

**Antelope Valley Union High School District
Emergency Health Plan –Asthma & Chronic Respiratory Conditions**

Asthma makes breathing difficult because swollen airway membranes, constricted airway muscles, and excess mucus traps the air. **Chronic lung conditions** cause difficulty in breathing generally unrelated to viral or bacterial infection or anaphylaxis.

Nursing Diagnosis:

- Potential for **self-care deficit** related to physical or cognitive abilities resulting in unintentional breathing difficulty.
- Risk for **ineffective airway clearance** due to asthma trigger exposure, inadequate movement, unrecognized signs of illness, or inadequate intervention.

Health Goals:

- Student will recognize and communicate signs of illness to adults, and will receive appropriate and adequate intervention at early signs of illness to maintain breathing.
- Student will perform, or be assisted to perform, prevention techniques such as avoiding triggers, taking medication, drinking fluids, and maintaining adequate movement (independently or with assistance) to keep airway healthy and clear of secretions.

Signs of illness	Interventions
<ul style="list-style-type: none"> • Unexplained or persistent cough • Wheezing or whistling sound in chest • Complaints of chest tightness • Shortness of breath / breathing harder and faster • Able to do some but not all usual activities – walking, talking, eating • Speaks in short phrases • Restless and irritable • Difficult or painful breathing • Lips or fingernails are gray or blue • Nostrils open wide to get in more air • Skin is sucked in around the neck and ribs during breaths • Student does not respond normally, is less alert or drowsy / sleepy • Peak expiratory flow less than 79% of personal best on the Asthma Action Plan, follow this plan if available 	<ul style="list-style-type: none"> ❑ Stop the student’s activity and stay calm ❑ Remove any allergen or irritant, if possible ❑ Use a quick-relief inhaler (Short Acting Beta Agonist - albuterol, levalbuterol, pirbuterol), as ordered ❑ Encourage sitting upright to expand lungs ❑ Assist the student to remain calm, slowing down and controlling breathing efforts ❑ Do not leave the student alone ❑ Follow Asthma Action Plan, if available ❑ Contact Security to transport student to the Health Office to monitor breathing more closely and to obtain assistance from trained staff ❑ Contact the parent or guardian ❑ If no inhaler available, or no improvement in breathing in 15 minutes after first inhaler dose, contact 9-1-1 ❑ SEE below for further information on calling 9-1-1

Call 9-1-1 when:

- Difficulty breathing with skin sucked in around the neck and ribs during breaths
- Stooped body posture with struggling or gasping for breath
- Difficulty talking due to shortness of breath, unrelieved with medication
- Lips or fingernails are gray or blue
- Does not respond normally, is less alert, confused, or drowsy/sleepy
- No improvement 15-20 minutes after initial dose of medication and a relative is not available
- Breathing stops, student is unresponsive or unconscious