Asthma Foundation Victoria

Name: _____

Date of birth: _____

Photo

☐ Child can self administer medication if well enough.

☐ Child needs to pre-medicate prior to exercise

Confirmed triggers:

Family/emergency contact name(s):

_____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by Dr or NP:

_____

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

Signed:

_____

Date: _____

Date of next review: _____



- Assemble Spacer
- Remove cap from puffer
- Shake puffer well
- Attach puffer to end of spacer
- Place mouthpiece of spacer in mouth and ensure lips seal around it
- Breath out gently into the spacer
- Press down on puffer canister once to fire medication into spacer
- Breathe in and out normally for 4 breaths (keeping your mouth on the spacer)

MILD TO MODERATE SIGNS

- Minor difficulty breathing
- May have a cough
- May have a wheeze

ACTION FOR MILD TO MODERATE ASTHMA FLARE UP

Sit the person upright.

- Stay with person and be calm and reassuring

Give 4 separate puffs of Airomir, Asmol or Ventolin

- Shake puffer before each puff
- Put 1 puff into the spacer at a time
- Take 4 breaths from the spacer between each puff

Wait 4 minutes.

- If there is no improvement, repeat step 2

SEVERE SIGNS

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

LIFE-THREATENING SIGNS

- 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)

ACTION FOR SEVERE / LIFE-THREATENING ASTHMA ATTACK

Airomir, Asmol or Ventolin

- Shake puffer before each puff
- Put 1 puff into the spacer at a time
- Take 4 breaths from the spacer between each puff

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

- Give adrenaline autoinjector FIRST, then asthma reliever.
- If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever.

Anaphylaxis: Y ☐ N ☐ Type of autoinjector: _____

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