# Appendix 1

## ASTHMA SCORE

| Characteristics       | 0            | 1      | 2            |
|-----------------------|--------------|--------|--------------|
| **Respiratory Rate**  |              |        |              |
| 1 – 3 years           | ≤34          | 35 - 39| ≥40          |
| 4 – 5 years           | ≤30          | 31 - 35| ≥36          |
| 6 – 12 years          | ≤26          | 27 - 30| ≥31          |
| > 12 years            | ≤23          | 24 - 27| ≥28          |
| **Room Air (RA) Oxygen Saturation (POx)^2** | ≥ 94%       | 89% – 93%| ≤88%        |
| **Auscultation**      | Normal Breath Sounds | Expiratory Wheeze | Inspiratory & Expiratory Wheeze or Diminished BS |
| **Retractions**^3     | ≤1 accessory muscle | 2 accessory muscles | ≥3 accessory muscles |
| **Dyspsnea**          | Speaks in sentences, playful, able to po | Speaks in partial sentences, short cry, poor po | Speaks in short phrases, grunting, unable to po |

1. Respiratory rate must be obtained over a 30 second time period and then multiplied by 2.

2. RA POx must be obtained after the patient has been on room air for 2 minutes.

3. Accessory muscle use includes the following: Nasal Flaring, Supra-sternal muscle group use, Intra-costal muscle group use, Sub-Sternal muscle group use

## ASTHMA SEVERITY

| Severity    | Score |
|-------------|-------|
| Mild        | 1 – 3 |
| Moderate    | 4 - 7 |
| Severe      | ≥7    |
Appendix 2

CNMC Emergency Department
Asthma Flow Sheet for Patients:
Less than 30 Kg

Page #

Weight _____ kg  □ Measured today  □ Estimate
Height _____ cm  □ Measured today  □ Estimate

| Assessments ↓ | Time/Initials → | Triage |
|---------------|-----------------|--------|
| HR - RR       | →               | -      |
| T - BP        | →               | -      |
| Room Air Pulse Oximetry (%) | → | - |
| Peak Flow Reading | → | - |

ASTHMA SCORE (AS) (See Back)

Respiratory Rate
Room Air Pulse Oximetry (%) 2
Auscultation
Retractions 3
Dyspnea
TOTAL ASThma Score (AS)

O₂ % or frac to keep O₂ sat ≥93%

| ASTHMA SCORE (AS) ≥ 4 | ASTHMA SCORE (AS) < 4 |
|-----------------------|-----------------------|
| TREATMENT | Time/Initials | ORDER | COSIGN | GIVEN | TREATMENT | Time/Initials | ORDER | COSIGN | GIVEN |
| Corticosteroids:   | /               | /     | /     | /     | /               | /     | /     | /     | /     |
| Dexamethasone_____mg PO  |
| Suggested dosing: 7-10 kg kg = 6 mg; 10-20kg = 10 mg; > 20 kg = 15 mg |
| Fax Rx for 2nd dose to pharmacy or |
| Prednisolone / prednisolone 2 mg/kg _____ mg PO (max dose 80 mg) or |
| Methylprednisolone 2mg/kg _____mg IV/IM (max dose 80 mg) |
| Albuterol 7.5mg & Ipratropium 0.5 mg over 1 hour |
| Albuterol 7.5 mg over 1 hour or |
| Albuterol MDI 0.5 puffs/kg _____ puffs with spacer and teaching (max=6 puffs/dose) |
| After 2nd round, if AS ≥7 ADMIT TO Obs status. If AS ≥8 NOTIFY MD |
| Continuous Albuterol Nebulization 4x hrs  |
| 5mg/hr 0.5mg/hr 0.5mg/hr 0.25mg/hr (Calculation based on 0.6 mg/kg/hr) |
| ADMIT TO PICU or ETU≤5YRS, INPT≤5YRS |
| With Continuous Nebs consider IVF: |
| D5 _____NS with 20 meq KCl/liter@ _____ml/hr |
| Magnesium Sulfate 25-75 mg/kg IV over 20 min: _____mg (max dose 80 mg) |
| Pts to be discharged: Dispense & Teach |
| Home Nebulizer □ Albuterol MDI & Spacer |
| Epinephrine 1:1000(0.01ml/kg) _____ml |
| (Indicate Route IM or SC) (max dose 0.5 ml) |
| 2nd dose of Dexamethasone, _____mg po |
| Suggested dosing: 7-10 kg kg = 6 mg; 10-20kg = 10 mg; > 20 kg = 15 mg |
| Dispense to Guardian to be given in 24 hours |

