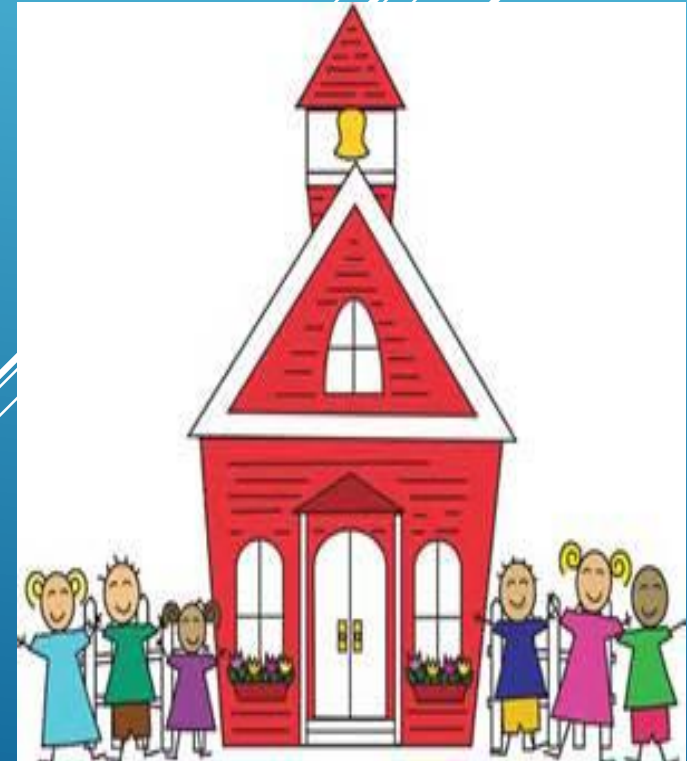
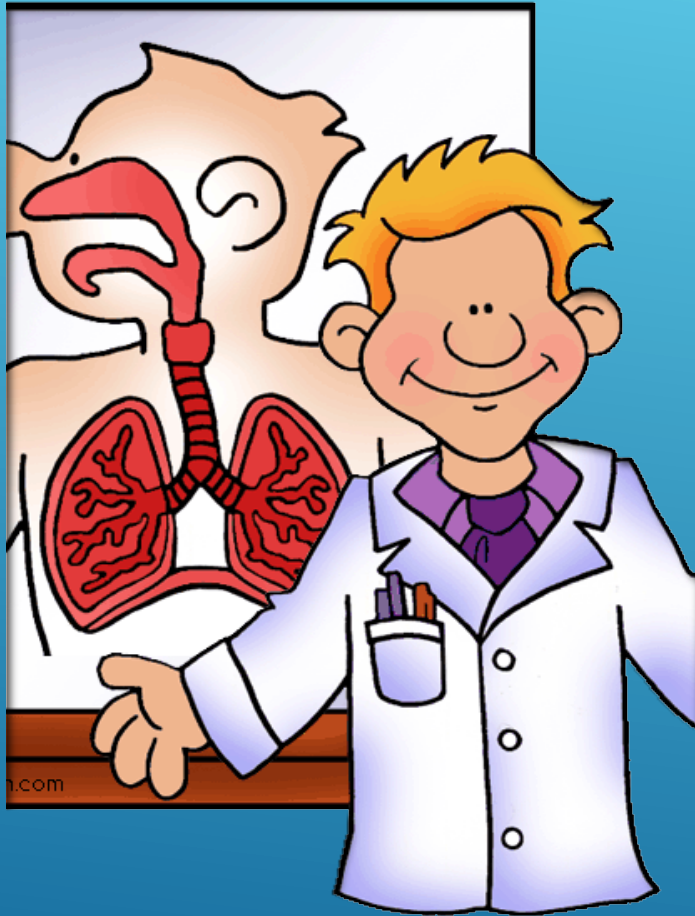


ASTHMA MANAGEMENT IN SCHOOL: *WHAT ALL SCHOOL STAFF NEEDS TO KNOW!*

Professional In-service
2016-2017





OVERVIEW

- ✓ Asthma Basics
- ✓ How to help students control asthma
 - i. Be Prepared
 - ii. Reduce Triggers
 - iii. Recognize Symptoms
- ✓ How to handle an asthma emergency
- ✓ Resources

