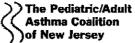
Asthma Treatment Plan

(This asthma action plan meets NJ Law N.J.S.A. 18A:40-12.8) (Physician's Orders)







"Your Pathway to Asthma Control" Original PACNI approved Plan available at WWW.DBCNJ.Org of New Jersey (Please Print) Date of Birth Effective Date Name Doctor Parent/Guardian (if applicable) **Emergency Contact** Phone Phone Phone Take daily medicine(s). All metered dose inhalers (MDI) HEALTHY to be used with spacers. You have all of these: Triggers MEDICINE HOW MUCH to take and HOW OFTEN to take it · Breathing is good Check all items Advair® 100, 250, 500 1 inhalation twice a day that tringer pa-. No cough or wheeze Advair® HFA 45, 115, 230 2 puffs MDI twice a day tient's asthma: · Sleep through ☐ Asmanex® Twisthaler® 110, 220 . . 1 - 2 inhalations a day the night Chalk dust ☐ Flovent® 44, 110, 220 2 inhalations twice a day ☐ Cigarette Smoke · Can work, exercise, ☐ Flovent® Diskus® 50 mcg1 inhalation twice a day & second hand and play ☐ Pulmicort Flexhaler® 90, 180 ...1 - 2 inhalations once or twice a day smoke ☐ Pulmicort Respules® 0.25, 0.5, 1.0..1 unit nebulized once or twice a day Colds/Flu □ Qvar® 40, 80 2 inhalations twice a day Dust mites. dust, stuffed ☐ Singulair 4, 5, 10 mg 1 tablet daily animals, carpet ☐ Symbicort® 80, 160 2 puffs MDI twice a day □ Exercise □ Other □ Mold And/or Peak flow above Ozone alert days Remember to rinse your mouth after taking inhaled medicine. ☐ Pests - rodents & cockroaches If exercise triggers your asthma, take this medicine_ minutes before exercise. □ Pets - animal dander CAUTION Continue daily medicine(s) and add fast-acting medicine(s). O Plants, flowers, cut grass, pollen You have any of these: MEDICINE HOW MUCH to take and HOW OFTEN to take it ☐ Strong odors, · Exposure to known trigger perfumes, clean-☐ Accune b® 0.63, 1.25 mg 1 unit nebulized every 4 hours as needed Cough ing products. ☐ Albuterol 1.25, 2.5 mg 1 unit nebulized every 4 hours as needed scented products · Mild wheeze ☐ Albuterol ☐ Pro-Air ☐ Proventil® .2 puffs MDI every 4 hours as needed ☐ Sudden tempera-• Tight chest □ Ventolin® □ Maxair □ Xopenex® .2 puffs MDI every 4 hours as needed ture change . Coughing at night ☐ Xopenex® 0.31, 0.63, 1.25 mg ...1 unit nebulized every 4 hours as needed. ₩ood Smoke Other: ☐ Increase the dose of, or add: ☐ Foods: If fast-acting medicine is needed more than 2 times a week, except before exercise, then call your doctor. or Peak flow from _____ to Other: EMERGENCY Take these medicines NOW and call 911. Your asthma is Asthma can be a life-threatening illness. Do not wait! getting worse fast: · Fast-acting medicine did not ☐ Accuneb® 0.63, 1.25 mg 1 unit nebulized every 20 minutes help within 15-20 minutes Albuterol 1,25, 2,5 mg 1 unit nebulized every 20 minutes This asthma · Breathing is hard and fast treatment plan is ☐ Albuterol ☐ Pro-Air ☐ Proventil® .2 puffs MDI every 20 minutes · Nose opens wide meant to assist. □ Ventolin® □ Maxair □ Xopenex® 2 puffs MDI every 20 minutes · Ribs show not replace, the ☐ Xopenex® 0.31, 0.63, 1.25 mg . .1 unit nebulized every 20 minutes . Trouble walking and talking clinical decision-· Lips blue · Fingemails blue ☐ Other making required to meet individual Altiston Bank flow below patient needs. FOR MINORS ONLY: PHYSICIAN/APN/PA SIGNATURE______ DATE___ This student is capable and has been instructed in

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the proper method of self-administering of the inhaled medications named above in accordance with NJ Law.

This student is not approved to self-medicate.

PARENT/GUARDIAN SIGNATURE___

PHYSICIAN STAMP

Make a copy for patient and for physician file. For children under 18, send original to school nurse or child care provider.