**Asthma Healthcare Plan**

| **Name:** | | FirstName LastName | **Date of Birth:** | Enter DOB Here |
| --- | --- | --- | --- | --- |
| **These are my medical diagnoses related to respiratory conditions:** | | List all diagnoses or conditions related to respiratory conditions, including those likely to exacerbate asthma. | | |
| **I am allergic or sensitive to these things:** | | List all known allergies and sensitivities | | |
| **The goal of this Healthcare Plan is:** | | I will be free of exacerbation of my asthma (asthma attack) for the duration of the ISP year.  I will take my medications as prescribed and follow doctor’s orders for the duration of the ISP year.  I will successfully practice relaxation techniques to help decrease the impact and shorten the duration of an asthma attack.  Describe any other goal for management of my asthma here. | | |
| **Progress in the past year:** | | Describe the status of my health for the past year related to asthma and respiratory conditions. | | |
| **In an EMERGENCY**  **Call 911 IMMEDIATELY if I:**  **🡪 Experience an asthma attack (severe shortness of breath or wheezing) that cannot be managed with my rescue inhaler;**  **🡪 Have a fall with injury, or hit my head during an asthma attack.**  **🡪 Lose consciousness (become unresponsive).**  **🡪 Describe any additional instructions here.** | | | | |
| **DO NOTMAKE NOTIFICATIONS PHONE CALLS UNTIL**  **I AM STABLE AND/OR EMERGENCY SERVICES HAVE BEEN NOTIFIED.** | | | | |
| **As of the date of this plan, the average frequency of my asthma attacks is:** | Several times a week  Several times a month  Less than monthly  It has been over a year since my last asthma attack | | | |
| **These are the things that increase my risk of asthma and asthma attacks:** | | I have allergies to things in my environment.  I have gastroesophageal reflux disease (GERD).  I frequently have upper respiratory infections and/or sinusitis.  I have a chronic condition that affects my breathing, such as COPD.  I am very sensitive to cold, dry air.  I am exposed to tobacco smoke. (This includes being around people while they are smoking and being near people who have smoked after the last time they changed clothes.)  **Other:** Describe any other conditions or circumstances that increase my risk for asthma/asthma attack or indicate if there are none. | | |
| **These are the things supporters can do with and for me to help prevent asthma attacks:** | | Make sure I am not exposed to tobacco smoke, in the air or on people’s clothes.  Help me avoid contact with things that I am allergic to.  Make sure there is a humidifier available and working in my home.  Limit the amount of time I spend outside when the weather is very cold and dry.  Help me take all my daily prescribed medications for controlling my asthma, including inhalers.  If I have a spacer for inhalers, make sure I use it each time I take an inhaled medication.  Help me understand how to use an inhaler by practicing other tasks that also require me to inhale, like sucking through a straw.  Help me receive nebulizer treatments as my doctor ordered.  Help me take my medications for controlling GERD.  Make sure I have had my flu and pneumonia vaccinations as my doctor ordered.  **Other**: Describe any other asthma triggers I need to avoid to help prevent asthma attacks or indicate if there are none. | | |
| **When I start to experience an asthma exacerbation, these are the first signs:** | | **If we act quickly, I am less likely to have a severe attack and I may not need as much medication to slow or stop my symptoms.**  My Peak Flow Meter (PFM) reading is below ### liters per minute.  I wake up at night.  I am letting you know I don’t want to do things I normally do, like walking or going outside.  I am wheezing, coughing, and/or I let you know that my chest doesn’t feel right.  I am asking for my rescue (PRN) inhaler.  I am not feeling better after using my inhaler or receiving a nebulizer treatment.  If I rely too much on my inhaler, I may need to see my doctor to get my asthma under better control.  **Other:** Describe any other early symptoms of an asthma attack, or indicate if there are none. | | |
| **These are the things supporters can do to help me when I am having an asthma flare up or attack:** | | Make sure that I have a rescue (PRN) inhaler with me at all times.  Help me use my rescue inhaler when I show early signs of an asthma attack.  Make sure that if I am having trouble breathing, **I SIT UP**. It is not safe for me to lie down when I am not breathing properly.  Notify my nurse as soon as I am stable enough and follow the nurse’s instructions.  **Other:** Describe any other strategies for helping me when I am having an asthma flare up or attack, or indicate if there are none. | | |
| **Documentation:** | | Describe the things that supporters should write down and where they should write them down. | | |
| **Nursing Intervention:** | | Describe those things that must be done by the nurse relative to allergies and sensitivities, including those non-delegable duties listed in O.C.G.A. § 43-26-32 or HRST Q Score. | | |

**Signature of RN:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RN Typed Name and Agency