


 Child's photo

Child's name: _____

Date of birth: ____ / ____ / ____

This child has confirmed food, insect, or medication allergies:

Yes No

This child has an ASCIA Action Plan:

Yes No

This child requires medication prior to planned exercise:

Yes No

Name and dose of medication: _____

Name of Medical / Nurse Practitioner completing this form: _____

Signature: _____

Date: ____ / ____ / ____

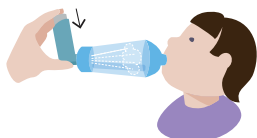
Please review this plan in 12 months.

How to use a puffer with a spacer

- 1 Remove cap, shake puffer well and insert into spacer.



- 2 Place mouthpiece of spacer between teeth, closing lips to form a seal. Push down on top of puffer to release 1 puff of medicine into spacer.



- 3 Take 4 normal breaths in and out through spacer. For each additional puff of medicine shake puffer and repeat steps 2 & 3.



Masks can be attached to spacers for children under 4 years or for those with developmental/cognitive delay.

Note for Medical or Nurse Practitioner: This form has been developed specifically for use within the Education and Care sector and is **to be completed and signed by a Medical or Nurse Practitioner only** (emergency contact details can be completed by parent or guardian). If the child's school or child's service asthma first aid instructions differ from this Action Plan for Asthma Flare-up, please provide parent/guardian with written detailed instructions.

SIGNS OF A MILD TO MODERATE ASTHMA FLARE-UP*

- Mild or moderate difficulty in breathing
- Wheezing (high pitched whistling sound, generally heard when breathing out)
- Dry and irritable cough
- Chest tightness or sore chest
- Mostly able to talk in full sentences

* Not all need to be present

ACTION FOR A MILD TO MODERATE ASTHMA FLARE-UP

Be calm and reassuring. If possible, get someone to help.

STEP 1: Place the child in a seated upright position.

STEP 2: Shake blue/grey puffer (e.g. Ventolin[®], Asmol[®], Airomir[®]), give 4 separate puffs, preferably with a spacer, allowing child to take 4 breaths in and out through spacer with each puff. Shake puffer before each puff.

STEP 3: Wait 4 minutes. If the child still cannot breathe normally, give another 4 separate puffs of the blue/grey puffer as in STEP 2.

STEP 4: If no improvement in the child's breathing, **call an ambulance - DIAL 000** and continue to give 4 separate puffs of blue/grey puffer every 4 minutes until the ambulance arrives.

SIGNS OF A SEVERE / LIFE-THREATENING ASTHMA FLARE-UP*

- Extreme difficulty in breathing-unable to talk freely
- Sucking in at the base of the throat/caving in of the rib cage
- Bluish tinge to the lips, pale, sweaty
- Distressed, anxious, exhausted, confused, drowsy

* Not all need to be present

ACTION FOR A SEVERE / LIFE-THREATENING ASTHMA FLARE-UP

Place child in a seated upright position.

CALL AN AMBULANCE - DIAL 000

Be calm and reassuring. If possible, get someone to help.

Shake blue/grey puffer (e.g. Ventolin[®], Asmol[®], Airomir[®]), give 4 separate puffs, preferably with a spacer, allowing child to take 4 breaths in and out through spacer with each puff. Shake puffer before each puff. Repeat every 4 minutes until the ambulance arrives.

Note: If child with known anaphylaxis to food/s, insects or medication/s has sudden breathing difficulty (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms always give adrenaline autoinjector first, if available, then blue/grey puffer.

Attention Parents / Guardian

Please complete the below information and return this form to your child's school or childcare.

Emergency contact details:

Name: _____ Relationship to child: _____

Best contact phone number/s: _____

Developed by the Sydney Children's Hospitals Network Aiming for Asthma Improvement in Children Program, in collaboration with NSW Ministry of Health and NSW State and National Education Sectors. December 2016. Acknowledgment: Australasian Society of Clinical Immunology and Allergy (ASCIA) for their review of document.

Reference www.nationalasthma.org.au/uploads/content/22-NAC-First-Aid-for-Asthma-ChartKids-FINAL.pdf
SPHN (SCHN) 210590