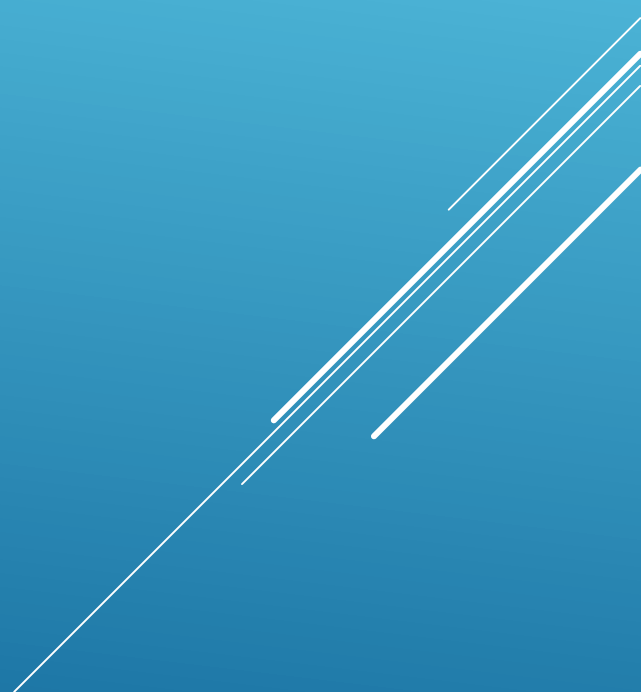
What is asthma?

- ❖ Chronic lung condition that causes breathing problems
- ❖ Manageable disease

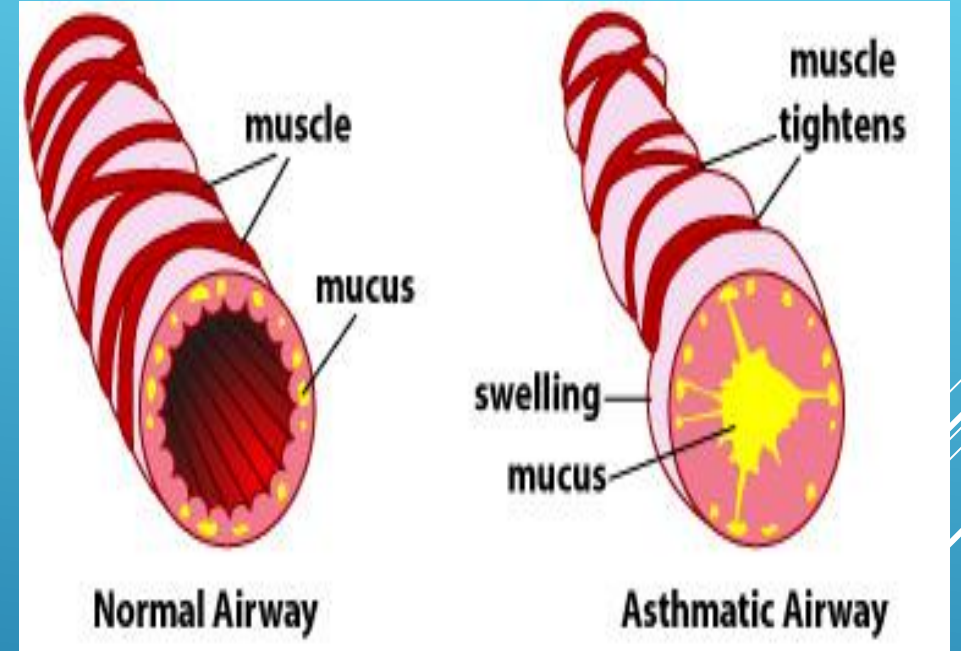
Who has asthma?

