventolin®, Asmol®, Airomir®), give 4 separate puffs, preferably with a spacer, allowing child to take 4 breaths in and out through spacer with each puff. Shake puffer before each puff.

**STEP 3:** Wait 4 minutes. If the child still cannot breathe normally, give another 4 separate puffs of the blue/grey puffer as in STEP 2.

**STEP 4:** If no improvement in the child's breathing, **call an ambulance - DIAL 000** and continue to give 4 separate puffs of blue/grey puffer every 4 minutes until the ambulance arrives.

### SIGNS OF A SEVERE / LIFE-THREATENING ASTHMA 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

\* Not all need to be present

### ACTION FOR A SEVERE / LIFE-THREATENING ASTHMA FLARE-UP

Place child in a seated upright position.

#### CALL AN AMBULANCE - DIAL 000

Be calm and reassuring. If possible, get someone to help.

Shake blue/grey puffer (e.g. Ventolin®, Asmol®, Airomir®), give 4 separate puffs, preferably with a spacer, allowing child to take 4 breaths in and out through spacer with each puff. Shake puffer before each puff. Repeat every 4 minutes until the ambulance arrives.

**Note:** If child with known anaphylaxis to food/s, insects or medication/s has sudden breathing difficulty (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms always give adrenaline autoinjector first, if available, then blue/grey puffer.

### Attention Parents / Guardian

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: \_\_\_\_\_