

Asthma Action Plan



**WHAT TEACHERS
NEED TO KNOW**



6.7 Million children in American have Asthma

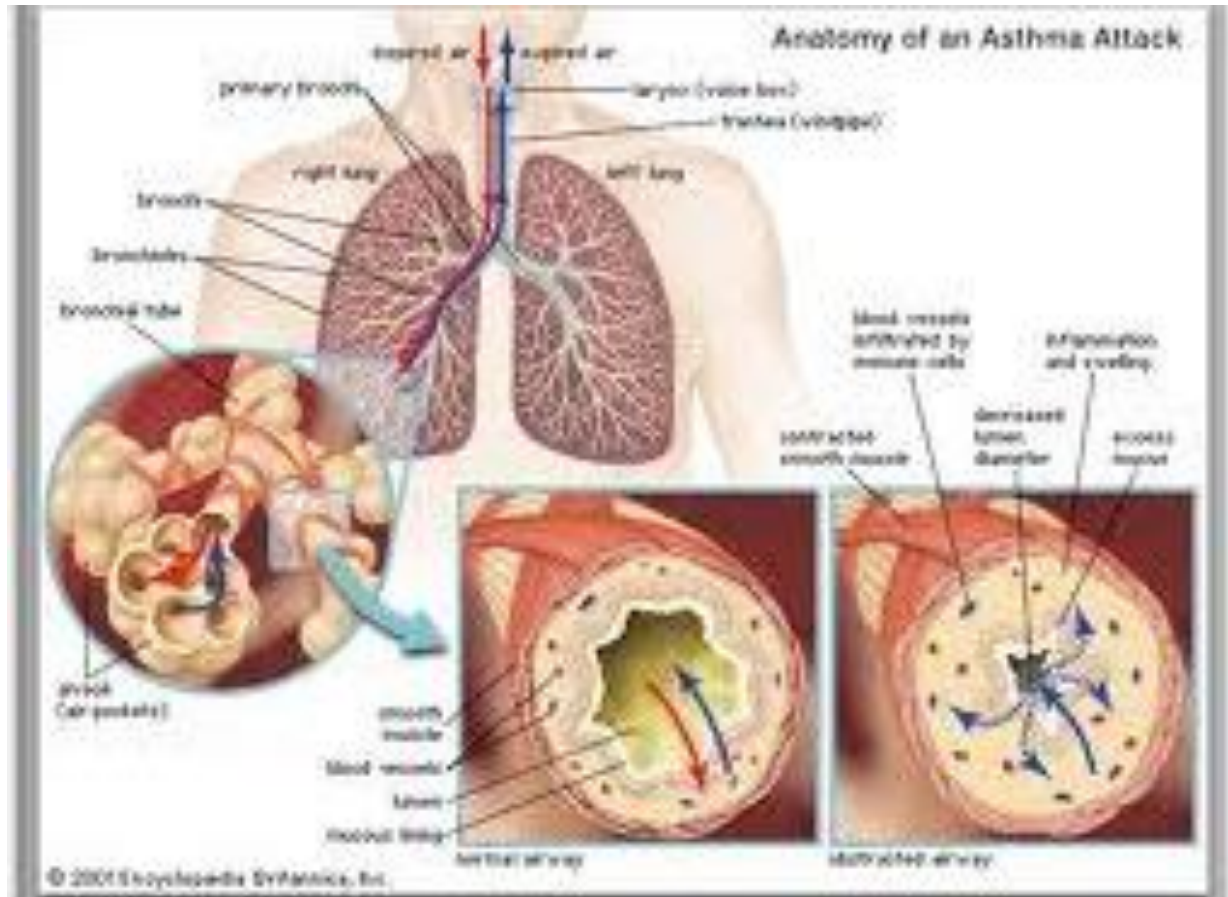
Asthma is a chronic lung condition that causes inflammation of the airways (breathing tubes).

It involves 2 Linked Process

- Airway Inflammation
- Bronchial Hyper-Reactivity

Results in narrowed (swollen) airways and excessive mucous production

Makes it hard for air to move in and out



Be Prepared

BE PREPARED



- Allergens or Irritants cause muscles around the bronchial tubes to tighten and the lining inflames
- This triggers excessive mucous production
- Resulting in symptoms of coughing, wheezing, or shortness of breath



Triggers



- Triggered by Allergens

- Cigarette Smoke
- Dust
- Pollen
- Mold
- Food
- Animal Dander
- Viral Infections
- Exercise



- It is important to know the child's triggers
- Discuss with the parent and school nurse the child's health history



MAKE EVERY
ATTEMPT TO GET RID
OF ALLERGENS IN
THE CLASSROOM!

Chalk Dust

Indelible Markers

Cleaning Products

Dusty Gym mats

Old Books

Perfumes

Cold Air

Mold

Pollen

Fumes



Remove Asthma Triggers

TAKE ACTION



- Do not ask the student to clean the chalkboard or chalk filled rags or brushes
- Use dustless chalk or a white board
- Ensure the classroom is cleaned and aired daily
- Monitor students carefully after thunderstorms or on days when pollen levels are high
- Close the classroom windows on high pollen days or smog-alert days
- Reframe from strong perfumes or hairsprays



Anxious or Scared Look

Cough

Chest Tightness

Shortness of Breath

Fatigue

Unusual paleness or
Sweating

Vomiting

Flared Nostrils

Wheezing

Pursed Lip Breathing

Restlessness



WATCH FOR SYMPTOMS

LISTEN FOR SYMPTOMS



- Put your ear or your hand to the child's back or chest
- Listen for
 - Irregular breathing
 - Squeaking or unusual noises
 - Fast Breathing
 - Clearing of the throat frequently
 - Wheezing
 - Noisy or difficulty breathing

