

**ASTHMA MANAGEMENT PROGRAM  
ASTHMA ACTION PLAN (SYMPTOM DRIVEN <5 YEARS)**

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NAME (Last, First, Middle Initial)	SSN	AGE	WEIGHT	DATE
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*It is important in managing asthma to keep track of your symptoms and medications. You can use the colors of a traffic light to help learn your asthma medications:*

- A. Green means Go - use preventative (anti-inflammatory) medicine.
- B. Yellow means Caution - use quick-relief (short-acting bronchodilator) medicine in addition to the preventive medicine.
- C. Red means STOP! - get help from a doctor.

**A. GREEN ZONE - Asthma is well controlled.**

*There is no coughing, no wheezing and no chest tightness.  
Able to be active, exercise and sleep without having asthma symptoms.*

*Breathing rate at rest or sleeping is normal:  
20-40 breaths/min. for infants less than one year  
18-30 breaths/min. for toddler 1-4 years old  
16-25 breaths/min. for a school age child*

**ACTION:**  
 Continue with medications listed in the daily treatment plan

**B. YELLOW ZONE - Caution - Take action now.**

*Occasional cough and occasional wheeze present  
Breathing rate is slightly increased:*

*40-50 breaths/min. for infant less than one year  
30-40 breaths/min. for a toddler 1-4 years old  
25-30 breaths/min. for school age child*

*Not able to do usual activities*

**ACTIONS:**

Give Albuterol (Proventil) \_\_\_\_\_ puffs.

Give \_\_\_\_\_cc of Albuterol (Proventil) with \_\_\_\_\_cc of normal saline in nebulizer.

*If there is improvement:*

Take Albuterol (Proventil) \_\_\_\_\_ puffs every \_\_\_\_\_ hours until symptoms clear.

Give \_\_\_\_\_cc of Albuterol (Proventil) with \_\_\_\_\_cc of normal saline in nebulizer every \_\_\_\_\_ hours until symptoms clear.

Other:

Continue with daily treatment plan.

Notify your medical provider if Albuterol (Proventil) is needed to treat symptoms more than two times per week as a change to your daily treatment plan may be needed.

*If there is NO improvement:*

Call your medical provider \_\_\_\_\_ or after duty hours call \_\_\_\_\_ for further instructions.

Other:

**C. RED ZONE - Danger!**

*Start the Red Zone Action Plan and get to an emergency room. Your child needs to be seen now. Quick action can prevent worsening symptoms. If necessary, call an ambulance. Rapid breath rate:*

*Over 50 breaths/min. for infant, 1 year--consistent coughing  
Over 40 breaths/min. for toddler--consistent wheezing  
Over 30 breaths/min. for school age children--wake up several times during the night*

**ACTIONS:**

Give Albuterol (Proventil) \_\_\_\_\_ puffs every 20 minutes up to 3 doses.

Give \_\_\_\_\_cc of Alubterol (Proventil) with every \_\_\_\_\_cc of normal saline in nebulizer.

Go to the nearest Emergency room for further care.

**ANY TIME THERE ARE SIGNS OF SEVERE ASTHMA, CALL 911!**

*Wheezing when breathing in as well as breathing out.*

*Very rapid breathing.*

*Lips or fingernails turn blue*

*Sucking in of skin below the chest, between the ribs or at the base of the neck.*

*Difficulty walking or talking*

*Struggling to breathe*

*Fainting or passing out*

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The traditional Field-by-Field creation process is extremely ineffective and slow.

The only realistic option to create high-quality forms is the Insert-Text-Anywhere-on-Page (ITAOP) method.

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