

# Ask for asthma action plans

A suggestion for implementing the strategy  
'Review your policies and procedures' from  
the Guide: [Asthma and learning](#)

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- Includes:**
- Ask whānau for an up-to-date action plan
  - Purpose of asthma action plans
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  - Health care and action plans
  - Useful resources

Inclusive Education

From

Guide: [Asthma and learning](#)

Strategy: [Review your policies and procedures](#)

Suggestion: [Ask for asthma action plans](#)

Date

20 May 2024

Link

[inclusive.tki.org.nz/guides/asthma-and-learning/ask-for-asthma-action-plans](https://inclusive.tki.org.nz/guides/asthma-and-learning/ask-for-asthma-action-plans)

## Ask whānau for an up-to-date action plan



Child Asthma Action Plan	
<b>Well</b> When I'm well: • I have no cough • I can play like other children • I use my reliever inhaler less than 2 times a week	<b>My asthma:</b> Preventer: I take this every day when I'm well. The name of my preventer is _____ The colour is _____ I take _____ puffs in the morning and _____ puffs at night through a spacer. Reliever: I take this only when I need it. The name of my reliever is _____ The colour is _____ I take _____ puffs through a spacer when I'm coughing, coughing or when it's hard to breathe. If I find it hard to breathe when I exercise I should take _____ puffs of my reliever.
<b>Worse</b> When my asthma is getting worse: • I cough on waking and at night or • I'm waking at night because of my asthma, or • I cough or wheeze when I play, or • I need my reliever inhaler to control my asthma more than 2 times per week	<b>If my asthma gets worse I should:</b> Keep taking my preventer every day as normal and take _____ puffs of my reliever every 4 hours if I'm not getting better doing this I should see my doctor today. <b>Check:</b> _____
<b>Worried</b> My asthma is a worry when: • My reliever isn't helping, or • I'm finding it hard to breathe, or • I'm coughing hard and fast, or • I'm finding it hard to do my schoolwork, my breathing isn't OK • I'm looking pale or blue	<b>Emergency</b> Sit me down and try to stay calm. Give me 8 puffs of reliever through a spacer, taking 2 breaths for each puff. If I don't start to improve I need help now. <b>Emergency:</b> Call 111 and ask for an ambulance. <b>WHILE YOU'RE WAITING:</b> • Try to stay calm and keep me sitting upright. • Drink 2 puffs of reliever through a spacer every 4 minutes with 2 breaths for each puff until help arrives.
Date Prepared: _____ Doctor's Signature: _____ Plan to be reviewed when treatment changed	

Source:

[Asthma + Respiratory Foundation NZ](#)

<https://s3-ap-southeast-2.amazonaws.com/assets.asthmafoundation.org.nz/documents/Asthma-Management-Plan-Child-Resource.pdf>

[View full image \(1.1 MB\)](#)

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## Purpose of asthma action plans

Asthma action plans are individualised and help the child or young person with asthma and/or their carer to manage their asthma (including medications) and recognise worsening asthma. They give clear instructions on what to do in response to an asthma attack.

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## Benefits of asthma action plans

Using and sharing a written asthma action plan means:

- ✓ everyone has access to the same medical information
- ✓ personalised support is provided if asthma symptoms get worse
- ✓ children and young people can identify what to do when they are well, unwell, or need help in an emergency
- ✓ all staff are confident about recognising and responding to an asthma emergency.

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## Parent voice

Zak's written asthma action plan gets updated any time his treatment changes. I make sure that the school and the boys' dad have a copy too, so that we're all working from the same guidelines. It's got all the important information on it and I find it very helpful to make sure everyone is doing what they should be.

### **Mother of two sons with asthma**

Source:

[Asthma UK](#)

<https://www.asthma.org.uk/advice/child/manage/action-plan/>

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## Health care and action plans

Understand the difference between health care and action plans.

### Health care plans

- A health care plan identifies a child's serious health conditions and the support needed. Only people with severe or poorly controlled asthma will need a health care plan.
- Principals in schools and persons responsible in ECE services, with input from a child's wider support team, write health care plans.
- Use the Ministry of Education [drafting health care plans criteria p.18](#) to determine if a learner requires a health care plan.

### Asthma action plans

- Action plans support children and young people with mild and occasional symptoms to severe asthma episodes.
- Asthma action plans support health care plans.
- They are developed by a health professional with the family.
- Ask for a copy of the learner's asthma action plan.

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## Useful resources

School policies and  
asthma plans



### School asthma policy

Read time: 2 min

A suggested asthma policy for NZ schools.

Publisher: Asthma + Respiratory Foundation, NZ

[Download PDF](#)



### Child asthma action plan

An example of an Asthma Action Plan.

Publisher: Asthma + Respiratory Foundation, NZ

[Visit website](#)



### Teacher's asthma toolkit: Asthma management

Information on asthma action plans. This web page includes a video of a parent talking about asthma action plans.

Publisher: Asthma + Respiratory Foundation, NZ

[Visit website](#)

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