

Sample School Policy for Asthma Action Plans

An asthma action plan is a self management tool that is used to help a person diagnosed with asthma better control his or her condition. It is completed by a physician or healthcare provider and includes information on a student's medications and dosing requirements, asthma triggers, how to handle worsening symptoms and what to do during a breathing emergency. It is a critical element in a school's overall wellness plan that can help school nurses identify and track those students that are most at risk for having an asthma emergency.

In order to protect all students with asthma, each student at **[SCHOOL]** identified as having asthma must have an asthma action plan on file that is signed by a physician or healthcare provider. **[SCHOOL]** is willing to accept any of the standardized asthma action plans provided by the American Lung Association, the Center for Disease Control and Prevention, state asthma coalitions or the student's pediatrician's office, as long as it is filled out correctly and signed by a healthcare provider. The form can be written based on symptoms, peak flow meter readings or both.

Asthma action plan protocols include:

- Provide individual asthma action plan forms in annual enrollment materials.
- Create and support procedures to obtain, maintain, and utilize written asthma action plans, signed by the child's physician, for every student with asthma.
- Collect asthma action plans on an annual basis or when there is a change in the severity classification of a student's asthma.
- Follow a standard emergency protocol for students in respiratory distress that do not have a written asthma action plan on site.

Copies of the asthma action plan should be filed in the following:

- The original form should be available in an unlocked location within the school health clinic that is accessible to anyone who may need to administer medication.
- A copy should be provided to coaches and physical education instructors.
- A copy should be provided to any teachers or designated staff as needed.

[Note: It might be appropriate to include a statement about your state's self-carry/self administering of medication law. Many schools track students that self-carry their quick relief asthma medication based on a medication release form or an Asthma Action Plan]