

Coastal Children's Clinic Asthma Management Plan

Name: _____ DOB: _____

Doctor: _____ Date: _____

Office Phone: New Bern 252-633-2900
 Havelock 252-447-8100
 Maysville 910-743-2022

A SPACER MUST BE USED WITH ALL MIST INHALERS!

How to use a spacer with the inhalers:

Shake inhaler and press down twice to prime inhaler. Insert inhaler into spacer; Place mask over child's nose and mouth (ensure a good seal). If older child, have them put mouth piece in mouth; Press down on inhaler once and have child take 5 good breaths or hold mask in place for 10 seconds. Allow 1 min between puffs.

1. Green - Go

Use these controller medicines (steroid inhalers) *every day at home* to keep in the green zone (or seasonally as your doctor directs):

- Breathing is good.
- No cough or wheeze.
- Can work or play
- May cough occasionally at night



Medicine:	How much to take:	Take at home:
<input type="checkbox"/> Flovent 44/110	<input type="checkbox"/> 1 puff <input type="checkbox"/> 2 puffs with spacer	<input type="checkbox"/> Twice per day
<input checked="" type="checkbox"/> Qvar 40/80	<input type="checkbox"/> 1 puff <input checked="" type="checkbox"/> 2 puffs with spacer	<input checked="" type="checkbox"/> Twice per day
<input type="checkbox"/> Alvesco 80/160mcg	<input type="checkbox"/> 1 puff <input type="checkbox"/> 2 puffs with spacer	<input type="checkbox"/> Twice per day
<input type="checkbox"/> Asmanex: 110/220mcg	<input type="checkbox"/> 1 inhalation	<input type="checkbox"/> Every morning
<input type="checkbox"/> Pulmicort 0.5 mg	<input type="checkbox"/> 1 inhalation	<input type="checkbox"/> Once daily
<input type="checkbox"/> Other: _____		
<input type="checkbox"/> 5-15 Minutes before every active exercise, use Albuterol ____ puffs		

2. Yellow - Caution

Keep using controller green zone medicines daily.

Add these medicines to keep an asthma attack from worsening:



Medicine:	How much to take:	How often
<input checked="" type="checkbox"/> Albuterol (Ventolin HFA, Proventil HFA, ProAir)	2 puffs by inhaler with spacer <input checked="" type="checkbox"/> and mask <input type="checkbox"/> by nebulizer	<input checked="" type="checkbox"/> May repeat 3 dosages in a row if needed

If symptoms **DO NOT IMPROVE** after first hour of treatment, then go to **red zone**.

If symptoms **DO IMPROVE** after first hour of treatment, then continue:

Medicine:	How much to take:	How often
<input checked="" type="checkbox"/> Albuterol	2 puffs by inhaler with spacer <input checked="" type="checkbox"/> and mask <input type="checkbox"/> by nebulizer	<input checked="" type="checkbox"/> Every 2-4 hrs. until symptoms resolve

Note: If symptoms resolve, you can stop the Albuterol but continue Controller Medicines!

Call your doctor if still having symptoms for more than 24 hours!

3. Red - Stop - Danger

Call your doctor and/or parent/guardian Now!

- Medicine is not helping.
- Breathing is hard and fast.
- Nose opens wide.
- Can't talk well
- Can't walk.

Take these medicines until you talk with doctor or parent/guardian

Medicine:	How much to take:	How often
<input checked="" type="checkbox"/> Albuterol	2 puffs by inhaler with spacer or nebulizer	May repeat every 20 minutes until you get help

Call 911 for severe symptoms, if symptoms do not improve, or you cannot reach your doctor and/or parent/guardian.

Appointments: New Bern 252-633-2900
 Havelock 252-447-8100
 Maysville 910-743-2022

Emergency After Hours:
 CCC Doctor On Call 252-633-2269
 Or Hospital Paging: 252-633-8817



WHITE - PATIENT YELLOW - SCHOOL PINK - CHART

Physician Signature _____ Date: _____ Phone: _____

Parent/Guardian Signature _____ Date: _____ Phone: _____