

School Nurse Resources for Asthma

This document was created to support the role of the school nurse in asthma management in schools. It was written through a collaboration of school/public health nurses from school districts across Kansas (School Nurse Advisory Committee) and child health partners from local health departments, Kansas Department of Health & Environment's Bureau of Health Promotion and Children and Families Section.

1) Asthma Online Toolkit (NASN)

<http://www.nasn.org/ToolsResources/Asthma>

- *NASN Resources*
- *Asthma – Basic Information*
- *Additional Asthma Tools and Resources*
- *School Tools and Forms*

2) Joint Statement on Improving Asthma Management in Schools

In the United States, more than 7 million children have asthma, and of the school absences caused by chronic conditions, asthma is one of the biggest contributors, causing over 10 million missed school days annually. That is why nine health and school-based organizations --including NASN -- have come together and issued a joint statement on improving asthma management in schools, which provides best practices for a healthy school environment that promotes student learning and wellbeing.

<http://www.lung.org/assets/documents/asthma/joint-statement-improve-asthma-mgmt-schools.pdf>

3) Evidenced Asthma Based Care in School – The Role of the School Nurse – NASN -

<https://www.pathlms.com/nasn/categories/686/courses>

4) What is Asthma?

Learn about asthma, its symptoms, and how it is treated

<http://www.cdc.gov/asthma/faqs.htm>

5) ALA's "Asthma Medications Videos"

Information on asthma medications and their use, with colored photos and video demonstration

<http://www.lung.org/lung-disease/asthma/taking-control-of-asthma/understand-your-medication.html>

6) National Environmental Education Foundation – “Environmental Management of Pediatric Asthma: Guidelines for Healthcare Providers”

Guidelines aimed at integrating environmental management of asthma into pediatric health care. The guidelines contain competencies, environmental history form, and environmental intervention recommendations

<https://www.neefusa.org/health/asthma7> Colorado Asthma and Allergy Center

Asthma education and resources to enhance the quality of asthma treatment and understanding of the disease management

<http://www.coloradoallergy.com/patient-resources/patient-education/>

7) Information for School and Daycare Providers

Information about Asthma, How to Use your asthma inhaler, Asthma Friendly Schools, as well as links to other professional associations and organizations

<http://www.cdc.gov/asthma/schools.html>

8) ALA’s “Asthma Basics”

A 50-minute online learning module designed to help people learn more about asthma. The program will teach participants to:

- *Recognize and manage asthma triggers*
- *Understand the value of an asthma action plan*
- *Recognize and respond to a breathing emergency*

<http://www.lung.org/lung-disease/asthma/learning-more-about-asthma/asthma-basics.html>

9) ALA’s “What is Asthma”

An informative animation tool that explains what asthma is and how it affects people

<http://www.lung.org/lung-disease/asthma/>

10) Asthma Educator Institute

A two-day preparatory course for those qualified to take the National Asthma Educator Certification Board (NAECB) examination

<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-educator-institute.html>

11) AAFA – Asthma Management and Education

A 2-hour program that recognizes the critical role allied health professionals play in educating and caring for the patient with asthma and allergies. The Program Outline includes:

- *Introduction*
- *Asthma: An Overview*
- *Factors Contributing to Asthma Severity*
- *Medications*
- *Peak Flow Meters*
- *Patient/Clinician Partnership*

<http://www.aafa.org/display.cfm?id=4&sub=79&cont=431>

12) Wee Breathers

A program designed to assist healthcare professionals who educate parents of children under age 7 years, learn to manage asthma. The program outline includes:

- *Instructor's Guide*
- *Asthma-Friendly-Home – A Checklist for Families*
- *Asthma-Friendly Child Care – A Checklist for Providers*
- *Lesson 1 – Asthma Basics*
- *Lesson 2 – Asthma Triggers*
- *Lesson 3 – Controlling Asthma Triggers*
- *Lesson 4 – Asthma Medications*
- *Lesson 5 – Asthma Action Plan*
- *Lesson 6 – Communicating with the Asthma Team*
- *Lesson 7 – Asthma Management Goals*

<http://www.aafa.org/media/Wee-Breathers-Instructors-%20Guide.pdf>14) Partnering with Schools to Improve Care for Children with Asthma in the Medical Home

13) Partnering with Schools to Improve Care for Children with Asthma in the Medical Home

A document that reviewed 3 ways to effectively collaborate with schools in providing quality asthma care

<https://www.aap.org/en-us/professional-resources/practice-transformation/medicalhome/Pages/Asthma-Allergy-and-Anaphylaxis.aspx>

14) Asthma at School

The Breathing Association serves the community by promoting lung health and preventing lung disease through education, detection, service, and treatment. "Asthma At School" provides various information and resources targeting parents and school staff members

