

## School Individual Health Care Plan

For students requiring nursing assessment and or classroom modifications due to a health condition

**Name:**

**Condition:**

**Class:**

Asthma is a chronic condition that causes spasms of the bronchial tubes. It can cause persistent coughing, wheezing or shortness of breath. It is managed with medications. Inhaler medications provide relief and prevent an emergency. **An asthma attack can be fatal. Do not delay responding.**

**This students triggers are: Sports, PE, having a cold**

What	When	Why	By Whom
Allow to carry and use inhaler 2 puffs every 4-6 hours  <b>*When on field trips, the inhaler should not be left in a back pack on the bus or be with a teacher who is not with the child</b>	<ul style="list-style-type: none"> <li>• Complains "my chest is tight"</li> <li>• States "I need my inhaler"</li> <li>• Appears short of breath</li> </ul>	Inhaler medication will relieve bronchial spasms	All staff
Send to nurse for assessment  <b>Call for the nurse to come to student if symptoms are severe</b>  <b>Never ask an asthmatic student to wait til the end of a lesson or class</b>	Any time student requests  <ul style="list-style-type: none"> <li>• No relief from inhaler</li> <li>• Obvious shortness of breath, respiratory distress</li> <li>• Wheezing sounds</li> <li>• Blue about lips</li> </ul> In class, on field trips, especially in PE or music	Nurse will assess for O2 exchange  Nurse will call parent if symptoms are not relieved,  May need MD or emergency care  Condition can worsen rapidly Waiting can raise anxiety and this can worsen symptoms Aerobic activities can worsen symptoms	All staff
Allow to monitor own activity, ie rest and slow down as requested, including in PE	Whenever the student asks	Asthma can be caused by exercise in some individuals	All staff
Call 911	Severe distress, collapse	Respiratory emergency	All staff
Be aware: may be more susceptible to asthma attacks at certain times	Fall When has a cold	Respiratory tract irritations from allergies or upper respiratory infections can trigger attacks	All staff
Parent information		<b>Emergency Phone Numbers:</b> EMS: 911 School Nurse:	

Sig \_\_\_\_\_ Date \_\_\_\_\_