

**ST. CLAIR CATHOLIC DISTRICT SCHOOL BOARD  
POLICIES AND PROCEDURES  
SECTION C: STUDENTS**



Appendix F

**PREVALENT MEDICAL CONDITION — ASTHMA  
Plan of Care**

**STUDENT INFORMATION**

Student Name _____	Date Of Birth _____	
Ontario Ed. # _____	Age _____	
Grade _____	Teacher(s) _____	

**EMERGENCY CONTACTS (LIST IN PRIORITY)**

NAME	RELATIONSHIP	DAYTIME PHONE	ALTERNATE PHONE
1.			
2.			
3.			

**KNOWN ASTHMA TRIGGERS**

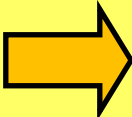
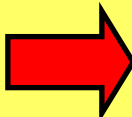
CHECK (✓) ALL THOSE THAT APPLY

<input type="checkbox"/> Colds/Flu/Illness	<input type="checkbox"/> Change In Weather	<input type="checkbox"/> Pet Dander	<input type="checkbox"/> Strong Smells
<input type="checkbox"/> Smoke (e.g., tobacco, fire, cannabis, second-hand smoke)	<input type="checkbox"/> Mould	<input type="checkbox"/> Dust	<input type="checkbox"/> Cold Weather
<input type="checkbox"/> Physical Activity/Exercise	<input type="checkbox"/> Other (Specify) _____		
<input type="checkbox"/> At Risk For Anaphylaxis (Specify Allergen) _____			
<input type="checkbox"/> Asthma Trigger Avoidance Instructions: _____			
<input type="checkbox"/> Any Other Medical Condition or Allergy? _____			



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**MANAGING ASTHMA ATTACKS**

<b>MILD ASTHMA ATTACK</b>	
<p>If ANY of the following occur:</p> <ul style="list-style-type: none"> <li>• Continuous coughing</li> <li>• Trouble breathing</li> <li>• Chest tightness</li> <li>• Wheezing (whistling sound in chest)</li> </ul> <p>Student may also be restless, irritable and/or very tired</p>	
<p>Step 1: <b>Immediately</b> use fast-acting reliever inhaler (usually blue inhaler)</p>	
<p>Step 2: Check symptoms. Only return to normal activity when all symptoms are gone.</p> <p>If symptoms get worse or do not improve within 10 minutes, this is an <b>emergency</b> – follow steps below.</p>	
<b>ASTHMA EMERGENCY</b>	
<p>If ANY of the following occur:</p> <ul style="list-style-type: none"> <li>• Breathing is difficult and fast</li> <li>• Cannot speak in full sentences</li> <li>• Lips or nail beds are blue or grey</li> <li>• Skin on neck or chest sucked in with each breath</li> </ul> <p>Student may also be anxious, restless and/or very tired</p>	
<p>Step 1: <b>Immediately</b> use fast-acting reliever inhaler (usually blue inhaler)</p> <p><b><u>CALL 911 (9-911)</u></b> for an ambulance. If possible, stay with person.</p>	
<p>Step 2: If symptoms continue, use reliever inhaler every 5 to 15 minutes until medical help arrives.</p>	
<p><b>While waiting for medical help to arrive:</b></p> <ul style="list-style-type: none"> <li>✓ Have student sit up with arms resting on table (do not have student lie down unless it is an anaphylactic reaction)</li> <li>✓ Stay Calm, reassure the student and stay by his/her side</li> <li>✓ Notify parent/guardian or emergency contact</li> </ul>	