Using the PACNJ Asthma Treatment Plan in the Child Care Setting
This presentation has been adapted from the asthma education program, “The PACNJ Asthma Treatment Plan: New Jersey School Nurses Leading the Way” to meet the needs of the pre-school population.

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Why Do We Need an Asthma Treatment Plan?

- An asthma treatment plan tells you what to do when a child’s asthma is getting worse
• It gives you a list of the things that make the child’s asthma worse, called “triggers”
• It explains what medications the child is taking
There are two types of medications:

**Long-term control medicine** is what a child takes every day to control his asthma.

**Quick-Relief medicine** is what the child takes if his asthma is getting worse and he needs relief fast.
It gives you the symptoms of asthma:

- When a child is feeling healthy
- When a child’s asthma is getting worse
- When a child’s asthma is life-threatening
What do the Healthy, Caution and Emergency Zones Mean?
The **Healthy Zone** Means the Child’s Asthma is Well Controlled

This area is sometimes **green** on asthma treatment plans

- The child is:
  - Breathing well with no cough or wheeze
  - Sleeping through the night and at naptime
  - Can play in regular preschool activities
Healthy Zone

- The medications listed in this zone are taken every day to control asthma.

- Check with the child’s parent/guardian regularly to make sure the child is still taking the medications listed on the asthma treatment plan
The **Caution Zone** Means the Child’s Asthma is getting Worse

- This area is sometimes **yellow** on asthma treatment plans
- The child’s symptoms may include:
  - Coughing
  - Wheezing
  - Complaining of a tight chest or stomach ache
  - Waking up coughing at night
Caution Zone

- The medications listed in this zone are given to relieve the symptoms when the child’s asthma is getting worse

- Giving the fast-acting medication more than two times a week means the health care provider should be consulted

- Use a daily communication form to record what symptoms the child had and what medication was given by the child care provider
The **Emergency Zone** Means the Child is Having a Life-Threatening Emergency

- This is sometimes **Red** on the asthma treatment plan
- Breathing does not improve or is worse after treatment
- The child is:
  - Struggling to breathe- the chest, neck, or stomach muscles are working hard
  - Flaring the nostrils - widening the openings of the nose when breathing in
  - Having trouble walking and/or talking
Emergency Zone

- Give the medicines listed in the EMERGENCY section and **Call 911!**

- Asthma can be a life-threatening illness! **DO NOT WAIT!**
Follow Up After Emergency

- The parent/guardian should notify the child’s health care provider within two days of an emergency room visit or hospitalization for asthma
- Ask the child’s parent/guardian for an updated asthma treatment plan if there is one
- The child’s health care provider may restrict their activity temporarily following an asthma episode
Who Fills Out the Asthma Treatment Plan?
The Parent Completes the Child’s Information

The child’s parent/guardian needs to fill out the top section:

- Child’s name
- Child’s date of birth
- Parent/guardian’s name and phone number
- Emergency contact and phone number
- Parent/guardian’s signature on the lower right section of the form
The Health Care Provider Completes:

- **Effective Date** – The date the plan was issued
- **Name and phone number of the health care provider**
The Health Care Provider Also Checks:

- What medications to take
- How much to take
- When to take it
The Trigger Section

- The most common triggers which make asthma symptoms worse are listed down the right side of the asthma treatment plan.

- Both the child’s health care provider and the parent/guardian discuss the trigger section together.

- The health care provider then checks off the triggers that cause the child’s asthma to get worse.
Communication

- Speak with the child’s parent/guardian about what triggers the child’s asthma

- The more you know, the better prepared you will be if the child’s asthma is getting worse
Where Does the Child Care Program Get the PACNJ Asthma Treatment Plan?

- You can download the PACNJ Asthma Treatment Plan at www.pacnj.org

- It is available in:
  - Spanish
  - Black & white
  - Color
What is the Child Care Provider’s Role?

- All child care providers should know:
  - About the asthma treatment plan and how to use it
  - Where the asthma treatment plans are kept
  - Which children in their care have asthma
When do you need to get an updated asthma treatment plan?

Get an updated asthma treatment plan:

- If there is a change in the child’s medications
- If there is a change in the child’s triggers
- Or after the child’s annual well child health visit
Resources

- Pediatric/Adult Asthma Coalition of NJ
  WWW.PACNJ.ORG
- Environmental Protection Agency
  WWW.EPA.GOV/ASTHMA/PUBLICATIONS.HTML
- Allergy and Asthma Network: Mothers of Asthmatics
  WWW.AANMA.ORG
- American Lung Association
  WWW.LUNGUSA.ORG
- NJ Quitline 1-866-NJSTOPS
- EPA Air Quality
  WWW.AIRNOW.GOV
The Pediatric/Adult Asthma Coalition of New Jersey is sponsored by the American Lung Association in New Jersey. This publication was supported by a grant from the New Jersey Department of Health and Senior Services, with funds provided by the U.S. Centers for Disease Control and Prevention under Cooperative Agreement 5U59EH000491-03. Its content are solely the responsibility of the authors and do not necessarily represent the official views of the New Jersey Department of Health and Senior Services or the U.S. Centers for Disease Control and Prevention.

Although this document has been funded wholly or in part by the United States Environmental Protection Agency under Agreement XA97250908-4 to the American Lung Association in New Jersey, it has not gone through the Agency’s publications review process and therefore, may not necessarily reflect the views of the Agency and no official endorsement should be inferred. Information in this publication is not intended to diagnose health problems or take the place of medical advice. For asthma or any medical condition, seek medical advice from your child’s or your health care professional.