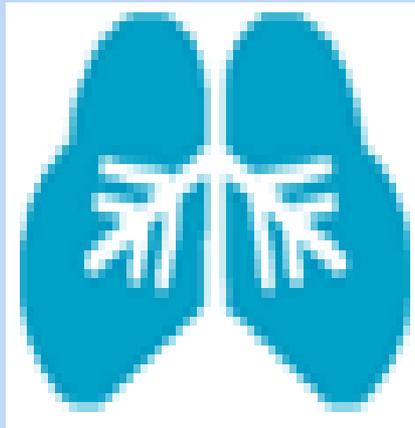




Asthma Basics for Schools

Part 2 - Asthma Goals for School Health

Developed by the National Asthma
Education and Prevention Program
(NAEPP)





Asthma Basics for Schools

Part 2

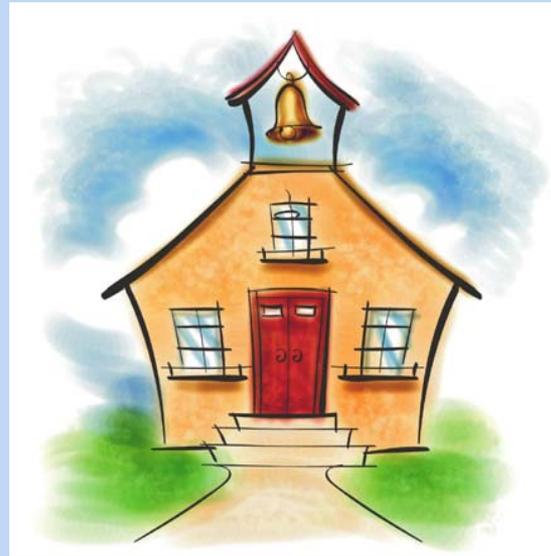
Presentation Overview

- Asthma Goals for School Health
 - Infrastructure & Supportive Policies
 - Health & Mental Health Services
 - Asthma Education
 - Healthy School Environment
 - Physical Education & Activity
 - Family & Community Involvement
- Asthma Resources