Obtain ASAP if anticipate admission  □ RSV antigen  □ Influenza A&B antigen  □ Respiratory Viral Panel

Signature, Title & Initials  Signature, Title & Initials  Resident Signature, Title & Initials  Staff MD Signature, Title & Initials

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Appendix 2

CNMC Emergency Department
Asthma Flow Sheet for Patients:
Greater than or equal to 30 Kg

Weight _____ kg  □ Measured today  □ Estimate
Height _____ cm  □ Measured today  □ Estimate

| Assessments ↓ | Time/Initials → | Triage / / / / / / |
|---------------|----------------|-------------------|
| HR – RR       |                |                   |
| T – BP        |                |                   |
| Room Air Pulse Oximetry (%) |          |                   |
| Peak Flow Reading |            |                   |

ASTHMA SCORE (AS) (See Back)

Respiratory Rate\(^2\)  □
Room Air Pulse Oximetry (%)\(^2\)  □
Auscultation  □
Retraction\(^2\)  □
Dyspnea  □
TOTAL ASTHMA SCORE (AS)  □

O\(^2\) % or bpm to keep O\(^2\) sat ≥93%  □

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| ASTHMA SCORE (AS) ≥ 4 | ASTHMA SCORE (AS)<4 |
|-----------------------|---------------------|
| TREATMENT | Time/Initials → | ORDER | CONSIG | GIVEN | TREATMENT | Time/Initials → | ORDER | CONSIG | GIVEN |
| Corticosteroids: | | | | | | | |
| □ Dexamethasone 16 mg PO | | | | | | |
| Fax Rx for 2nd dose to pharmacy or | | | | | | |
| □ Prednisone / prednisolone 2 mg/kg _____ mg PO (max dose 80 mg) or | | | | | | |
| □ Methylprednisolone 2mg/kg _____ mg IV/IM (max dose 80 mg) | | | | | | |
| □ Albuterol 15 mg & ipratropium 1 mg over 1 hour | | | | | | |
| □ Albuterol 15 mg over 1 hour or | | | | | | |
| □ Albuterol MDI 8 puffs 20 minutes x 3 After 2nd round, if AS 4-7 ADMIT TO ETU. Submit form to clerk; if AS ≥8 NOTIFY MD. | | | | | | |
| Continuous Albuterol Nebulization x4 hrs | | | | | | |
| □ 5mg/hr 20mg/hr 0.5mg/hr 0.2mg/hr (Calculate based on 0.6 mg/kg/hr) ADMIT TO PICU or ETU<5YRS, INPT>5YRS | | | | | | |
| With Continuous Nebs consider IVF: | | | | | | |
| □ DS NS with 20 mg KC/ liter @ _____ ml/hr | | | | | | |
| □ Magnesium Sulfate 25-75 mg/kg IV over 20 min: _____ mg (max dose 2g) | | | | | | |
| □ Epinephrine 1:1000(0.01ml/kg) _____ ml (indicate Route IM or SC) (max dose 0.5 ml) | | | | | | |

Obtain ASAP if anticipate admission □ RSV antigen □ Influenza A&B antigen □ Respiratory Viral Panel

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Signature, Title & Initials

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