



Confidentiality of this medical record shall be maintained except when use or disclosure is required or permitted by law, regulation, or written authorization by the patient.



HealthCare Provider _____
Phone Number _____
Next Appointment _____ within 3-5 days _____

SPECTRUM HEALTH



Plan of Care

ASTHMA HOME MANAGEMENT - PEDIATRIC

Patient Name _____
DOB _____
MRN _____
Physician _____
FIN _____



GREEN ZONE

This is where you should be everyday.

NO SIGNS OF ASTHMA

- No cough, wheeze, chest tightness
- Able to do normal activities
- Using rescue medications less than twice a week

If you are in the GREEN ZONE, take these controller medications everyday:

Medication	Dose	When to take
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Triggers to Avoid _____

If you have asthma symptoms with exercise, 15-20 minutes prior to exercise take: _____



YELLOW ZONE

You have signs of an asthma attack. Avoid triggers and take action to get control!

EARLY SIGNS OF ASTHMA

- Coughing, Wheezing, Tight Chest
- Waking at night due to asthma
- First sign of a cold
- Can do some, but not all, usual activities

If you are in the YELLOW ZONE, continue to take your green zone medications and take this RESCUE medication NOW:

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Albuterol | <input type="checkbox"/> 2 puffs with spacer |
| <input type="checkbox"/> Xopenex | <input type="checkbox"/> 4 puffs with spacer |
| <input type="checkbox"/> _____ | or |
| | <input type="checkbox"/> Nebulizer, one vial |

Repeat every 4-6 hours as needed.

If RESCUE medication is needed every 4 hours for more than 24 hours:

- Call Doctor _____
- Increase _____
- Add _____
- _____

If asthma signs get worse, go to the **RED ZONE**



RED ZONE

DANGER!
THIS IS AN EMERGENCY!
GET HELP NOW!

LATE SIGNS OF ASTHMA

- Rescue Medications Not Helping
- Constant Coughing
- Very Short of Breath
- Trouble Walking or Talking
- Nasal Flaring or Retractions

IF YOU ARE IN THE RED ZONE, TAKE THIS RESCUE MEDICATION NOW:

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Albuterol | <input type="checkbox"/> 2 puffs with spacer |
| <input type="checkbox"/> Xopenex | <input type="checkbox"/> 4 puffs with spacer |
| <input type="checkbox"/> _____ | <input type="checkbox"/> 6 puffs with spacer |
| | or |
| | <input type="checkbox"/> Nebulizer, one vial |

You may repeat RESCUE medication every 20 minutes for up to one hour, if needed

NEXT, Call your doctor for further instructions.

CALL 911 OR GO TO THE EMERGENCY ROOM IF ASTHMA SIGNS ARE NOT IMPROVING!

Patient is able to self administer medication at school: Yes No

Date _____ Physician signature _____ I have received a copy of this document: _____

Patient/Caregiver Signature



257894 (01/13) - Front

HealthCare Provider _____

SPECTRUM HEALTH

Phone Number _____

Plan of Care

Next Appointment within 3-5 days

ASTHMA HOME MANAGEMENT - PEDIATRIC

Patient Name _____

DOB _____

MRN _____

Physician _____

FIN _____

GOOD

GREEN ZONE

This is where you should be everyday.

NO SIGNS OF ASTHMA

- No cough, wheeze, chest tightness
- Able to do normal activities
- Using rescue medications less than twice a week

If you are in the GREEN ZONE, take these controller medications everyday:

Medication	Dose	When to take
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Triggers to Avoid _____

If you have asthma symptoms with exercise, 15-20 minutes prior to exercise take: _____

CAUTION

YELLOW ZONE

You have signs of an asthma attack. Avoid triggers and take action to get control!

EARLY SIGNS OF ASTHMA

- Coughing, Wheezing, Tight Chest
- Waking at night due to asthma
- First sign of a cold
- Can do some, but not all, usual activities

If you are in the YELLOW ZONE, continue to take your green zone medications and take this RESCUE medication NOW:

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|------------------------------------|--|
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| <input type="checkbox"/> Xopenex | <input type="checkbox"/> 4 puffs with spacer |
| <input type="checkbox"/> _____ | or |
| | <input type="checkbox"/> Nebulizer, one vial |

Repeat every 4-6 hours as needed.

