

ASTHMA MANAGEMENT IN SCHOOL: *WHAT ALL SCHOOL STAFF NEEDS TO KNOW!*



PROFESSIONAL IN-SERVICE

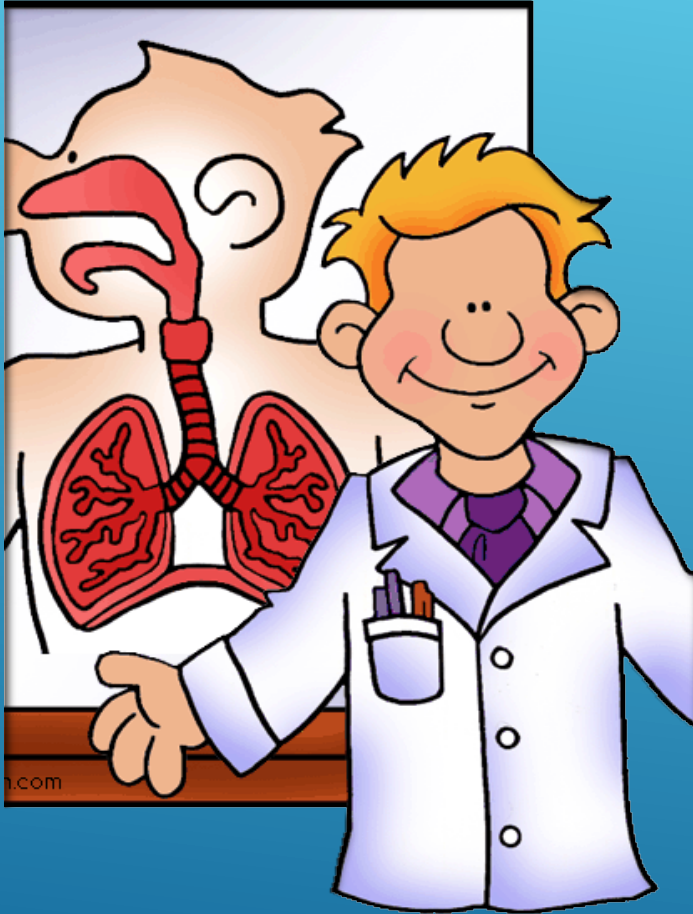
Sunflower Co. Consolidated School District



OVERVIEW

AT THE END OF THIS IN-SERVICE, YOU WILL BE FAMILIAR WITH:

- ✓ Asthma Basics
- ✓ How to help students control asthma
 - i. Be Prepared
 - ii. Reduce Triggers
 - iii. Recognize Symptoms
- ✓ Asthma First Aid & How to handle an asthma emergency
- ✓ Asthma Action Plans
- ✓ Asthma & School Bus Safety
- ✓ Resources



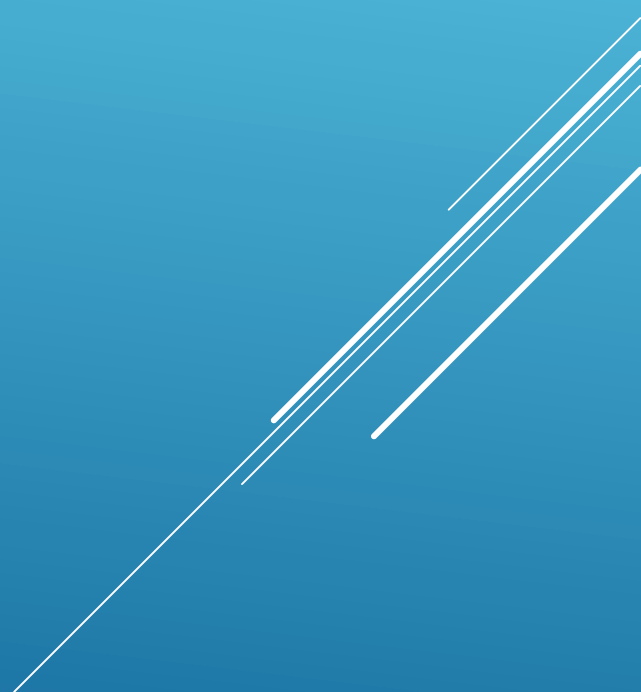
What is asthma?