- ❖ 7M children in U.S. & over 65,000 in MS (< 18y/o)
- ❖ 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

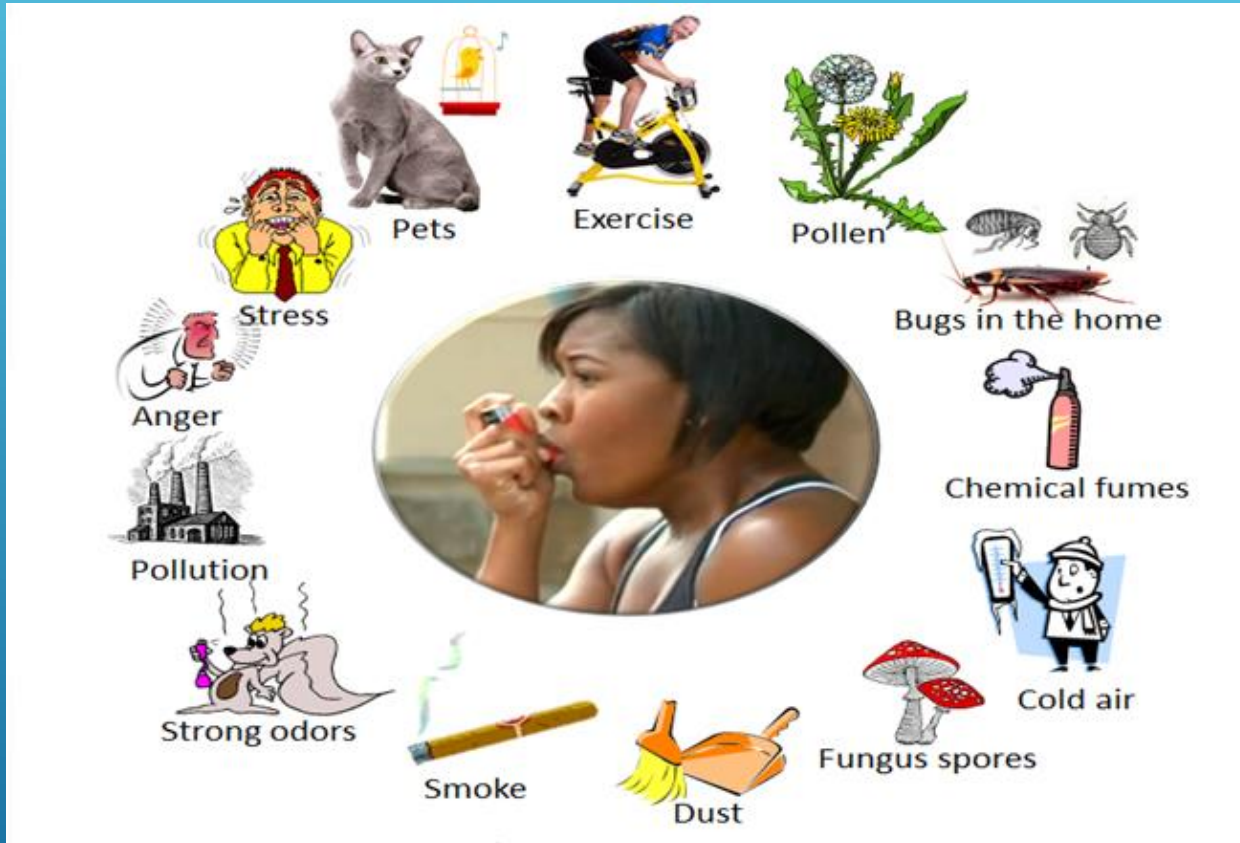
ASTHMA BASICS (CONT.)
*WHAT HAPPENS DURING AN ASTHMA
ATTACK?*

ASTHMA BASICS (CONT.)

WHAT CAN TRIGGER ASTHMA?

- ❖ Respiratory illness
- ❖ Allergens
- ❖ Weather
- ❖ Irritants
- ❖ Emotions
- ❖ Exercises

**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
- ▶ 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!

- ▶ Assist with quick relief inhaler
- ▶ 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.....





RESOURCES

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

Mississippi State Department of Health

MN Department of Health

(www.health.state.mn.us/asthma/documents/busdrivers.pdf)

Feel free to contact me with any questions or concerns!

KK Hibbler, RN/SCCSD



khibbler@sunflower.k12.ms.us

662-207-8492