

Ask for asthma action plans

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

-
- Includes:**
- Ask whānau for an up-to-date action plan
 - Purpose of asthma action plans
 - Benefits of asthma action plans
 - Parent voice
 - 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

06 August 2025

Link

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	
Well When I'm well: <ul style="list-style-type: none">I have no coughI can play like other childrenI use my reliever inhaler less than 2 times a week	My asthma: Prescribed: I take this every day when I'm well. The name of my medicine 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 _____ 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.
Worse When my asthma is getting worse: <ul style="list-style-type: none">I cough on waking and at night or breathe atI'm waking at night because of my asthma, orI cough or wheeze when I play, orI need my reliever inhaler to control my asthma more than 2 times per week	If my asthma gets worse I should: Keep taking my preventer every day as normal and take _____ puffs of my reliever every 4 hours if I'm not getting better during this I should see my doctor today. Comments:
Worried My asthma is a worry when: <ul style="list-style-type: none">My reliever isn't helping, orI'm finding it hard to breathe, orI'm coughing hard and fast, orI'm finding it awkward my chest hurts, my breathing under my ribs,I'm looking pale or blue	Emergency 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. Emergency: Call 111 and ask for an ambulance. WHILE YOU'RE WAITING: Try to stay calm and keep me sitting upright. Don't puff of reliever through a spacer more than 8 puffs with 8 breaths for each puff and help arrive.
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](#) 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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