- ❖ A chronic lung condition that causes breathing problems
- ❖ It is a manageable disease

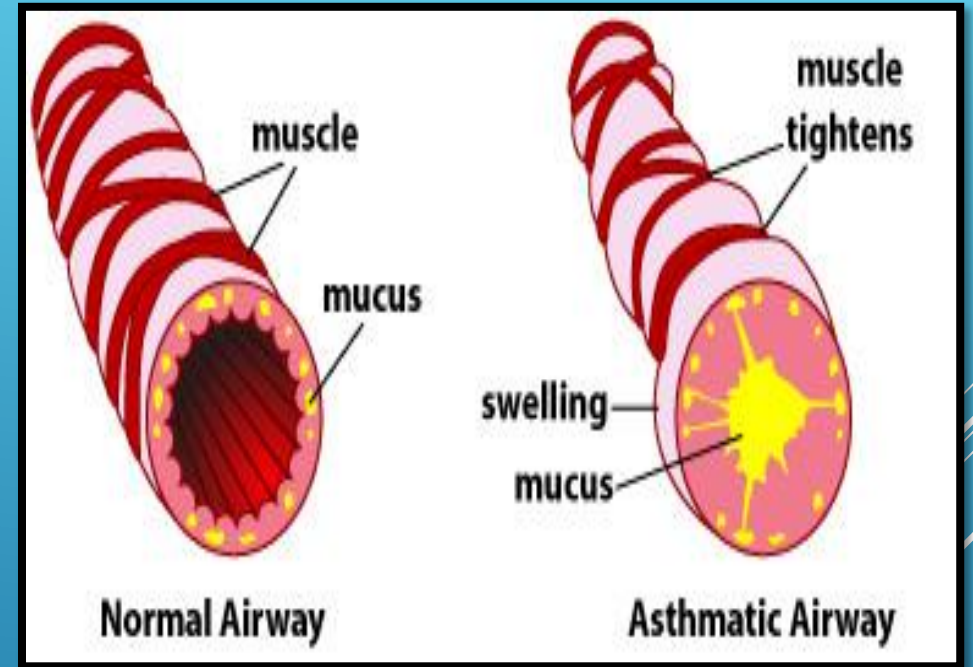
Who has asthma?

- ❖ 6.2 M children in U.S (***National Center for Health Statistics***).
- ❖ In Mississippi, 1 in every 10 children under the age of 18 have asthma. More boys than girls and more black children than white children have asthma (***MS Dept. of Health***).
- ❖ Seriousness of disease varies from student to student

ASTHMA BASICS



- Asthma affects the airways: the tubes that carry air in and out of the lungs
- Airways become inflamed/swollen
- Muscles tighten around the airways
- Mucus increases blocking the airway
- Less air can get in and out



ASTHMA BASICS (CONT.)
*WHAT HAPPENS DURING AN ASTHMA
ATTACK?*

Asthma Attack



Signs & Symptoms

- ▶ Cough
- ▶ Shortness of breath
- ▶ Mild wheeze
- ▶ Tight chest

ASTHMA BASICS (CONT.)
*WHAT HAPPENS DURING AN ASTHMA
ATTACK?*

ASTHMA BASICS (CONT.)

WHAT CAN TRIGGER ASTHMA?

- ❖ Respiratory illness (i.e. common cold, sinusitis, pneumonia)
- ❖ Allergens (i.e. pollen, cat dander, dust)
- ❖ Weather (extreme warm & cold temps)
- ❖ Irritants (i.e. strong perfumes, cleaners, strong odors, exhaust fumes)
- ❖ Emotions (anger, excitement, stress)
- ❖ Exercises (running, jumping, brisk walking)

**Students may have different triggers*



- ▶ Obtain student's contact info
- ▶ Become familiar with common asthma attack s/sx
- ▶ Become familiar on use of emergency medication
- ▶ Become familiar with steps to take during an asthma attack



HOW TO HELP STUDENTS CONTROL
ASTHMA: BE PREPARED!

- Cockroaches and other pests
 - Look for signs; do not leave food, water or garbage exposed; remove pests and use pest control products
- Mold & Dust Mites
 - Clean up mold and control moisture
- Help students avoid standing near idling buses
- Use scented sprays and perfumes with caution

HOW TO HELP STUDENTS CONTROL
ASTHMA: REDUCE TRIGGERS!

ASTHMA FIRST AID

- ▶ Assist with quick relief inhaler IF STUDENT HAS ONE
- ▶ Encourage student to sit upright, with back straight
- ▶ Elevate arms at shoulder level and support arms
- ▶ Encourage student to take slow deep breaths
- ▶ NEVER send a student with asthma symptoms anywhere alone



HOW TO HANDLE AN ASTHMA
EMERGENCY?