Asthma Goals for School Health

1. Infrastructure & Supportive Policies



2. Health & Mental Health Services

6. Family & Community Involvement

5. Physical Education & Activity

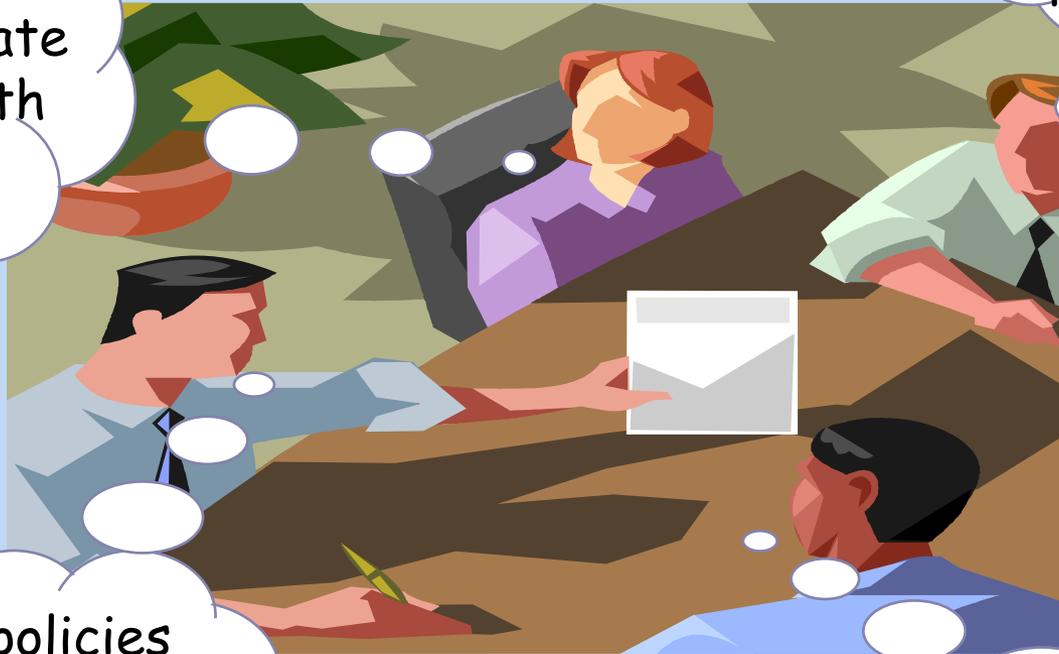
4. Healthy School Environment

3. Asthma Education

Goal 1: Infrastructure & Supportive Policies

Ensure adequate student health records

Establish emergency plan for asthma episodes at school



Encourage policies to allow students to carry and self-administer medications

Ensure immediate access to medications during all school activities

Goal 1: Infrastructure & Supportive Policies

Establish Emergency Plan for Asthma Episodes at School

Develop school-wide emergency plans/procedures. Include:

- ✓ Respiratory distress treatment protocols
- ✓ Procedures to access students' individualized asthma action plans
- ✓ Plan for students without an individualized plan



Goal 1: Infrastructure & Supportive Policies

Ensure immediate access to medications at all times

- Allow students to carry and self-administer their asthma medications (per state law)
- Designated secure storage location for medications that are not being self-carried



Goal 2: Health & Mental Health Services



- Identify students with asthma
- Monitor students' asthma
- Obtain and use a written asthma action plan for all students with asthma
- Provide full-time nursing services
- Train, supervise and delegate to health assistants and education staff, as appropriate



Goal 2: Health & Mental Health Services

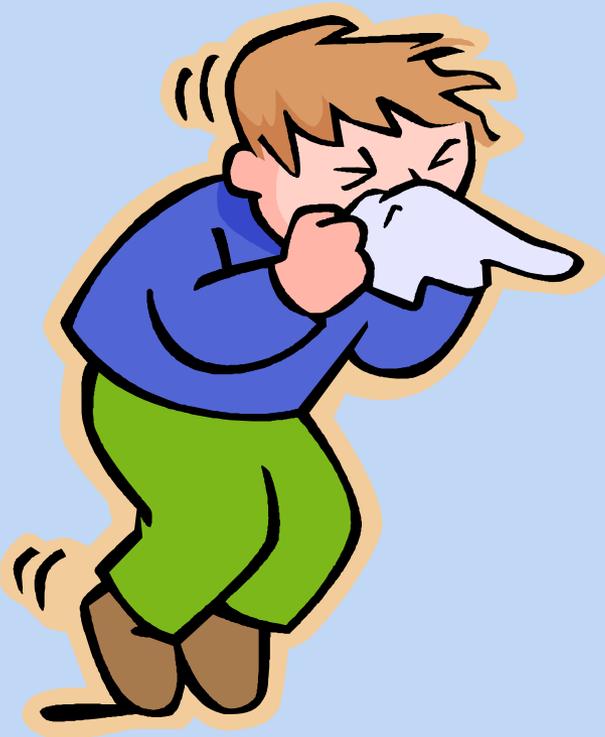
Identify Students with Asthma

- Obtain information about asthma diagnosis from school health forms
- Review student health records
- Focus particularly on students with poorly controlled asthma.
- Screening large groups of students for asthma is not recommended.



Goal 2: Health & Mental Health Services

Monitor Students' Asthma



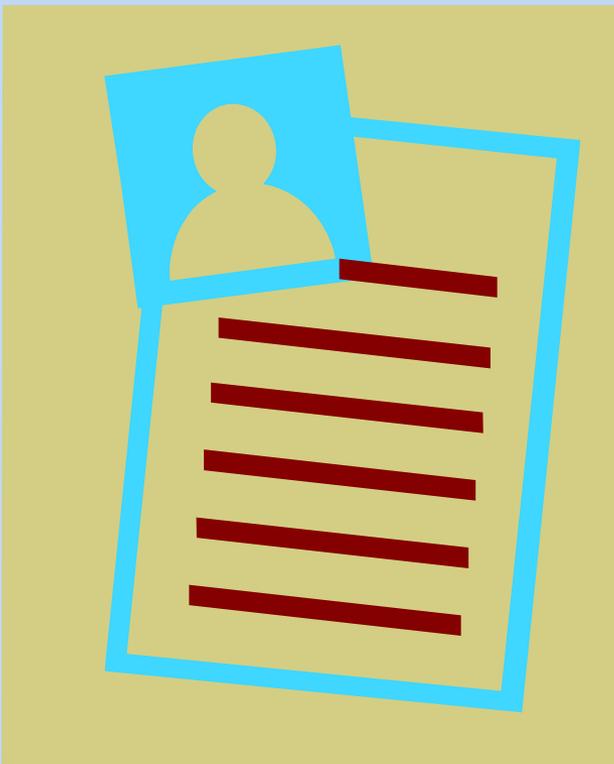
All school staff should:

