

ASTHMA EDUCATION FOR SCHOOL STAFF

Illinois Public Act 099-0843

ILLINOIS PUBLIC ACT 099-0843 REQUIRES:

1. Schools to develop an emergency response protocol for asthma attacks
2. Schools to request an Asthma Action Plan from parents
 - Parents are not required to provide an action plan
3. School staff that work with students receive asthma education every 2 years

OBJECTIVES

1. Define asthma
2. Name causes of asthma attacks and prevention strategies
3. Describe asthma management in schools
4. Review asthma medications

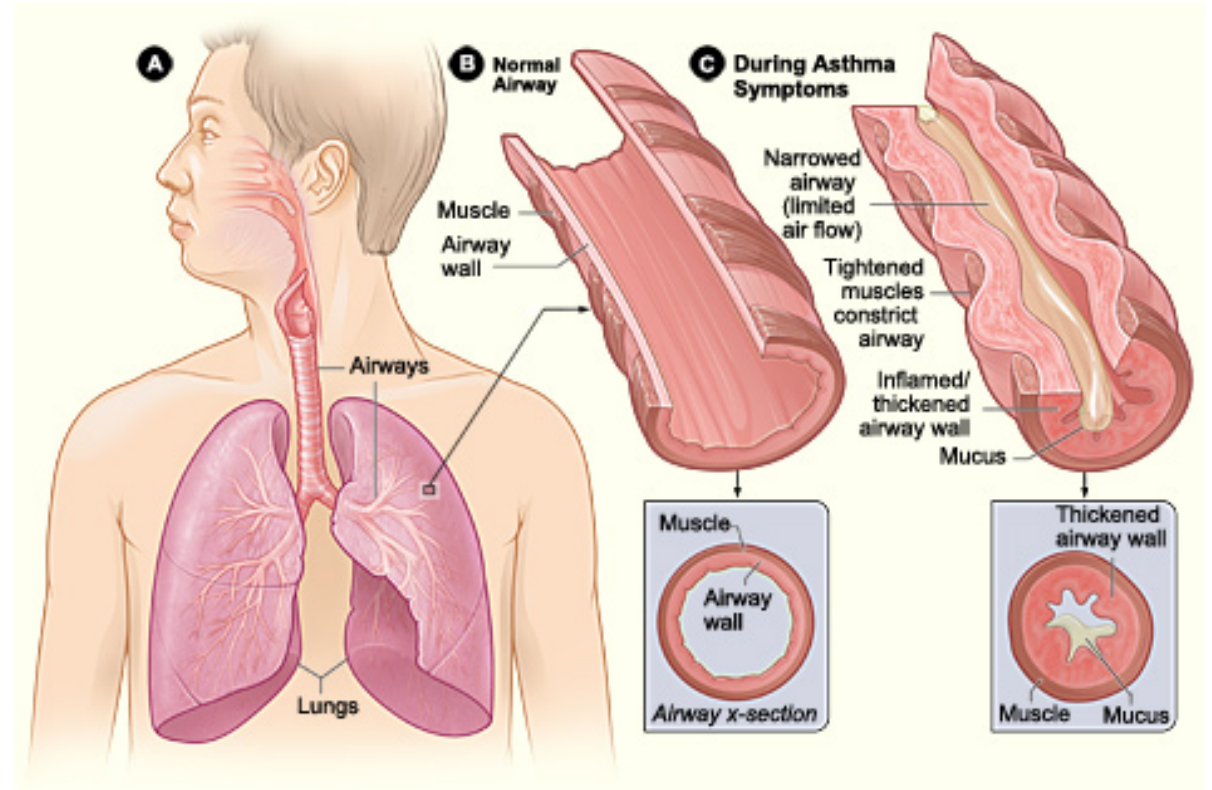
DEFINITION

Asthma is inflammatory disease of lungs. It causes shortness breath, coughing, and wheezing.

