

# Asthma care plan for schools



**Asthma**  
Australia

**CONFIDENTIAL:** Staff are trained in asthma first aid (see overleaf) and can provide routine asthma medication as authorised in this care plan by the treating doctor. Please advise staff in writing of any changes to this plan.

To be completed by the treating doctor and parent/guardian, for supervising staff and emergency medical personnel.

**PLEASE PRINT CLEARLY**

Photo of student  
(optional)

Student's name:

Date of birth:

## Managing an asthma attack

Staff are trained in asthma first aid (see overleaf). Please write down anything different this student might need if they have an asthma attack:

## Daily asthma management

### This student's usual asthma signs

- Cough
- Wheeze
- Difficulty breathing

Other  
(please describe)

### Frequency and severity

- Daily/most days
- Frequently (more than 5 x per year)
- Occasionally (less than 5 x per year)

Other  
(please detail)

### Known triggers for this student's asthma (eg exercise\*, colds/flu, smoke) — please detail:

- Does this student usually tell an adult if s/he is having trouble breathing?  Yes  No
- Does this student need help to take asthma medication?  Yes  No
- Does this student use a mask with a spacer?  Yes  No
- \*Does this student need their blue reliever puffer medication before exercise?  Yes  No

## Medication Plan —

If this student needs asthma medication, please detail below and make sure the medication and spacer/mask are supplied to staff.

Name of medication and colour	Dose/number of puffs	Time required

Name of doctor  
Address  
Phone  
Signature Date / /

## Parent/guardian

I have read, understood and agreed with this care plan and any attachments listed. I approve the release of this information to staff and emergency medical personnel. I will notify the staff in writing if there are any changes to these instructions. I understand staff will seek emergency medical help as needed and that I am responsible for payment of any emergency medical costs.

Name  
Signature  
Date / /

# Asthma First Aid

## 1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



## 2 Give 4 puffs of blue reliever puffer medication

- Use a spacer if there is one
  - **Shake** puffer
  - Put **1 puff** into spacer
  - Take **4 breaths** from spacer
- Repeat** until **4 puffs** have been taken
- Remember: Shake, 1 puff, 4 breaths**



## 3 Wait 4 minutes

- If there is no improvement, give **4 more puffs** as above



## 4 If there is still no improvement call emergency assistance (DIAL 000)\*

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving **4 puffs** every **4 minutes** until emergency assistance arrives



\*If calling Triple Zero (000) does not work on your mobile phone, try 112

### Call emergency assistance immediately (DIAL 000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse, or is not improving
- If the person is having an asthma attack and a puffer is not available
- If you are not sure if it's asthma

**Blue reliever medication is unlikely to harm, even if the person does not have asthma**



To find out more contact your local Asthma Foundation  
**1800 ASTHMA** (1800 278 462) | [asthmaaustralia.org.au](http://asthmaaustralia.org.au)

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