





# Flowchart for the Management of an Asthma Attack in School

MILD / MODERATE SYMPTOMS	ACTION
<ul style="list-style-type: none"> <li>Short of breath</li> <li>Wheezy</li> <li>Coughing</li> <li>Complaining of chest tightness</li> <li>Maybe unable to talk in full sentences</li> </ul>	<ol style="list-style-type: none"> <li>1. Give 2 – 4 puffs of pupil’s own reliever (blue) inhaler immediately</li> <li>2. If symptoms improve, the pupil can return to school activities</li> <li>3. Record administration of medication and inform the parents, in accordance with the school asthma policy</li> </ol> <p style="color: red; font-weight: bold; margin-top: 10px;">If symptoms do not improve or become worse then follow instructions for severe attack</p>

SEVERE SYMPTOMS	ACTION
<p style="color: red; font-weight: bold; margin-bottom: 10px;">The pupil may have one or more of these symptoms in addition to the mild symptoms</p> <ul style="list-style-type: none"> <li>Own normal inhaler is not helping to relieve the asthma symptoms</li> <li>Too breathless to talk or drink</li> <li>Becoming agitated or exhausted</li> <li>Lips and/or fingers are going blue</li> </ul>	<ol style="list-style-type: none"> <li>1. Give 10 puffs of the pupil's own reliever (blue) metered dose inhaler via a spacer if available</li> </ol> <p style="color: red; font-weight: bold; text-align: center; margin: 5px 0;">Call an ambulance</p> <ol style="list-style-type: none"> <li>2. Continue to give 1 puff of the reliever (blue) inhaler via the spacer (if available) every minute, until the ambulance arrives or the symptoms begin to improve</li> <li>3. Record the administration of medication and inform the parents, in accordance with the school asthma policy</li> </ol>

### How to Use an Inhaler and Spacer

			
1. Remove the cap from the inhaler and shake	2. Put the inhaler into the flat end of the spacer	3. Press the inhaler once to puff a single dose into the spacer	4. Encourage the child to breath slowly and deeply ten times in and out of the spacer
5. Then repeat the steps 1 to 4 for each puff of the reliever inhaler			