

Classroom Health Care Plan

Name:
Parent:
Doctor:
Special Ed: 504
Bus: yes no

Effective Date:
School:
School Nurse:
DOB:
Allergies:

(Personal data: i.e. onset, brief history, etc.)

Asthma is a chronic lung disease, which is characterized by attacks of breathing difficulty. It is caused by spasms of the muscles in the walls of the air passages to the lungs. It is not contagious and tends to run in families. Asthma can be aggravated by allergy to pollen or dust, viral illness, cold, emotions, or exercise. There is no cure but asthma can be controlled with proper diagnosis and management.

Treatment consists of avoiding known triggers, recognizing early symptoms, monitoring with a peak flow meter, and medication to reduce or prevent symptoms. Some children who are allergic to specific substances may benefit from desensitization shots.

Problem: Breathing difficulty

Goal: Avoid attacks and maintain airway.

Action:

1. (____) known triggers include: _____ and (____) should avoid these triggers.
2. Symptoms of an asthma attack include:

Coughing	Tightness in chest
Wheezing	Gaspings for air
Prolonged expiration	Color changes (pale or blue).
3. If symptoms of an attack are present or (____) states he/she feels an attack coming on:
 - a. Have him/her sit up right.
 - b. Administer prescribed medication by inhaler. See instructions below.

OR
 - b. Administer medication by nebulizer as prescribed. See instructions below.
 - c. Reassure (____) and attempt to keep him/her calm and breathing slowly and deeply.
 - d. (____) should respond to treatment within 15 - 20 minutes.
 - e. If **NO** change or breathing becomes significantly worse, contact parent immediately.
 - f. Most asthma attacks can be successfully managed in this manner. If you feel he/she is getting rapidly worse and you have exhausted the suggested treatment, call for emergency assistance (**911**).
4. (____) requires the following activity limitation /modifications as prescribed by his doctor:
 - a. (____) requires a modified or adapted PE class. Unless otherwise stated by physician, he/she should have access to a physical exercise program. Parents and staff should understand the benefits of exercising in moderation.
 - b. Avoid over protection. Most children can assess their own ability to engage in activity. Encourage participation but do not force.

Problem: Inhaler treatment

Goal: Safe administration of medication at school

Action:

1. A metered dose inhaler is a device to give medication directly into the lungs.
2. _____ **inhaler is kept in the nurse's office.**
Or
_____ **keeps his/her inhaler on person to self administer.**
_____ **has orders from the physician, permission from the parent and has been assessed by the school nurse to self administer his/her inhaler in the school setting. (If self-administered this would be the end of this problem, goal, and action set. Delete the procedure listed below. If not self-administering continue with the following)**
3. Remove cap and hold inhaler upright with mouthpiece below chamber.
4. Shake well.
5. Have student tilt head slightly back and breathe out.
6. Position inhaler one to two inches from mouth or use spacer.
7. Press down on the inhaler to release medication (you will hear a hissing noise) and have the student breathe in slowly (three to five seconds) and deeply. This is referred to as a PUFF.
8. Have student hold breath for 10 seconds to allow medication to stay in lungs.
9. **Wait** one minute between prescribed puffs. Repeat as directed.
10. (____) should continue sitting up right and resting until medication takes effect (can be up to twenty minutes).
11. (____) may require _____ puffs by inhaler every _____ hours. **Document** on the school medication log and home school notebook.

Problem: Medication side effects

Goal: Early recognition and reporting of side effects

Action:

2. (____) is medicated as needed with **Ventolin (Albuterol)**.
 - a. Albuterol opens the air passages of the lungs. It is taken by oral inhalation to treat the symptoms of asthma. It relieves coughing, wheezing, shortness of breath, and troubled breathing by increasing the flow of air through the bronchial tubes.
 - b. Side effects that require immediate medical evaluation include: blue color to skin, lips or fingernails, dizziness, fainting, increased breathing rate, increased pulse (heart) rate, skin rash and swelling or face, lips or eyelids.
 - c. More common side effects that usually do not require intervention unless troublesome or worrisome include: overexcitement and hyperactivity, nervousness, restlessness, and trembling.
 - d. Symptoms of overdose may include: chest pain, chills, fever, seizures, fast or slow heartbeat, severe muscle cramps, severe nausea or vomiting, unusual paleness, and coldness of skin or severe weakness. Any of these symptoms require calling parent or nurse unless student is unconscious or having seizures. It is extremely rare to need immediate emergency intervention; if (____) needs emergency care call **(911)**.

Problem: School Sponsored Activities

Goal: Continue safe administration of medication on school-sponsored events

Action:

1. If _____ class should go on a trip from the school building his/her _____ inhaler should accompany him/her on the trip.
2. _____ self administers his/her inhaler. Before the class leaves school property make sure he/she has his/her inhaler on person.
3. See Parent/Guardian note attached:

Mrs. _____ Request to provide all health care needs for her own child while attending Parent / Guardian

_____ Field Trip (*Details*)

_____ Extracurricular activities practices (*Details*)

_____ Extracurricular activitiy games. (*Details*)

Or

4. _____'s inhaler should be picked up from the nurse's office by the unlicensed medication train personnel accompanying the class on the field trip.
 - A copy of prescriber parental authorization form should accompany inhaler on the field trip.
 - Administer according to orders.
 - Document on medication administration record.
 - On return from field trip return inhaler to nurse's office.

Problem: Transportation on School Bus

Goal: Bus driver be aware a student has asthma

Action:

1. _____ has an inhaler on person to self-administer for asthma.

Or

_____ has a history of asthma.
2. In the event that _____ has difficulty breathing while being transported on the school bus the bus driver should stop the bus, call 911 and transportation supervisor for assistants.
3. Transportation supervisor will call school nurse and parent.

Problem: Emergency Evacuation of School Building

Goal: To assure that medication is available for student

Action:

1. _____, _____, _____, or _____ will remove _____'s _____ inhaler to the area that the school nurse or medication trained assistant will be located in the event of evacuation of the school building due to an emergency or unforeseen event.
2. In the event of an emergency requiring lock down in the school building, _____ will be identified in the safety plan and will be directed to the school nurse or medical assistant if safe where his/her inhaler will be.

Parent Signature

School Nurse Signature

School Contact

School Contact