

Plano Independent School District  
District Health Services  
School Asthma Action Plan  
School Year: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ ID#: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher / Section: \_\_\_\_\_ Bus #: \_\_\_\_\_ *Place Student Picture Here*

Daily Asthma Treatment and Emergency Plan

**Medical Equipment:**

Please list any medical equipment this student will need to treat his/her asthma at school (i.e. spacer, nebulizer supplies, oxygen, etc.) *Parent will provide all equipment and supplies needed:* \_\_\_\_\_

**Green Zone** – Peak Flow (PF) Range \_\_\_\_\_ to \_\_\_\_\_ *No symptoms (PF 80-100% of personal best):*  
\_\_\_\_ No control medicines required **OR**  
\_\_\_\_ Oral control medication: \_\_\_\_\_ taken \_\_\_\_\_ times a day.  
\_\_\_\_ Puffs of: \_\_\_\_\_ MDI/HFA taken \_\_\_\_\_ times a day.  
\_\_\_\_ Nebulizer treatment with: \_\_\_\_\_ times a day.  
For asthma symptoms with exercise: \_\_\_\_\_ puff(s) \_\_\_\_\_ 15 minutes before exercise.

**Yellow Zone** – Peak Flow Range \_\_\_\_\_ to \_\_\_\_\_ Tight chest, cough, mild wheeze, signs of upper respiratory illness, unable to exercise (PF between 50-80% of personal best).  
\_\_\_\_ Puff(s) \_\_\_\_\_ MDI/HFA \_\_\_\_\_ times a day.  
\_\_\_\_ Nebulizer treatment(s) with: \_\_\_\_\_ every \_\_\_\_\_ hours as needed.

**Red Zone** – Peak Flow below \_\_\_\_\_ (*PF less than 50% of personal best*)  
**EMERGENCY ACTION IS NECESSARY WHEN THE STUDENT HAS SYMPTOMS SUCH AS:**  
**Can't talk, eat or walk well      Medication is not helping      Chest / neck retractions**  
**Breathing hard & fast      Blue lips and/or fingernails      PO<sub>2</sub> less than \_\_\_\_\_ %**  
\_\_\_\_ Puffs \_\_\_\_\_ MDI/HFA every \_\_\_\_\_ minutes for **THREE (3)** treatments **OR**  
\_\_\_\_ Nebulizer treatment every \_\_\_\_\_ minutes for **THREE** treatments.  
\_\_\_\_ Contact Parent      \_\_\_\_ Call EMS / 911

**Physician's Consent for Self Administration of Asthma Medication**

I have instructed the student in the proper way to use the asthma medication. It is my professional opinion that this student \_\_\_\_\_ **SHOULD** \_\_\_\_\_ **SHOULD NOT** (check one) be allowed to carry and self-administer his/her asthma medications while on school property or at school related events. **PHYSICIAN'S INITIALS** \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## Parent / Guardian Consent – Asthma

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ ID#: \_\_\_\_\_ SY: \_\_\_\_\_

### Emergency Contacts:

| Name | Telephone Number | Relationship to Student |
|------|------------------|-------------------------|
|      |                  |                         |
|      |                  |                         |
|      |                  |                         |
|      |                  |                         |

### Background Information:

Asthma Control: \_\_\_\_\_ Well controlled \_\_\_\_\_ Needs better control

Has the student ever experienced a severe asthma episode in the past that required emergency room care or hospitalization? What care was needed at that time? \_\_\_\_\_

### Asthma Severity:

|                    |                   |
|--------------------|-------------------|
| _____ Intermittent | _____ Persistent: |
|                    | _____ Mild        |
|                    | _____ Moderate    |
|                    | _____ Severe      |

### Asthma Triggers:

|                                |                      |                               |
|--------------------------------|----------------------|-------------------------------|
| _____ Colds                    | _____ Pollen         | _____ Dust                    |
| _____ Animals _____            | _____ Smoke          | _____ Stress                  |
| _____ Pests (rodents, roaches) | _____ Exercise       | _____ Gastroesophageal Reflux |
| _____ Strong Odors             | _____ Seasonal _____ | _____ Other _____             |