► Call 911 if:

- No improvement 15 mins after initial treatment of medication
- Medications are not available and student has signs of an asthma attack
- Lips or nailbeds turn gray or blue (students with light complexion)
- Paling of lips or nail beds (students with dark complexion)
- Decreasing or loss of consciousness

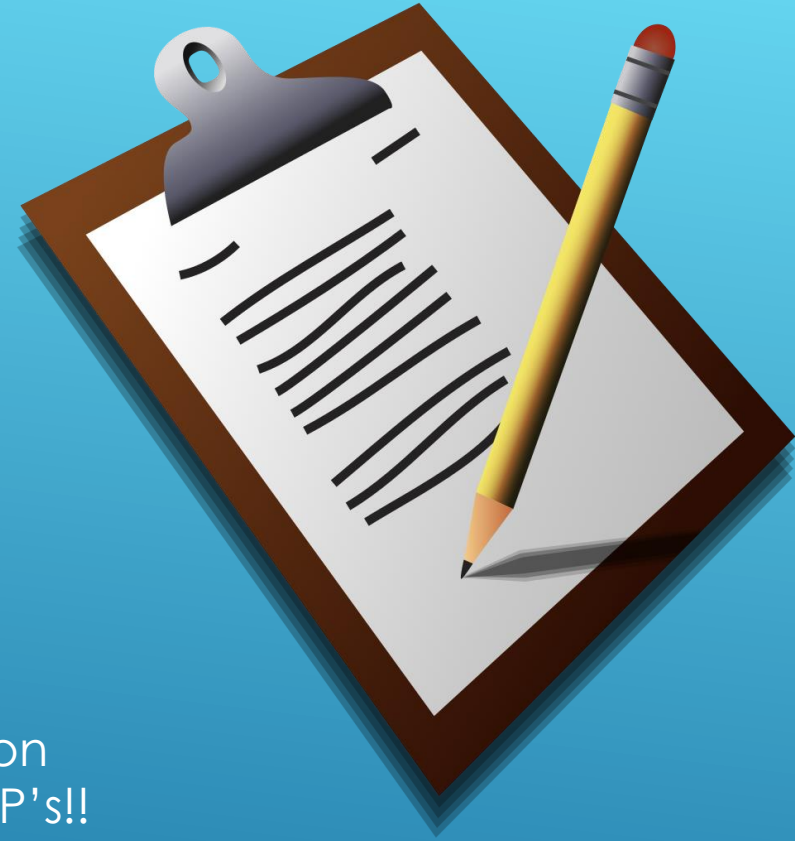
HOW TO HANDLE AN ASTHMA
EMERGENCY.....



- ▶ What is an AAP? A written plan that is developed by the student's physician or nurse practitioner detailing what to do for asthma symptoms or asthma attacks.
- ▶ **Miss. Code Ann. § 37-11-71 (2017) & SB Policy JGCDA** allows for a student to carry and self-administer prescription inhalers while on school property, on school-provided transportation, or at a school-related event or activity.

Visit the SCCSD website & Click on
NURSE DEPT. to access blank AAP's!!

ASTHMA ACTION PLANS (AAP'S)



ASTHMA & DIESEL FUMES

Diesel Fumes is considered an irritant trigger that causes a child's sensitive airways to spasm causing painful coughing and swelling. These fumes/odors are potent asthma triggers for some children. Diesel Fumes can also be pulled into the building and circulated via the ventilation system.

Idling buses emit exhaust fumes, which concentrate at ground level and enter both the passenger compartments of the buses and school classrooms through the ventilation systems.

Bus idling and open windows increase the level of diesel exhaust inside a school bus 5 to 15 times higher than outside monitoring sites (Environmental Protection Agency website <http://www.epa.gov/cleanschoolbus/>)



WHAT CAN SCHOOL BUS DRIVERS DO?

SCHOOL BUSES ARE THE SAFEST WAY FOR CHILDREN TO GET TO SCHOOL. SCHOOL BUS DRIVERS ARE IN DAILY CONTACT WITH STUDENTS WHO HAVE ASTHMA AND ARE IN A POSITION TO HELP THEM MANAGE THEIR ASTHMA. TIPS OR WAYS DRIVERS CAN HELP



- ✓ When arriving at loading areas to drop off or pick up children, buses should be turned off as soon as possible to eliminate idling time and reduce harmful emissions.
- ✓ Limit the idling time during the early morning warm-up to what is recommended by the manufacturer (generally 3 to 5 minutes).
- ✓ Wait inside the school during the winter if you arrive early; unless you need to maintain a safe temperature for students with special needs or you are operating safety equipment



RESOURCES

Delta State University's School-based Asthma Management Dept.

National Center for Health Statistics
(<https://www.cdc.gov/nchs/fastats/asthma.htm>)

Mississippi State Department of Health
(<https://msdh.ms.gov/msdhsite/static/43,718,235,425.html>)

MN Department of Health
(www.health.state.mn.us/asthma/documents/busdrivers.pdf)

Feel free to contact a District Nurse with any questions or concerns!

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CONGRATULATIONS!

YOU HAVE SUCCESSFULLY COMPLETED THE
SCCSD ASTHMA IN-SERVICE.

Please click the link below to answer
the required, three (3) question
survey about the Asthma
Management In-Service.



[Asthma Management In-Service Questionnaire](#)

THANK YOU!

