

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 beta₂-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	RR: Normal or increasing	RR: Increasing
Not Breathless	Moderate breathlessness	Severe breathlessness
Alert, no color change	Alert, no color change	Nasal flaring
PEFR 70-90% of baseline	PEFR >50 and <70% of baseline	Decreasing alertness
		Color change PEFR Below 50% Of baseline

CONTINUE ABUTEROL EVERY 3-4 HOURS

Contact doctor's office
If symptoms occur

CONTACT DOCTOR'S OFFICE PROMPTLY FOR INSTRUCTIONS

And continue albuterol
every 2 hours for 3 doses

GO TO EMERGENCY DEPARTMENT OR CALL 911

* 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.