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

3. Asthma Education

4. Healthy School Environment

5. Physical Education & Activity

6. Family & Community Involvement
Goal 1: Infrastructure & Supportive Policies

- Ensure adequate student health records

- Establish emergency plan for asthma episodes at school

- Ensure immediate access to medications during all school activities

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

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

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