UNDERSTAND ASTHMA MEDICATIONS AND TREATMENT



ASTHMA CAN BE CONTROLLED



2 TYPES OF MEDICATION



- **Controllers or “Preventer's”**
 - Prevent airway inflammation
 - Usually given at home
 - NOT A QUICK RELIEF OF SYMPTOMS
- **Relievers or “Rescuer's”**
 - Opens the airway quickly
 - Contained as an INHALER
 - Prescribed when needed
 - TAKE RIGHT AWAY WHEN SYMPTOMS APPEAR



BE AWARE OF
THE TYPES OF
MEDICATION
THE CHILD IS
CURRENTLY
TAKING

&

BE AWARE OF
WHICH
MEDICATION
IS A
CONTROLLER
AND A
RELIEVER



MEDICATION REMINDERS

MANAGING AN EMERGENCY



- If Rescue medication fails to improve symptoms further action is necessary
- Be aware of the student's Health History, and have Emergency Contact Numbers available

MANAGING AN EMERGENCY



- **STEP 1 - ASSESS**

- If the student is:

- ✦ Coughing, wheezing, has chest tightness or is short of breath
- ✦ Unable to exercise due to symptoms

- **STEP 2 – TAKE ACTION**

- Remove from any trigger

- Give two puffs of reliever medication

- ✦ One puff at a time with 30 seconds between puffs

- Wait 10 minutes to see if relieved if not repeat the two puffs

- Stay calm, provide reassurance and remain with student

- Inform the school nurse and parent as soon as possible

- Record date, time, drug name, and dose of medication

MANAGING AN EMERGENCY



- **STEP 3 – REASSESS**

- If relieved the student can resume school activities
- Should be monitored closely
- Avoid rigorous activity
- Contact the school nurse
- If NOT relieved or has difficulty speaking, breathing, appears gray, blue or is sweating
- Call an ambulance
- Call the school nurse
- Call the students parents

MANAGING AN EMERGENCY



- **STEP 4 – TAKE ACTION**
 - Call 911
 - Contact parents
 - Let the student sit leaning forward with arms supported on a table or chair
 - DO NOT have the student breathe in a paper bag!
 - Give reliever medication every 10-15 minutes until ambulance arrives
 - If student STOPS breathing provide CPR



It is important that children with Asthma participate in physical activity.

Students with well controlled Asthma, exercise should pose little, if any, difficulty.

If a student has exercise limits due to cough, wheeze or shortness of breath, this is a sign of uncontrolled asthma and a trip to a physician is needed.



PHYSICAL ACTIVITY AND ASTHMA

PHYSICAL ACTIVITY AND ASTHMA



- **Action:**
 - Identify students who need to take medication before exercising, or before exercising in COLD AIR
 - Provide an indoor site for students who have difficulty exercising in cold or humid weather or when mold or pollen levels are high
 - To warm the bronchial airways allow for continuous, progressive warm ups
 - If the student has SYMPTOMS, DO NOT allow exercise, STOP the student until fully recovered and provide rescue inhaler
 - If student gets Asthma symptoms with exercise inform the school nurse and the parents

ADDITIONAL RESOURCES



- [Asthma Management Initiative - Tennessee Department of Health ...](#)
 - health.state.tn.us/MCH/asthma.shtml
- [PDF] [Managing Asthma: A Guide for School - National Heart, Lung, and ...](#)
 - www.nhlbi.nih.gov/health/prof/lung/asthma/asth_sch.pdf
- [Asthma - American Lung Association](#)
 - www.lung.org/lung-disease/asthma/

TEST QUESTIONS



- 1. Asthma is characterized as a chronic Lung condition which causes which of the following?
 - A. Breathing becomes slightly easier due to relaxation of the lungs
 - B. Inflammation of the airways
 - C. Bronchial Hyper-reactivity
 - D. Both B & C

- 2. Symptoms of an acute Asthma attack includes all of the following except?
 - A. Cough without a cold
 - B. Vomiting and Diarrhea
 - C. Paleness
 - D. Wheezing

TEST QUESTIONS



- 3. An Asthma reliever is an inhaler that opens the airway quicker, contained in an inhaler and is to be taken right away
 - A. True
 - B. False

- 4. Teachers should remove triggers of an asthma attack by removing which of the following?
 - A. Old Books
 - B. Windows and Dust
 - C. Dusty Gym Mats
 - D. Both A & C

TEST QUESTIONS



- 5. Teachers should take action by removing Asthma triggers. They should not ask a student with Asthma to clean chalkboards or chalk filled rags.
 - True
 - False
- 6. In managing an Asthma emergency the teacher should do all of the following except.
 - A. Give Rescue Inhaler
 - B. Be aware of the student's health history
 - C. Assess for Signs and Symptoms
 - D. Let the student breathe in a paper bag

TEST QUESTIONS



- 7. Physical activity should be limited for a student with controlled Asthma.
 - True
 - False

- 8. The **FOUR** steps in managing an Asthma emergency involve **ASSESS, TAKE ACTION, REASSESS, and TAKE ACTION.**
 - True
 - False

TEST QUESTIONS



- 9. To ASSESS if a student is having an Asthma attack the teacher should monitor for which signs and symptoms?
 - A. Coughing
 - B. Chest Tightness
 - C. Wheezing
 - D. All of the above

- 10. Reliever medication is given how?
 - A. One puff at a time with 60 seconds between puffs
 - B. One puff at a time with 10 seconds between puffs
 - C. One puff at a time with 30 seconds between puffs
 - D. None of the above