- Watch for symptoms of very poorly controlled asthma
- Use attendance records to monitor absenteeism of students with asthma
- Use health room records to monitor:
 - ✓ Medication logs
 - ✓ Asthma-related sick visits to the health room
 - ✓ Number of days sent home from school due to asthma



Goal 2: Health & Mental Health Services

Obtain and use an asthma action plan for each student with asthma



An action plan includes:

- ✓ Prescribed daily and quick-relief medicines
- ✓ Treatment guidelines for handling asthma episodes
- ✓ Emergency contacts
- ✓ List of things that make the student's asthma worse

The plan should be:

- ✓ Placed in student's health record
- ✓ Shared with appropriate staff
- ✓ Updated annually and as needed



Goal 2: Health & Mental Health Services



- Consider providing individual case management for students with poorly controlled asthma
- Use 504 plans or IEPs for students with asthma, as appropriate
- Facilitate links to child health insurance programs and providers
- Establish strong links to asthma care clinicians
- Communication between the student's asthma care clinician, parent, and school staff is vital.



Goal 3: Asthma Education

For students with asthma,
the school nurse should:

- Teach and monitor correct inhaler techniques
- Teach how students can monitor their asthma
- Teach when and how to get help
- Offer asthma education programs





Goal 3: Asthma Education

For all students, teach them:

- about lung health
- what asthma is
- how to support classmates with asthma
- what to do if a classmate has an asthma episode

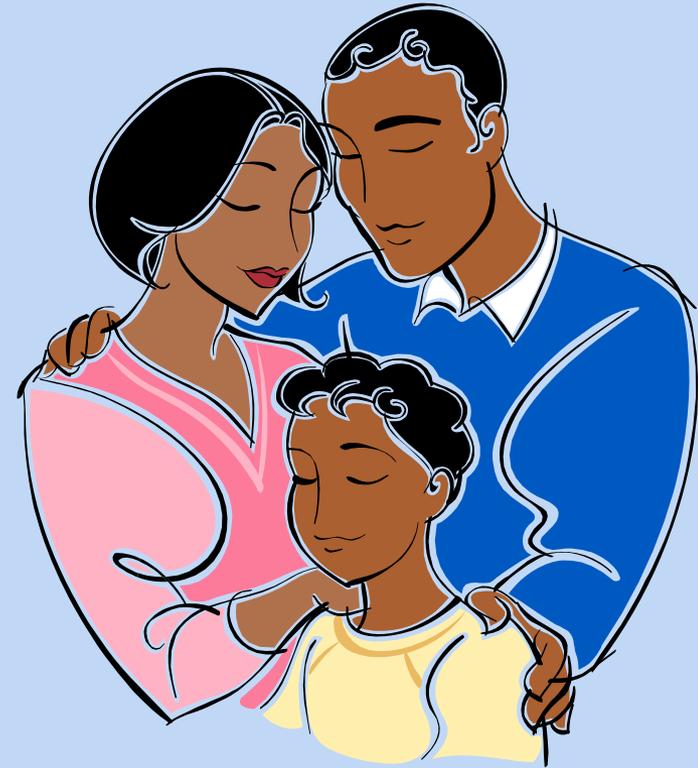




Goal 3: Asthma Education

For parents and guardians of students with asthma:

- Provide education and resources to help their children better manage their asthma at school and home.
- Communicate any problems/changes you see at school.





