

Asthma

Student Name:	DOB:
Parent Name:	Number:
Practitioner Name:	Practitioner Number:
Allergies:	Medication:

SEE NURSE OFFICE FOR Asthma Action Plan

Overview

What Is Asthma?

- Asthma is a long-term disease that causes inflammation and swelling of the airways. This results in narrowing of the airways that carry air from the nose and mouth to the lungs.
- Asthma symptoms include trouble breathing (shortness of breath), wheezing, coughing, and tightness or pain in the chest.
- Asthma symptoms can be triggered by different things for different people. Allergens, like dust or animal/pet dander, are common triggers. Some people also develop asthma symptoms in response to exercise, stress, or cold air.
- Asthma can be life-threatening and cause death.
- There is no cure for asthma, but appropriate treatment prevents asthma attacks and can help you have a better quality of life.
- Asthma is one of the most common and costly diseases in the United States.
(*Asthma Facts* | AAFA.org, 2022)

Symptoms

- Shortness of breath
- Cough
- Chest tightness or pain
- Wheeze (a whistling sound when you breathe)
- Waking at night due to asthma symptoms
- A drop in your peak flow meter reading (if you use one) (*What Are Asthma Symptoms?* | AAFA.org, 2022)

SYMPTOMS OF ASTHMA



Choking attack



Dry cough



Shortness of breath



Chest pain



Wheezing



Common cold

(Blissful, 2020)

Accommodations:

Created By:

Name:	Title:	Date:
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I have read and acknowledge:

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Reference

Asthma Facts | AAFA.org. (2022, November 1). Asthma & Allergy Foundation of America. <https://aafa.org/asthma/asthma-facts/>

Blissful, N. (2020, June 30). *Set symptoms of asthma. Asthmatic problems. Choking attack, dry. . .* iStock. <https://www.istockphoto.com/vector/set-symptoms-of-asthma-gm1226830786-361599418>

What Are Asthma Symptoms? | AAFA.org. (2022, November 11). Asthma & Allergy Foundation of America. <https://aafa.org/asthma/asthma-symptoms/>