



FIRST AID FOR ASTHMA

LOOK for –

- Absent, hard, or fast breathing
- Unconsciousness
- Shortness of breath
- Need to lean over at the waist
- Anxious appearance
- Bluish discoloration to lips, nails, gums, eyelids

LISTEN for signs of –

- Inability to speak in full sentences without taking a breath
- Only able to whisper
- Coughing for prolonged periods
- Audible wheeze or unusual sounds

LISTEN for statements about –

- Impending doom or disaster
- Tightness in chest

ACTION STEPS –

1. Check for pulse and breathing. If absent, begin CPR if trained to do so.
2. Assist student with prescribed asthma medication if trained to do so.
3. If student does not respond to medication or if symptoms worsen, call parent, nurse, and/or EMS/9-1-1 for help.
4. Encourage student to relax by assuming a comfortable position, doing slow/deep breathing, and refocusing on pleasant thoughts/images.
5. Offer warm water/tea if student can safely swallow.
6. After 15 minutes,
 - a. If student is breathing comfortably, student may return to class.
 - b. If student is still having difficulty breathing, have parent pick-up student.

References

Multnomah Education Service District. (2002). *Responding to Student Injury & Illness: A Guidebook for School Personnel*.

Halton Region Public Health School Asthma Committee. (2007). *Halton Asthma Protocol for School Administrators and Teachers*. Retrieved from <http://www.hdsb.ca/ParentInfo/Health%20Protocols/AsthmaProtocol.pdf>