




EXAMPLE

Doctor: _____ DOB: _____
 Phone: _____ MRN: _____
 PCP: _____ The Medical Group DOS: _____

ASTHMA HOME MANAGEMENT - PEDIATRIC PLAN OF CARE

<p>GREEN ZONE</p> <p>This is where you should be every day.</p> <div style="text-align: center;">  <p>GOOD</p> </div> <p>NO SIGNS OF ASTHMA</p> <ul style="list-style-type: none"> No cough wheezing, chest tightness Able to do normal activities Using rescue medications less than twice a week 	<p>If you are in the GREEN ZONE, take these controller medications everyday.</p> <p>Controller Medications:</p> <ul style="list-style-type: none"> Flovent 110mcg with spacer 2 puffs 2 times a day 	<p>Triggers to Avoid:</p> <ul style="list-style-type: none"> Known triggers Smoke <p>If you have asthma symptoms with exercise, 15-20 minutes before exercise take:</p> <ul style="list-style-type: none"> Albuterol 2 puffs with spacer
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<p>YELLOW ZONE</p> <p>You have signs of an asthma attack. Avoid triggers and take action to get control.</p> <div style="text-align: center;">  <p>CAUTION</p> </div> <p>EARLY SIGNS OF ASTHMA</p> <ul style="list-style-type: none"> Coughing, wheezing and tight chest Waking at night due to asthma First sign of a cold Can do some, but not all, usual activities 	<p>If you are in the YELLOW ZONE, continue to take your green zone medications and the RESCUE medication NOW.</p> <p>Rescue Medications:</p> <ul style="list-style-type: none"> Albuterol 2 puffs with spacer <p>Repeat every 4 - 6 hours as needed.</p>	<p>If RESCUE medication is needed every 4 - 6 hours for more than 24 hours:</p> <p>Call PCP</p> <p>Increase:</p> <ul style="list-style-type: none"> Flovent 110 mcg with spacer 2 puff(s) 2 times a day <p>While continuing to take your rescue medications every 4 - 6 hours. Continue this plan for 7-10 days.</p> <p>If asthma signs get worse, go to the RED ZONE</p>
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<p>RED ZONE - DANGER!</p> <p>This is an EMERGENCY! GET HELP NOW!</p> <div style="text-align: center;">  <p>DANGER</p> </div> <p>LATE SIGNS OF ASTHMA</p> <ul style="list-style-type: none"> Rescue medications not helping Constant cough Very short of breath Trouble walking or talking Nasal flaring or retractions 	<p>IF YOU ARE IN THE RED ZONE, TAKE THIS MEDICATION NOW:</p> <p>Rescue Medications:</p> <ul style="list-style-type: none"> Albuterol 4 puffs with spacer <p>You may repeat RESCUE medication every 20 minutes for up to 1 hour, if needed.</p>	<p>Next:</p> <p>Call your doctor for further instructions.</p> <p>Call PCP</p> <p>CALL 911 OR GO TO THE EMERGENCY ROOM IF ASTHMA SIGNS ARE NOT IMPROVING</p>
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Patient is able to self administer medications at school.
 Plan of Care reviewed with the patient and caregiver.