

Name \_\_\_\_\_  
 Personal Best Peak Flow \_\_\_\_\_  
 Green Zone \_\_\_\_\_ to \_\_\_\_\_  
 Yellow Zone \_\_\_\_\_ to \_\_\_\_\_  
 Red zone \_\_\_\_\_ to \_\_\_\_\_

# ASTHMA ACTION PLAN\*

Guide for Managing Acute Asthma in Children-Adapted from National Guidelines for the Diagnosis and Treatment of Asthma. National Heart, Lung, and Blood Institute. National Institutes of Health. U.S. Department of Health and Human Services.

## ASSESS SEVERITY

Measure PEFR and RR                      Asses breathlessness, alertness, color

## ADMINISTER ALBUTEROL (short-acting beta<sub>2</sub>-agonist)

2-4 puffs every 20 minutes up to 1 hour if needed. If peak flow is 50% of personal best and does not improve within 15 minutes, call your doctor or seek treatment

GOOD RESPONSE	INCOMPLETE RESPONSE	POOR RESPONSE
RR: Normal  Not Breathless  Alert, no color change  PEFR 70-90% of baseline	RR: Normal or increasing  Moderate breathlessness  Alert, no color change  PEFR>50 and <70% of baseline	RR: Increasing  Severe breathlessness  Nasal flaring  Decreasing alertness  Color change PEFR Below 50% Of baseline

<b>CONTINUE ABUTEROL EVERY 3-4 HOURS</b> Contact doctor's office If symptoms occur	<b>CONTACT DOCTOR'S OFFICE PROMPTLY FOR INSTRUCTIONS</b> And continue albuterol every 2 hours for 3 doses	<b>GO TO EMERGENCY DEPARTMENT OR CALL 911</b>
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\* Seek physician recommendation for prednisone usage white Asthma Action Plan.  
 Abbreviations: PEFR = Peak expiratory flow rate. PEFR% of baseline is child's norm, as established by clinician, based on a standard norms or patient's personal best. RR = respiration rate.