### Parent/Guardian Consent for Self Administration of Asthma Medication

I \_\_\_\_\_ **DO** \_\_\_\_\_ **DO NOT (check one)** give consent for my child to carry and self-administer his/her asthma medications. If my child carries his/her own asthma medication, I realize that the school clinic will not have his/her personal asthma medication(s) unless I supply the school with an extra one in case my child forgets his/hers. I understand that the school nurse will also assess my child's knowledge and ability to identify symptoms and self-administer his/her asthma medication(s). However, I acknowledge that the school is relying on my representation that my child is adequately trained to identify symptoms and self-administer his/her asthma medication(s). **PARENT INITIALS** \_\_\_\_\_

### Parent/Guardian Consent for Unlicensed Assistive Personnel to Administer Asthma Medication

I  DO  DO NOT (check one) authorize the District to designate unlicensed assistive personnel (UAP) who have been trained by a medical professional, including but not limited to, emergency medical personnel, a physician and/or a registered nurse to administer asthma medication(s) to my child while in attendance at Plano ISD or Plano ISD related events (such as field trips and athletic events), when a trained medical professional may not be available. I understand that school related health services may not be provided to my student without my required consent, as outlined herein. PARENT INITIALS \_\_\_\_\_

### Parent/Guardian Consent to Share Information and Picture

I  DO  DO NOT (check one) authorize Plano ISD to display a picture of my child and identify that this is a person with asthma. I understand that school staff that comes into contact with my child will be given information about my child that would assist them in an emergency situation. This may include but is not limited to: health office staff and substitutes, classroom teachers and aides, special subject teachers, substitute teachers, office staff, cafeteria staff and bus drivers. I understand that the reason for this is to enable school personnel to better prevent and respond to potential emergencies. This authorization is valid from the date signed for the remainder of the current school year. PARENT INITIALS \_\_\_\_\_

### Parent/Guardian Authorization for School Staff to Communicate Health Information

*I authorize the District's designees, including District medical professionals and UAPs, to share/obtain my student's health related information with the medical health professional or health care provider identified above to plan, implement or clarify actions necessary in the administration of school related health services such as but not limited to: emergency care, care for any documented diagnosis, medical treatments as outlined in a student's IHP, 504 plan, IEP, or other PISD form requesting for school health care services. By signing this Authorization, I readily acknowledge that the information used or disclosed pursuant to this Authorization may be subject to re-disclosure by designees authorized herein and the person(s) with whom they communicate, and no longer be protected by the HIPAA rules. I realize that such re-disclosure might be improper, cause me embarrassment, cause family strife, be misinterpreted by non-health care professionals, and otherwise cause me and my family various forms of injury. I hereby release any Health Care Provider that acts in reliance on this Authorization from any liability that may accrue from releasing my child's Individually Identifiable Health Information. School-related health services described herein shall not be provided to a student without the required consent of the parent/guardian, as outlined herein. PARENT INITIALS \_\_\_\_\_*

### Parent/Guardian Release of Claims Against District and Agreement to Indemnify

**To the extent permitted under the law, on behalf of myself and the student, I release and agree to defend, indemnify, and hold harmless the District for all claims, damages, demands, or actions arising from, relating to or growing out of, directly or indirectly, the administration of Asthma Medication to the Student, the Student's self-administration of Asthma Medication and/or the disclosure of Individually Identifiable Health Information. This release is to be construed as broadly as possible. It includes a release of claims against the District for its, joint or singular, sole or contributory, negligence or strict liability, including liability arising from the alleged violation of any statute (other than those which protect against discrimination based on race, age, sex, or other classification which has experienced historical discrimination), growing out of, relating to, or arising out of, directly or indirectly, the School Staff's administration of Asthma Medication to the student and/or Student's self-administration of Asthma Medication, or the disclosure of Individually Identifiable Health Information.**

**including but not limited to claims that School Staff failed to properly and sufficiently assess my child's knowledge and ability to identify symptoms and self-administer his/her asthma medication(s) negligently failed to recognize symptoms requiring the use of Asthma Medication, misconstrued symptoms which it believed necessitated the use of Asthma Medication, negligently administered or failed to administer Asthma Medication(s), or "over-disclosed" my child's health information.** PARENT INITIALS \_\_\_\_\_

*The School Health Administrative Guidelines developed by the Plano Independent School District are subject to the Americans with Disabilities Act ("ADA"), 42 U.S.C. §12101, et seq.; Section 504 of the Rehabilitation Act of 1973 ("Section 504"), 29 U.S.C. § 701, et seq.; and the Individuals with Disabilities Education Act ("IDEA"), 20 U.S.C. § 1400 et seq.*

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_