Today, your child was seen in the Emergency Department for a significant asthma exacerbation. To treat this attack, in addition to your Controller and Quick Relief medicine, also give:

___ Prednisolone liquid ___ mg daily for ___ days, Refill 0

OR

___ Prednisone tablet ___ mg daily for ___ days, Refill 0

Additional discharge instructions: _______________________________________________________________

□ Schedule follow-up appointment with a doctor in _____ weeks

□ Referral to Asthma Specialist   □ Referral to Asthma Educator

PHARMACIST: Label salbutamol as “Take as directed as per asthma action plan”.

Fill other medications as directed by physician.

PHYSICIAN: Initial beside selected orders.

Emergency Department

ASTHMA ACTION PLAN & PRESCRIPTION

CONTROLLER Medicine:
__ Fluticasone (Flovent®) ____mcg/puff, take ___ puffs, 2 times/day, 3 months, Refill 3
__ Ciclesonide (Alvesco®)____mcg/puff, take ___ puffs, ___ times/day, 3 months, Refill 3
__ Montelukast (Singulair®) ______mg, take 1 pill at night, 30 days supply, Refill 3

QUICK RELIEF Medicine (blue inhaler):
___ Salbutamol (Ventolin®) 2 puffs every 4 to 6 hours as needed, 1 inhaler, Refill 3
___ Salbutamol (Ventolin®) before exercise: 2 puffs

___ SPACER DEVICE: dispense __ device, Refill __
___ Infant with mask __ Pediatric with mask__ Adult with mouthpiece

PHYSICIAN: ______________________   License # ________   Signature: ______________________   Date: ________

Breathing is good
Run & play normally.
Cough or wheeze less than 4 times a week.

Continue GREEN ZONE CONTROLLER medicine.
Take QUICK RELIEF medicine (blue inhaler) every 4 hours until better.

______________________________________________________________

See a doctor if quick relief needed more than 4 days a week.

Asthma under control

Asthma not well controlled

Asthma out of control

Take QUICK RELIEF medicine (blue inhaler) every 4 hours.

If you need QUICK RELIEF medicine (blue inhaler) more than every 4 hours, seek medical attention NOW.

If still in Red Zone after 15 minutes or you have not reached your doctor, call 911 or go to nearest emergency department NOW. Take QUICK RELIEF medicine (blue inhaler) as needed (even every 10 or 20 minutes if not improving) on way to hospital

Signs of a cold.
Mild to moderate cough or wheezing.
Waking up because of asthma.

Breathing is good
Run & play normally.
Cough or wheeze less than 4 times a week.

Weight: _____ kg
ASTHMA QUIZ FOR KIDZ*

* Adapted from Canadian Respiratory Journal 2004; 11(8):541-6.

1. Did you cough, wheeze, or have a hard time breathing 4 or more days out of the last 7 days? □ □
2. Did you wake up at night because you were coughing, or wheezing, or having a hard time breathing 1 or more times in the last 7 days? □ □
3. Did you use your blue puffer 4 or more times in the last 7 days? □ □
4. In the last 7 days, did you do less exercise or sports because it was making you cough, wheeze, or you were having a hard time breathing? □ □
5. In the last 30 days, did you miss school or regular activities because you were coughing, wheezing, or having a hard time breathing? □ □
6. In the last 30 days, did you go to a clinic or a hospital without an appointment because you were coughing, wheezing, or having a hard time breathing? □ □

• How many times did you answer YES? _____
• If you said YES 2 or more times, your asthma is not well controlled. Talk to your mom and dad about seeing a doctor. Let your doctor be your asthma coach!

TRIGGERS

Follow these steps to avoid these common triggers:

Colds: Most common trigger. Wash hands before touching your mouth or nose to prevent colds. Follow Yellow Zone at first sign of a cold.

Smoke: Don’t smoke! Do not allow others to smoke in your home or car. Encourage your parents to STOP smoking. Even if they smoke outside, the smoke in their clothes and hair can trigger your asthma.

Air pollution: Avoid fumes and chemicals.

Follow these steps if you have any of the following allergies:

Pets: Avoid pets with fur or feathers. If you have pets, wash them often.

Pollen: Close windows during pollen season (Spring and Fall). Air conditioning helps. Avoid freshly cut grass.

Dust mites: Wash bed sheets in hot water. Vacuum and dust often. Cover pillows and mattresses with dust mite-resistant covers.

Mold: Keep bathroom and basement dry. Keep away from decomposing leaves and garden waste.

Controlling your asthma

1. Avoid triggers.
2. Know your medication and how and when to take it. Take controller medications regularly.
3. Follow your action plan.
4. After any emergency room visit, you must schedule a follow-up appointment with a doctor in the next 2 weeks.
5. Always have spare quick relief medication (blue inhaler) available.