Goal 3: Asthma Education

For faculty and staff,
provide annual professional
development on:

- Asthma basics & emergency response
- What different staff can do to make their school asthma-friendly



Goal 4: Healthy School Environment

Adopt and enforce tobacco-free policy that prohibits tobacco use at all times, on all school property, by all people, and for all school activities





Goal 4: Healthy School Environment

Eliminate or reduce exposure to things that make asthma worse by using good housekeeping and maintenance practices

- Use integrated pest management techniques to control pests



- Use least toxic products available



- Keep temperature and humidity at appropriate settings



- Maintain HVAC systems

- Dry up damp and wet areas immediately

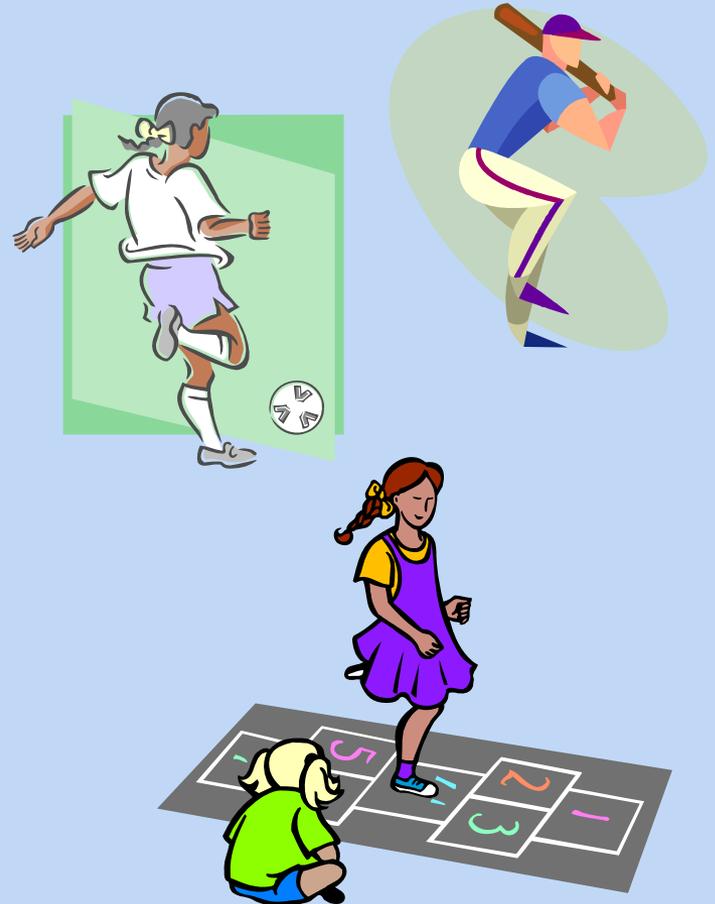


- Consider removing furred and feathered animals



Goal 5: Physical Education & Activity

- Encourage full participation when student is well
- Allow pretreatment and/or warm-up before physical activity
- Ensure student access to quick-relief medication during activity
- Provide modified activities as needed

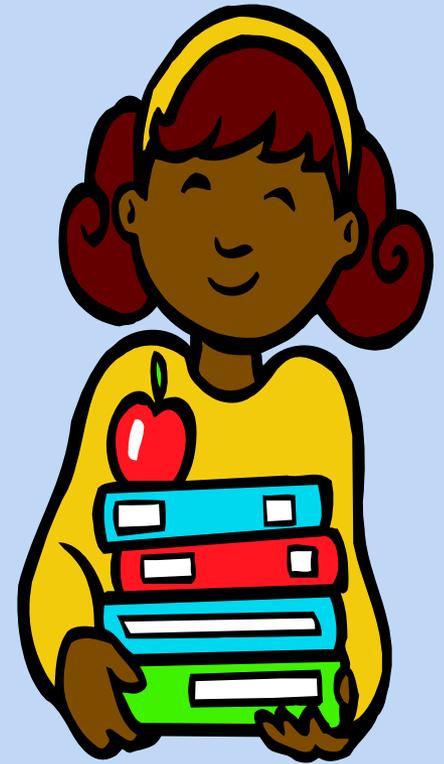


Goal 6: Family & Community Involvement



- Encourage communication among school, home and health care providers
- Encourage active parent, student, and community participation in school activities
- Work with local community asthma programs

Asthma Resources For School Health



National Asthma Education and Prevention Program (NAEPP) Website and Materials

- www.nhlbi.nih.gov/about/naepp/index.htm
- www.nhlbi.nih.gov/health/public/lung/index.htm#asthma
- www.nhlbi.nih.gov/health/prof/lung/index.htm

CDC School Asthma Website and Materials

- www.cdc.gov/HealthyYouth/asthma
- www.cdc.gov/HealthyYouth/asthma/publications
- www.cdc.gov/HealthyYouth/SHI



Questions and Answers