<http://www.breathingassociation.org/services/asthma-services/asthma-at-school/>

15) Pregnancy and Asthma

A guide to help answer important questions related to asthma and pregnancy

<http://acaai.org/asthma/who-has-asthma/pregnancy>

School Tools and Forms

1) Asthma Action Plan Templates

<http://www.kansasaap.org/wordpress/coordinators-2/asthma-task-force/>

https://www.nhlbi.nih.gov/files/docs/public/lung/asthma_actplan.pdf

http://www.cdc.gov/asthma/tools_for_control.htm

https://www.aaaai.org/Aaaai/media/MediaLibrary/PDF%20Documents/Libraries/NEW-WEBSITE-LOGO-asthma-action-plan_HI.pdf

2) Asthma Action Plan Assessment

An assessment tool to evaluate if the student's Asthma Action Plan is working

<http://www.nhlbi.nih.gov/health-pro/resources/lung/is-asthma-plan-working-nurses-tool>

All children with asthma need an asthma action plan. This brief assessment tool offers guidance in determining how well an asthma action plan is working for a student

<http://www.nhlbi.nih.gov/health-pro/resources/lung/is-asthma-plan-working-nurses-tool.htm>

3) Asthma Control Test

A quick test that provides a numerical score to assess asthma control

Ages 4 to 11 years - <http://pediatrics.iu.edu/files/7114/8807/0221/rpqn-childhood-asthma-control-test-c-act.pdf>

Ages 12 years and older - <https://intermountainhealthcare.org/ext/Dcmnt?ncid=520233152>

4) Guidelines and Diagnosis and Management of Asthma EPR 3

The EPR 3 Guidelines on Asthma was developed by an expert panel commissioned by the National Asthma Education and Prevention Program (NAEPP) Coordinating Committee (CC), coordinated by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health

<http://www.nhlbi.nih.gov/health-pro/guidelines/current/asthma-guidelines/>

5) Asthma and Physical Activity in the School

This site provides a resource for teachers and coaches to help students with asthma participate in sports and physical activities

<http://www.nhlbi.nih.gov/health/resources/lung/asthma-physical-activity.htm>

6) Managing Asthma: A Guide for Schools -

This site provides school personnel a booklet describing practical ways to help students with asthma.

<http://www.nhlbi.nih.gov/health-pro/resources/lung/asthma-management-school-guide.htm>

7) Emergency Protocol for Students with Asthma Symptoms -

Although each student with asthma needs a personal asthma action plan, schools also should have a written emergency care plan for students who do not have a personal plan at school. This template can help develop a district or school protocol.

<http://www.nhlbi.nih.gov/health-pro/resources/lung/asthma-school-suggested-protocol-for-students-without-plan.htm>

American Lung Association

1) Back to School with Asthma Toolkit

Information for parents or schools to assist with preparing for your child with asthma is attending school: Information and templates on various topics includes:

Asthma Friendly Schools, Asthma Action Plan, Asthma Emergency Protocol, Quick Access to Medications, Healthy Air Classroom Checklist, Tobacco Free Campus Policy Template, Access to Full Time Registered Nurse

<http://www.lung.org/lung-disease/asthma/creating-asthma-friendly-environments/asthma-in-schools/back-to-school-with-asthma/back-to-school-with-asthma-toolkit.html>

2) Asthma Friendly Schools

Provides a framework and tools that communities and schools can use to collaborate on a comprehensive approach to asthma management, including planning tools, policy recommendations, and education programs.

<http://www.lung.org/lung-disease/asthma/creating-asthma-friendly-environments/asthma-in-schools/asthma-friendly-schools-initiative/>

3) Back to School Checklist for students with Asthma:

A checklist for parents and schools to guide them to prepare their child for the school year

<http://www.lung.org/assets/documents/asthma/back-to-school-with-asthma-checklist-2014.pdf>

4) Open Airways for Schools

A program to educate and empower children through a fun and interactive approach to asthma self-management. It teaches children with asthma ages 8 to 11 years how to detect the warning signs of asthma, avoid their triggers and make decisions about their health

<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/open-airways-for-schools/about-open-airways.html>

5) Lungtropolis

An interactive website designed for children with asthma between the ages of 5 to 10 and their parents, and provides information and resources to caregivers of children with asthma.

- <http://www.lung.org/lung-disease/asthma/taking-control-of-asthma/for-parents-of-children-with-asthma/lungtropolis.html>

6) Mobile Apps and Asthma Management

The goal of health education is to communicate information necessary to make informed choices and motivate self-management. A variety of games and apps are available with examples provided

<https://www.everydayhealth.com/hs/adult-asthma/asthma-management-apps/>

<http://www.asthmamd.org/>

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/asthma>

<http://pbskids.org/arthur/games/lungdefender/asthma.html>

<http://asthmasense.com/>

http://www.asthmamd.org/#resources/iphone_chart.jpg

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