

ASTHMA ACTION PLAN

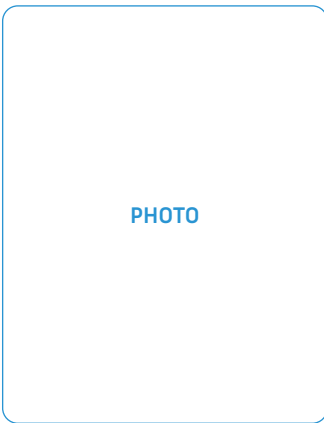


VICTORIAN SCHOOLS

Student's name: _____

DOB: _____

Confirmed triggers: _____



- Child can self-administer if well enough
- Child needs to pre-medicate prior to exercise

ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms.

Adrenaline autoinjector prescribed: Y N Type of adrenaline autoinjector: _____

ASTHMA FIRST AID

For Severe or Life-Threatening signs and symptoms, call for emergency assistance immediately on Triple Zero "000"
Mild to moderate symptoms do not always present before severe or life-threatening symptoms

1. Sit the person upright

Stay with the person and be calm and reassuring

2. Give 1 separate dose of Symbicort

Breathe in through mouth strongly and deeply

Remove Turbuhaler from mouth before breathing gently away from the mouthpiece

3. Wait 4 minutes

If there is no improvement, give 1 dose of Symbicort

4. If there is still no improvement call emergency assistance

Dial Triple Zero "000"

Say 'ambulance' and that someone is having an asthma attack

Keep giving 1 dose of Symbicort every 4 minutes until emergency assistance arrives (maximum 6 doses total)

If maximum dose is reached before emergency services arrive follow the 4 x 4 Asthma First Aid plan on reverse.

Commence CPR at any time if person is unresponsive and not breathing normally.

SIGNS AND SYMPTOMS

MILD TO MODERATE

- Minor difficulty breathing
- May have a cough
- May have a wheeze
- Other signs to look for:



SEVERE

- Cannot speak a full sentence
- Sitting hunched forward
- Tugging in of skin over chest/throat
- May have a cough or wheeze
- Obvious difficulty breathing
- Lethargic
- Sore tummy (young children)

LIFE-THREATENING

- Unable to speak or 1-2 words
- Collapsed/exhausted
- Gasping for breath
- May no longer have a cough or wheeze
- Drowsy/confused/unconscious
- Skin discolouration (blue lips)

Emergency contact name:

Work ph:

Home ph:

Mobile ph:

Plan prepared by Dr or Nurse Practitioner:

Signed: I hereby authorise medications specified on this plan to be administered according to the plan

Date prepared:

Date of next review:



- Unscrew and lift off cap. Hold turbuhaler upright.
- Twist red base around all the way, and then back all the way.

- Breathe out gently away from turbuhaler.
- Do not breathe in to it.
- Put mouthpiece in mouth ensuring a good seal is formed with lips.
- Breathe in through mouth strongly and deeply. Remove turbuhaler from mouth.
- Hold breath for about 5 seconds or as long as comfortable. Breathe out.

ASTHMA FIRST AID

Dual Purpose Reliever

DuoResp Spiromax 200/6 or Symbicort Turbuhaler 200/6



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**

1



SIT THE PERSON UPRIGHT

- Be calm and reassuring
- Do not leave them alone

2



GIVE 1 INHALATION OF DUORESP OR SYMBICORT

- Load the device
 - Spiromax: Open and click
 - Turbuhaler: Open and twist around and back
- Breathe in strongly and deeply

3



WAIT 4 MINUTES

- If breathing does not return to normal, give 1 more inhalation of DuoResp or Symbicort

IF BREATHING DOES NOT RETURN TO NORMAL

4



DIAL TRIPLE ZERO (000)

- Say 'ambulance' and that someone is having an asthma attack
- Give 1 more inhalation of DuoResp or Symbicort every 4 minutes until emergency assistance arrives
 - up to a maximum of 4 more inhalations