

## IPAT Personalised Asthma Action Plan

<b>School Name:</b>	
<b>Child's Name:</b>	
<b>Child's Date of Birth:</b>	

**Information on this form is to be reviewed once a year. If the child's treatment changes during the year, a new form needs to be completed.**

Has your child been prescribed a preventative inhaler to use at home?	Yes	No	Has your child been prescribed reliever treatment? (often salbutamol inhaler)	Yes	No
Does your child require a spacer?	Yes	No	Are you able to provide the medication and any equipment to keep in school?	Yes	No
Do you require your child to bring the inhaler home every day?	Yes	No	Does your child need help taking their asthma medicine?	Yes	No

**Please complete an IPAT Administer Medicines Form in accordance with our IPAT Medication and Management Procedures policy**

<b>What are your child's triggers (things that make their asthma worse)?</b> <i>*Please tick all that apply and/or complete other</i>										
Pollen		Stress		Exercise		Cold Flu		Weather		Air pollution
Other:										

<b>In the event of an asthma attack, apart from administering their inhaler, is there anything we can do to support your child?</b> <i>i.e. any techniques you use at home to keep your child calm in this situation</i>

**Signed:**

.....

**Printed Name:**

.....

**Date:**

.....

### What to do if a child is having an asthma attack

1. Help them sit up straight and keep calm.
2. Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
3. Call 999 for an ambulance if:
  - Their symptoms get worse while they're using their inhaler - this could be a cough, breathlessness, wheeze, tight chest or sometimes a child will say they have a 'tummy ache'.
  - They don't feel better after 10 puffs.
  - You're worried at any time.
4. You can repeat step 2 if the ambulance is taking longer than 15 minutes.