

TLCS Asthma Action Plan-Doctor Signature Required

Patient Name _____ Weight _____ Date of Birth _____ Peak Flow _____

Primary Care Provider Name _____ Phone _____

Severity Classification

- Intermittent
 Moderate Persistent
 Mild Persistent
 Severe Persistent

Asthma Severity

Triggers

- Colds
 Smoke
 Weather
 Exercise
 Dust
 Air Pollution
 Animals
 Food
 Other _____

If triggered by exercise

1. Premedication (how much and when) _____

2. Exercise modifications _____

<div style="text-align: center;"> <h3>Green Zone</h3> <h4>“Go! All Clear!”</h4> </div> <div style="display: flex; align-items: center;"> <ul style="list-style-type: none"> Breathing is easy Can play, work and sleep without asthma symptoms </div> <div style="text-align: center; margin-top: 20px;"> <p>Peak Flow Range (80% - 100% of personal best)</p> </div>	<p>The GREEN ZONE means take the following medicine(s) every day.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 70%; text-align: left;">Controller Medicine(s)</th> <th style="width: 30%; text-align: left;">Dose</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> </tbody> </table> <p>Spacer Used _____</p> <p>Take the following medicine if needed 10-20 minutes before sports, exercise or any other strenuous activity.</p> <p>_____</p>	Controller Medicine(s)	Dose	_____	_____	_____	_____	_____	_____
Controller Medicine(s)	Dose								
_____	_____								
_____	_____								
_____	_____								

<div style="text-align: center;"> <h3>Yellow Zone</h3> <h4>“Caution...”</h4> </div> <div style="display: flex; align-items: center;"> <ul style="list-style-type: none"> Breathing is easy Cough or wheeze Chest is tight </div> <div style="text-align: center; margin-top: 20px;"> <p>Peak Flow Range (50% - 80% of personal best)</p> </div>	<p>The YELLOW ZONE means keep taking your GREEN ZONE controller medicine(s) every day and add the following medicine(s) to help keep the asthma symptoms from getting worse.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 70%; text-align: left;">Reliever Medicine(s)</th> <th style="width: 30%; text-align: left;">Dose</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> </tbody> </table> <p>If beginning cold symptoms, call your doctor before starting oral steroids.</p> <p>_____</p>	Reliever Medicine(s)	Dose	_____	_____	_____	_____
Reliever Medicine(s)	Dose						
_____	_____						
_____	_____						

Use Quick Reliever (two - four puffs) every 20 minutes for up to one hour or use nebulizer once. If your symptoms are not better or you do not return to the GREEN ZONE after one hour, follow RED ZONE instructions. If you are in the YELLOW ZONE for more than 12-24 hours, call your provider. If your breathing symptoms get worse, call your provider.

<div style="text-align: center;"> <h3>Red Zone</h3> <h4>"STOP! Medical Alert!"</h4> </div> <div style="display: flex; align-items: center;"> <ul style="list-style-type: none"> Medicine is not helping Nose opens wide to breathe Breathing is hard and fast Trouble Walking Trouble Talking Ribs show </div> <div style="text-align: center; margin-top: 20px;"> <p>Peak Flow Range (Below 50% of personal best)</p> </div>	<p>The RED ZONE means start taking your RED ZONE medicine(s) and call your doctor NOW! Take these medicines until you talk with your doctor. If your symptoms do not get better and you can't reach your doctor, go to a hospital emergency department or call 911 immediately.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 70%; text-align: left;">Reliever Medicine(s)</th> <th style="width: 30%; text-align: left;">Dose</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> </tbody> </table>	Reliever Medicine(s)	Dose	_____	_____	_____	_____	_____	_____
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_____	_____								
_____	_____								

An asthma emergency may be characterized by a student struggling to breathe, having difficulty talking or being unable to speak, having retractions (skin between ribs sinks in with each breath), or if the lips or nails turn blue or gray.

SHOULD AN ASTHMA EMERGENCY OCCUR, THE FOLLOWING ACTION SHOULD BE ATTEMPTED:

OTHER MEDICATIONS STUDENT IS TAKING:

Name of medication _____ Dosage _____

Name of medication _____ Dosage _____

Name of medication _____ Dosage _____

Parent/Guardian Signature _____

Physician Signature _____

Physician/Healthcare Provider _____ **PHONE** _____