

OFFICE OF THE SCHOOL NURSE

ASTHMA MANAGEMENT PLAN

INDIVIDUALIZED PEAK FLOW GUIDELINES
SCHOOL/HOME INSTRUCTIONS

(child's name) is being treated by
(Physician's name & phone #).

Severity Level: mild intermittent / mild persistent / moderate persistent / severe persistent
Asthma triggers:

Date: Personal Best Peak Flow:
Peak Flow Readings: 100-80% 80-65% 65-50% <50%

When using a peak flow meter to measure lung function, follow these instructions:

- If the meter reading is between 100-80%, the following actions are to be taken:

Daily long-acting Medicine Dose Time
1.
2.
No Restricted Activities.
No short burst medicines administered @ school.

- If the meter reading is between 80-65%, the following actions should be taken:

Continue above daily medications.
Add Adrenaline-like/short burst medicine: puffs
Give three to six times in 24 hours.
Continue until peak flow is above 80 for two days.
Activities: restricted/not restricted. (circle one.)
Additional Medications to be given:

Medicine Dose Time
1.
2.

- If meter reading is between 65-50%, the following actions should be taken:

Continue adrenaline-like medication.
If meter reading continues in this zone - notify sponsor @
Or spouse @, emergency contact @
Activities restricted.

- If the meter reading is in the 50% range or below and the child is experiencing respiratory distress, contact the parent or doctor immediately.

Parent Signature

Physician Signature and Date