If RESCUE medication is needed every 4 hours for more than 24 hours:

- Call Doctor _____
- Increase _____
- Add _____
- _____

If asthma signs get worse, go to the RED ZONE

DANGER

RED ZONE

DANGER! THIS IS AN EMERGENCY! GET HELP NOW!

LATE SIGNS OF ASTHMA

- Rescue Medications Not Helping
- Constant Coughing
- Very Short of Breath
- Trouble Walking or Talking
- Nasal Flaring or Retractions

If you are in the RED ZONE, TAKE THIS RESCUE MEDICATION NOW:

- | | |
|------------------------------------|--|
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| <input type="checkbox"/> Xopenex | <input type="checkbox"/> 4 puffs with spacer |
| <input type="checkbox"/> _____ | <input type="checkbox"/> 6 puffs with spacer |
| | or |
| | <input type="checkbox"/> Nebulizer, one vial |

You may repeat RESCUE medication every 20 minutes for up to one hour, if needed

NEXT, Call your doctor for further instructions.

CALL 911 OR GO TO THE EMERGENCY ROOM IF ASTHMA SIGNS ARE NOT IMPROVING!

Patient is able to self administer medication at school: Yes No

Date _____ Physician signature _____ I have received a copy of this document: _____

Patient/Caregiver Signature

DO NOT MARK BELOW THIS LINE

BARCODE ZONE

DO NOT MARK BELOW THIS LINE



Is Your Asthma Under Control?

- Do you have nighttime symptoms more than 2 times per month?
- Do you need quick-relief or RESCUE medication more than 2 times per week? (not related to activity)
- Do you need more than 2 canisters of quick relief medication per year?

If you answered "yes" to any of the above questions, your asthma may not be as well controlled as it could be. Talk to your doctor about ways you can improve control and manage symptoms.

Another way to monitor your asthma is with a PEAK FLOW METER.

A peak flow meter measures how much and how fast you can blow air out of your lungs.

Monitoring peak flows regularly will alert you to early asthma signs and may help you prevent an attack.

Work with your doctor to fill in the chart below:

Predicted/Best: _____

Green Zone: **Good** (80% – 100% of your predicted/best): _____

Yellow Zone: **Caution** (50% – 80% of your predicted/best): _____

Red Zone: **DANGER** (less than 50% of your predicted/best): _____

How to Control Things That Make Your Asthma Worse: TRIGGERS

Put a check next to the things you know make your asthma worse and ask your doctor to help you find out if you have other triggers as well.

Tobacco Smoke- Avoid exposure to tobacco smoke and do not allow smoking in your home or car. If you smoke, talk to your doctor about ways to quit or call 1-800-QUIT-NOW for more information.

Respiratory Infections- Avoid others with cold or flu-like symptoms. Wash your hands often.

Dust Mites- Use allergy-proof or vinyl mattress/ pillow covers. Vacuum 2-3 times per week and change bedding weekly.

Animals- Keep pets out of the bedroom and wash them often.

Mold- Remove sources of mold such as plants, carpets, humidifiers or aquariums, especially from bedrooms. Clean up mold quickly with dish soap. Use a dehumidifier in damp areas.

Cockroaches- Use baits (not sprays) for control. Keep food and garbage in closed containers. Do not allow food in the bedroom.

Exercise- When your asthma is well controlled, you should not be limited in physical activity. Talk to your doctor to make a plan that allows you to play and exercise.

If your doctor has prescribed a long term controller medication, be sure to take it every day, even when you are feeling well.

Long term controller medication will help prevent asthma symptoms, but will not help symptoms once they have started.

Quick relief medications such as Albuterol help treat symptoms once they have started. Be sure to have quick relief medications available at all times.

Make sure you talk to friends, family members, co-workers, teachers and coaches to let them know how asthma affects you and what they can do to help.

**For more information about asthma, visit:
www.devoschildrens.org**