

Asthma Alert

1. Use a soft, slow, rhythmic, hypnotic voice pattern.
2. Get close to the student.
3. Your job is to decrease the student's panic.
4. Rid the area of students and excess teachers.
5. Assure the student from the beginning that you are going to help them; you will not leave them, and you know exactly what to do; you are in charge.
6. If the student has a Rescue Inhaler, use it, two puffs. There should be 1 minute in between each puff. If the student can taste the medication, it is not getting into their lungs. Wait several minutes, before trying two more puffs. Do not use the inhaler over and over again. Remember a safe inhaler dosage is 2 puffs, every 4-6 hours, not to exceed 4 times in a 24 hour period. Never borrow another child's inhaler.
7. Have the student lean forward.
8. Have the student use "pursed lip" breathing.
9. ***NO REBREATHING IN A PAPER BAG!!!***
10. Slow the student's breathing down, by having the student take in a breath and hold it to the count of three before exhaling. Breathe with the student.
11. Massage clavicle area.
12. In an absolute emergency, if student does not have a rescue inhaler available. Have student drink a cup of strong coffee. The caffeine in coffee has a bronchodilating effect similar to theophylline, a drug used to treat asthma. This means it is able to relax the small muscles in the lung airway walls that often constrict when asthma is active.
13. DO NOT EVER LEAVE THE STUDENT ALONE.
14. Keep a phone near for a 911 call if you feel impending doom is near.



