



# IMPACT

Improving Pediatric Asthma Care in the District of Columbia



## FAMILY GOALS FOR MANAGING ASTHMA



- Fill all of your child's prescriptions today! Get refills every month as needed.
- Follow your child's Asthma Action Plan.
- Visit your primary care provider every 3 months to talk about asthma.
- Tell people who take care of your child how to take care of your child's asthma.
- If your child is at school, make sure the school nurse has a copy of the Asthma Action Plan.
- Make sure the school nurse has access to your child's medication.
- Cover your child's pillow with the special dust mite cover that we gave you.
- Other special goals:

---



---



---

### Asthma Action Plan

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

Health Care Provider: \_\_\_\_\_ Provider's Phone: \_\_\_\_\_

Parent/Responsible Person: \_\_\_\_\_ Parent's Phone: \_\_\_\_\_ School: \_\_\_\_\_

Additional Emergency Contact: \_\_\_\_\_ Contact Name: \_\_\_\_\_ Last 4 Digits of BSN: \_\_\_\_\_

**Asthma Severity** (use reverse side)  
 Predominant:  Mild  Moderate  Severe  
 Asthma Control:  Well-controlled  Needs better control

**Asthma Triggers Identified** (Things that make your asthma worse):  
 Cold  Sinus (sinusitis, allergies)  Pollen  Dust  Animals  
 Strong odors  Mold/moisture  Pet dander, mold/moisture  
 Stress/exercise  Gastrointestinal reflux  Exercise  
 Season: Fall, Winter, Spring, Summer  Other: \_\_\_\_\_

**Green Zone: Go!** - Take these CONTROL (PREVENTION) Medicines EVERY Day

You have ALL of these:  
 • Breathing is easy  
 • No cough or wheeze  
 • Can work and play  
 • Can sleep all night

Peak flow in this area: \_\_\_\_\_  
 (Show from 50% of personal best)  
 Personal best peak flow: \_\_\_\_\_

No control medicines required. **Always check mouth after using your daily inhaled medicine!**  
 \_\_\_\_\_ puff(s) MDI with spacer \_\_\_\_\_ times a day  
 \_\_\_\_\_ nebulizer treatment(s) \_\_\_\_\_ times a day  
 For asthma with exercise, ADD \_\_\_\_\_ puff(s) MDI with spacer 15 minutes before exercise  
 For seasonal/allergy, ADD \_\_\_\_\_

**Yellow Zone: Caution!** - Continue CONTROL Medicines and ADD RESCUE Medicines

You have ALL of these:  
 • First sign of a cold  
 • Cough or mild wheeze  
 • Tight chest  
 • Trouble sleeping, working, or playing

Peak flow in this area: \_\_\_\_\_  
 (Less than 50% of personal best)

\_\_\_\_\_ puff(s) MDI with spacer every \_\_\_\_\_ hours as needed  
 OR  
 \_\_\_\_\_ nebulizer treatment(s) every \_\_\_\_\_ hours as needed  
 Call your DOCTOR if you have these signs more than two times a week or if your rescue medicine doesn't work!

**Red Zone: EMERGENCY!** - Continue CONTROL & RESCUE Medicines and GET HELP!

You have ALL of these:  
 • Can't talk, eat, or walk well  
 • Medicine is not helping  
 • Breathing hard and fast  
 • Blue lips and fingers  
 • Tired or lethargic  
 • Fills slow

Peak flow in this area: \_\_\_\_\_  
 (Less than 50% of personal best)

**REQUIRED: Healthcare Provider Signature:** \_\_\_\_\_ Date: \_\_\_\_\_  
**REQUIRED: Responsible Person Signature:** \_\_\_\_\_ Date: \_\_\_\_\_  
 Follow up with primary doctor in 1 week or: \_\_\_\_\_ Phone: \_\_\_\_\_

**REVISION: REVISIONS: CONSENT AND PROVIDER ORDER FOR CHILDREN/YOUTH:**  
 Possible use of school nurse only if approved school nurse, parent, and physician.  
 This student is capable and approved to self-administer the medicine (s) stated above.  
 As the RESPONSIBLE PERSON:  
 I hereby authorize a trained school employee, if available, to administer medication to the student.  
 I hereby authorize the student to possess and self-administer medication.  
 I hereby acknowledge that this student and his/her school, employee and agency shall be released from their liability for acts or omissions under D.C. Law 17-227 except for intentional acts, intentional omissions, gross negligence, or willful misconduct.

**www.impactdc.org**  
 This document is approved for use by your District of Columbia Department of Health Services.  
 ©2010 440-8828  
 PATIENT COPY  
 Revised 08/17/09