

SUPPORTING STUDENTS WITH ASTHMA

Children with asthma are more likely to:

Have poorer sleep hygiene and insomnia⁸

Be absent from schools⁶

Have difficulty adhering to treatment, especially adolescents⁷

Have frequent visits to emergency rooms⁷

WHAT DO ASTHMA ATTACKS LOOK LIKE?⁹

- Coughing
- Wheezing
- Tightness in the chest or throat
- Shortness of breath

SERIOUS WARNING SIGNS:¹⁰

- Difficulty talking
- Difficulty walking
- Rescue medication doesn't work

WHAT IS ASTHMA?

- Asthma is a chronic condition that can be life-threatening if not managed properly¹
- Asthma causes swelling in the airways and, commonly, a buildup of mucus that makes it difficult to breathe during flare-ups¹

Asthma flare-ups can be triggered by:⁹

- Allergies (indoor or outdoor)
- Stress
- Physical Activity
- Infections
- Medications
- Poor air quality

AROUND 6.5% OF CHILDREN HAVE ASTHMA⁵

WHAT ASTHMA IS NOT: HOLLYWOOD'S STEREOTYPE



Children with asthma are portrayed in media as “nerdy” or as a sign of weakness or laziness. This can cause students to be ashamed or embarrassed about their asthma. They might hide their inhaler or suppress their symptoms.

SOME PARTS OF AN ASTHMA MANAGEMENT PLAN COULD LOOK LIKE:⁹

For younger students, leave the inhaler with a trusted adult. This can be the teacher or the nurse who knows how to use the inhaler correctly.

Allow time for the student to use their inhaler before physical activity if needed.

Allow the student to take breaks if they are having a flare-up.

Provide information to teachers on individual students' needs as well as educating teachers on when it is necessary to call emergency services.⁴

SCHOOL OR CHILD CARE ASTHMA/ALLERGY ACTION PLAN



Attach or insert in photo

Name: _____
 DOB: _____
 Parent/Guardian #1 Name: _____
 Address: _____
 Phone (home): _____ Phone (work): _____
 Parent/Guardian #2 Name: _____
 Address: _____
 Phone (home): _____ Phone (work): _____
 Emergency Contact #1 Name: _____
 Relationship: _____ Phone: _____
 Emergency Contact #2 Name: _____
 Relationship: _____ Phone: _____
 Physician Child sees for Asthma/Allergies: _____
 Phone: _____
 Other Physician: _____
 Phone: _____

Daily Asthma Management Plan

Identify the Things That Start an Asthma/Allergy Episode

(Check each that applies to the child)

Animals Bee/insect sting Latex Respiratory infections
 Dust mites Exercise Smoke Change in temperature
 Pollens Cockroach/dust Molds Strong odors
 Food Other _____

Control of Child Care Environment

(List any environmental control measures, pre-medications, and/or dietary restrictions that the child needs to prevent an asthma/allergy episode)

Daily Medication Plan for Asthma/Allergy (Emergency medicines listed on next page)

MEDICINE	HOW MUCH	HOW OFTEN/WHEN TO USE

Outside Activity and Field Trips (List medications that must accompany the child when participating in outside activities and/or field trips)

MEDICINE	HOW MUCH	HOW OFTEN/WHEN TO USE



ASTHMA AND ALLERGY FOUNDATION

[HTTPS://Aafa.org/](https://aafa.org/)

AMERICAN LUNG ASSOCIATION:

[HTTPS://WWW.LUNG.ORG](https://www.lung.org)



HOW CAN THE ADULTS IN A SCHOOL HELP STUDENTS WITH ASTHMA?

- 1 Develop an asthma management plan¹¹
- 2 Support the mental health and academic needs of students
- 3 Reduce the amount of asthma triggers that can be found in schools¹¹

ASTHMA ACTION PLAN ZONES

Green

- Breathing Easy
- No cough or wheeze
- Can work and play
- Sleeping through the night

Yellow

- Cold or allergy symptoms
- Cough or mild wheeze
- Tight chest
- Problems with playing, sleeping, or working

Red

- Can't talk, eat, or walk well
- Regular medicines aren't working well
- Breathing is hard and fast
- Retractions can be seen

STUDENTS WON'T JUST HAVE MEDICAL NEEDS, BUT ALSO MENTAL HEALTH AND ACADEMIC NEEDS

Support students academic struggles with tutoring and classroom support.

Support mental health by addressing sleep, being left out of activities, and for students who have frequent ER visits.⁸

Destigmatize asthma for students and families. Help them understand it is a part of who they are. Validate their experiences with asthma and emphasize not being embarrassed for having it.

IT IS IMPORTANT TO KNOW WHAT COULD TRIGGER AN ASTHMA FLARE-UP AND WAYS TO REDUCE IT:⁹

Triggers in school:

- Pests
- Mold
- Dust mites
- Animal dander
- Second hand smoke

School administrators can take measures to reduce the amount of exposure students receive in school:

- Create a no smoking policy on school property
- Frequent cleaning of air vents and areas that are prone to dust and mold
- Keeping spaces clean to avoid mold and pests

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