





Asthma Goals For School Health

- Healthy school environment
 - Health services in school
 - Asthma education
 - Supportive policies
 - Sound communication
- 




Goal: Healthy School Environment

- Enforce no-smoking policies
 - Reduce exposures to triggers: tobacco smoke, chemical vapors, furry or feathered animals, mites, cockroaches, chalk dust, mold
 - Keep temperature and humidity at appropriate settings
 - Maintain HVAC systems
 - Dry up damp and wet areas within 1-2 days
- 




Goal: Health Services in School

- Provide full-time nursing services
 - Include nursing assessments, care plans in student records
 - Teach and monitor correct inhaler techniques, peak flow meter use
 - Train, supervise and delegate to health assistants and education staff, as appropriate
- 




Goal: Asthma Education

- Provide asthma awareness for all students
 - Teach asthma management to students with asthma
 - Provide asthma education for faculty and staff
 - Teach parents how to manage asthma
- 



Goal: Supportive Policies

- Identify students with asthma
 - Provide quick, reliable access to medications
 - Establish individualized student asthma management plan
 - Establish individualized student emergency plan for asthma episodes
 - Promote safe and full participation in all school activities
 - Monitor students' asthma
- 



Supportive Policies


Identify Students

- Review student health records
 - Interview parents
 - Interview school health staff
- 



Supportive Policies


Provide Access to Medication

- Ensure reliable access to medication for all school activities
 - Allow self-administration as appropriate
 - Provide for nebulizer treatment as needed
- 



Supportive Policies


Establish Student Asthma Management Plan

- Address triggers
 - Record personal best peak flow
 - Specify routine medications
 - Outline signs and symptoms of worsening asthma
 - Specify medications required for emergencies and how to monitor response to them.
 - Indicate emergency contacts
 - Place plan in student's health record
 - Make copies for off-campus activities
- 



Supportive Policies


Establish Plan for Asthma Episodes

- Develop school wide emergency plans/procedures
 - Include respiratory distress treatment protocols
 - Include plan for someone without an individualized plan
 - Include an emergency plan for asthma episodes in the individualized student asthma management plan.
- 



Supportive Policies


Promote Participation in All Activities, including Physical Activities

- Encourage student participation
 - Allow pretreatment and or warm-up before physical activity
 - Allow access to quick relief medication
 - Modify activity or substitute with less strenuous option
- 




Supportive Policies

Monitor Students' Asthma

- Watch for symptoms of uncontrolled asthma
 - Monitor absenteeism due to asthma
 - Refer for home teaching as needed
- 



Goal: Sound Communication

- Form linkages among school, home and health care providers
 - Observe and report symptoms, medication use
 - Review difficulties student may have with daily school management plan
 - Resolve problems with school performance related to asthma
 - Encourage active student participation in school activities
- 



Asthma Resources For School Health

- National Asthma Education and Prevention Program (NAEPP) Website and Materials
 - Start at www.nhlbi.nih.gov
 - Check out health information for lung diseases
 - NAEPP Partner Organization Website and Materials
 - Start at www.nhlbi.nih.gov
 - Go to NAEPP homepage; click on “roster” to link with partners
- 