

ASTHMA/WHEEZING/ BREATHING DIFFICULTY

ALGORITHM FOR MANAGEMENT OF MEDICAL EMERGENCIES

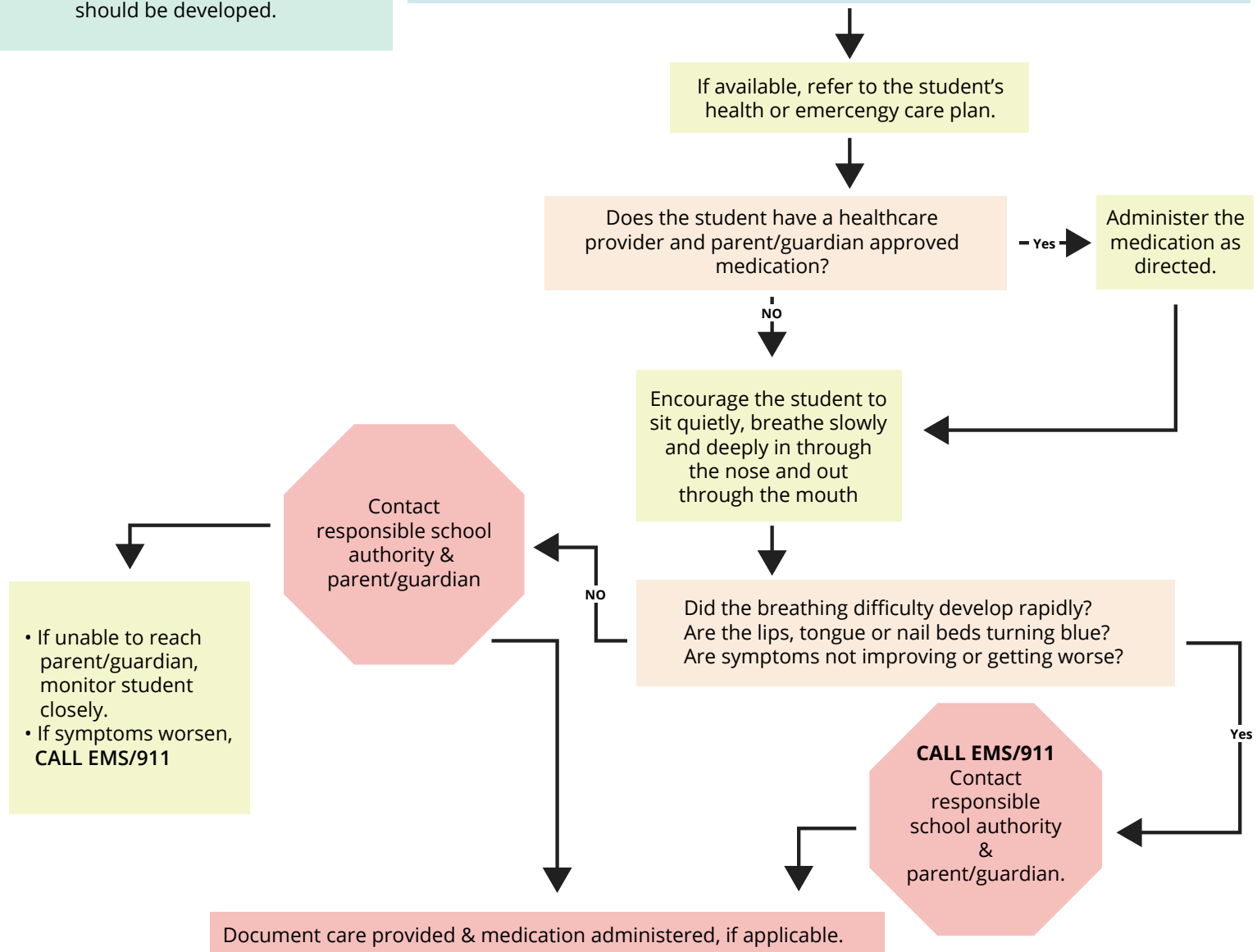
Injury and Illness Protocol Legend

	Note		Action Step
	Information		Final or near final step
	Question		Final step

Students with a history of breathing difficulties, including asthma/wheezing, should be identified to all staff who need to know. A health or emergency care plan should be developed.

A student with asthma/wheezing may have breathing difficulties which include:

- Wheezing - high-pitched sound during breathing out (exhaling).
- Rapid brathing.
- Flaring (widening) of nostrils.
- Increased use of stomach and chest muscles during breathing.
- Tightness in chest.
- Excessive coughing.



References:

- American Academy of Pediatrics, National Association of School Nurses. (2014). *PedFACTs: Pediatric first aid for caregivers and teachers (2nd ed.)*. Burlington, MA: Jones & Bartlett Publishers.
- Cosby, M.F, Lyons, E., Prestidge, L. (2019). Students with acute illness and injury. In J. Selekman, R.A. Shannon, R. A., & C.F. Yonkaitis (Eds.), *School nursing: A comprehensive text* (pp. 415-455). Philadelphia, PA: F. A. Davis Company.
- National Asthma Education and Prevention Program. (2011). *Management of asthma exacerbations: school treatment: suggested emergency nursing protocol for students with asthma symptoms who don't have a personal asthma action plan*. Available at: <https://www.nhlbi.nih.gov/files/docs/resources/lung/sch-emer-actplan.pdf> Retrieved: May 1, 2020.