

### Asthma Management Plan

Patient Name: \_\_\_\_\_ Date developed: \_\_\_\_\_

#### Preventative Plan: What to give to control asthma and prevent “attacks”

GIVE EVERYDAY OR AT 1<sup>ST</sup> SIGN OF ILLNESS THROUGH 2 WEEKS AFTER COUGH RESOLVES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Rescue Plan: What to give if symptoms worsen (more coughing, wheezing, shortness of breath, chest tightness)

1. Continue all medications in the preventative plan!
2. Give \_\_\_\_\_  
By nebulizer: 1 premixed vial every 3-4hours OR by inhaler (with/without spacer): 2-4 puffs every 3-4 hours
3. \_\_\_\_\_
4. \_\_\_\_\_

**Call the office if symptoms do not improve with rescue treatment within 8 hours, or symptoms begin to interfere with sleep or school.**

#### Emergency Plan: You may need emergency treatment if any of these symptoms are present:

\*Very hard time breathing      \*Ribs showing when breathing      \*Trouble walking or talking      \*Lips or nails blue or pale

**Go to the hospital or call 911 now!**

#### Reminders:

Remember to watch for and avoid asthma triggers whenever possible, including seasonal allergens.

Remember to get your Flu Shot annually to protect you from Influenza.

Remember to refill prescriptions at the pharmacy as soon as possible - do NOT wait until symptoms appear to call for a refill.

Remember to keep your rescue medication with you (school bag, purse) at all times - you never know when symptoms are going to appear.