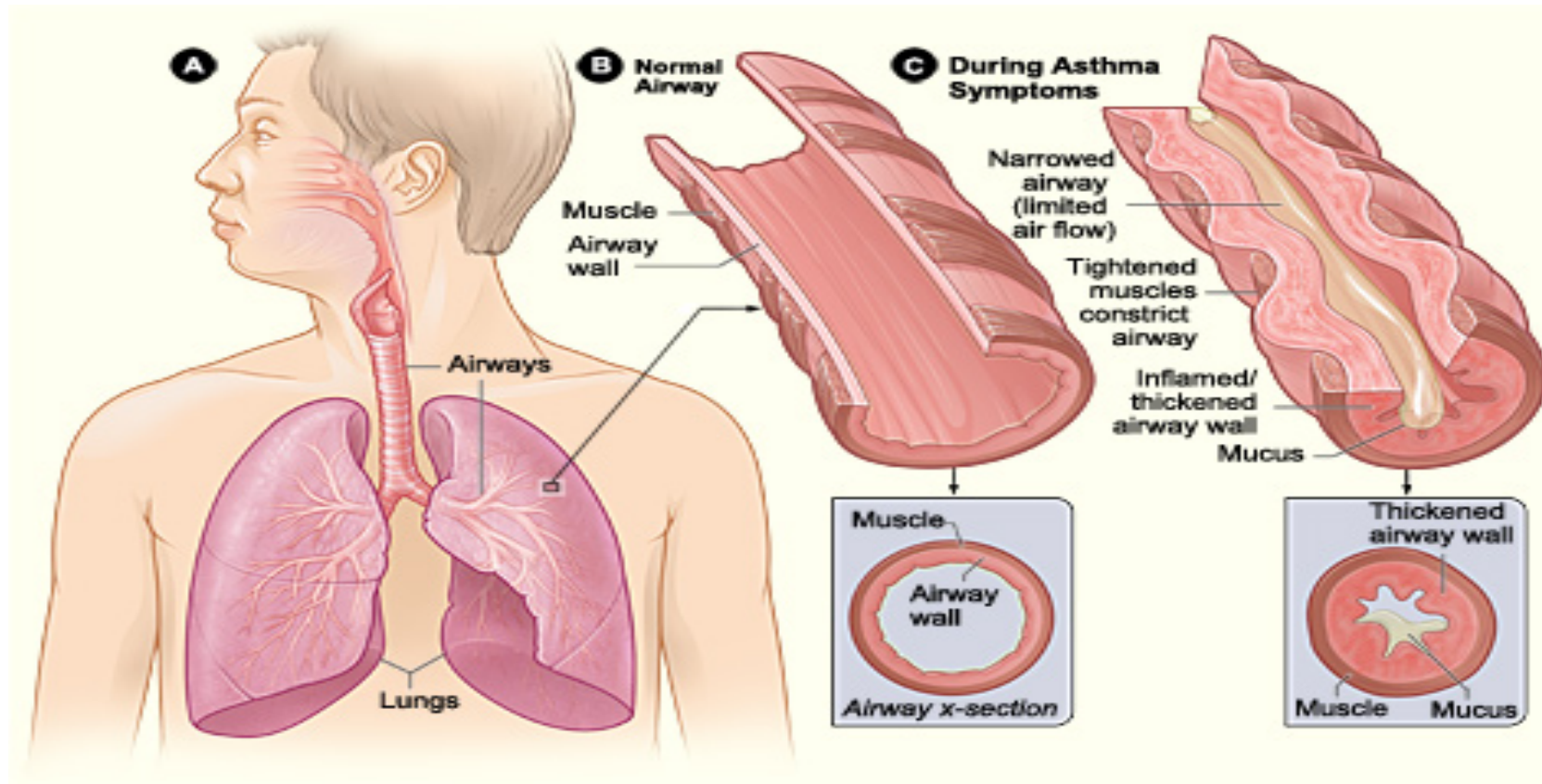
25 million people have asthma, 7 million are children

1 out of 11 children have asthma

Asthma is the leading cause of absences in schools



ANATOMY OF AN ASTHMA ATTACK



ASTHMA PREVENTION IN SCHOOLS

Avoid Triggers

- Irritants
- Allergens

Control with Medications

- Long Term medications
- Quick relief medications

IRRITANTS AND ALLERGENS

Common Irritants

- Tobacco Smoke (1st, 2nd, and 3rd hand exposure)
 - Encourage no smoking
- Air Pollution
 - Monitor air quality (www.airnow.gov)
 - Keep windows and doors closed
 - Move activities inside if needed
- Strong Odors
 - No air fresheners in classrooms
 - Avoid strong smelling perfumes and colognes
 - Dilute cleaning solutions
- Hot and Cold Weather
 - Stay indoors during hot and humid weather

Common Allergens

- Animal Fur or Dander
 - Store Personal belongings separate from students
- Mold
 - Keep dark moist areas of the school clean and dry
- Pollen
 - Ensure students take medications as needed prior to outdoor activities
- Roaches and Rodents
 - Seal cracks
 - Clean rooms
 - Use repellents when appropriate

OTHER TRIGGERS

Respiratory Illness

Strong Emotions causing Interrupted Breathing Patterns

Exercise

- Exercise can be limited due to asthma concerns, but should not be withheld as a preventative measure

SILVIS SCHOOL DISTRICT ASTHMA ACTION PLAN

Illinois Asthma Emergency Response Protocol

- Guides how staff should respond to any asthma episodes.
- Provides guidance for asthma episodes, severe asthma episodes, and loss of consciousness.
- Required by Illinois Public Act 099-0843

Asthma Emergency Care Plan

- Individualized for each student
- Provided to staff by the school nurse
- Created with input from the parents and physician

MEDICATIONS

Long Term Control

- A daily medication taken at home to prevent inflammation. Example: Singulair

Quick Relief Inhalers

- A short acting bronchodilator. Example: **Albuterol**/ Proair/ Proventil/ Ventolin
- Located in the nurse's office OR with the student
- State law does not require a physician's order for inhalers to be self-carry

Nebulizer

- Changes liquid medication into a mist for easier and more effective administration. Examples: Albuterol, Duoneb
- Located in the nurse's office

Epinephrine

- Used in extreme situations
- Can be nebulized (racemic epinephrine) or injected (Epi-Pen).



QUESTIONS??