STANDARD
ASTHMA PROTOCOL

**Please confirm student does not have an Individualized Asthma Protocol**

IF STUDENT COMPLAINS OF
ASTHMATIC ILLNESS / EXHIBITS SYMPTOMS OF:

1. Tightness in chest. 6. Inability to speak in full sentences without taking a breath or only able to whisper.
2. Shortness of breath. 7. Bluish discoloration of lips, nails, mucous membranes around eyes / gums.
3. Coughing for prolonged periods. 8. Coughing that causes choking, a bluish color to lips, or persistent vomiting.
4. Audible wheeze or unusual sounds. 9. Need to stand or lean over at waist.
5. Anxious appearance. 10. Decreased level of consciousness.

1. Have student go immediately to office / health room accompanied by peer / school personnel.
   * If student is unable to walk to office / health room, call for inhaler to be brought immediately to student.

2. ☐ Student / ☐ Caregiver to administer inhaler if ordered.

   **Be sure to review the five “R’s” to ensure the student is taking the right medication!**

   ✔ RIGHT NAME OF STUDENT
   ✔ RIGHT NAME OF MEDICATION
   ✔ RIGHT DOSE
   ✔ RIGHT TIME
   ✔ RIGHT ROUTE

   Check medication monthly. Advise parent immediately to replace medicine when observing discolored medication and / or a minimum of two weeks prior to expiration date. In an emergency - use expired / discolored medication.

3. Stay with student; remain calm. Monitor for symptoms listed above.
   a. When symptoms decrease within 15 minutes after taking medication; student may return to class.
   b. When symptoms increase in severity or there is absent breathing / pulse / decreased level of consciousness, delegate call to EMS / 9-1-1, and begin CPR as necessary—Notify district nurse.

4. Notify parent / guardian promptly of incident and actions taken.

5. Encourage student to relax by:
   ✔ Assuming most comfortable position.
   ✔ Doing slow, deep breathing.
   ✔ Sipping warm water.
   ✔ Refocusing on pleasant images / thoughts.

6. Record medication on medication record.