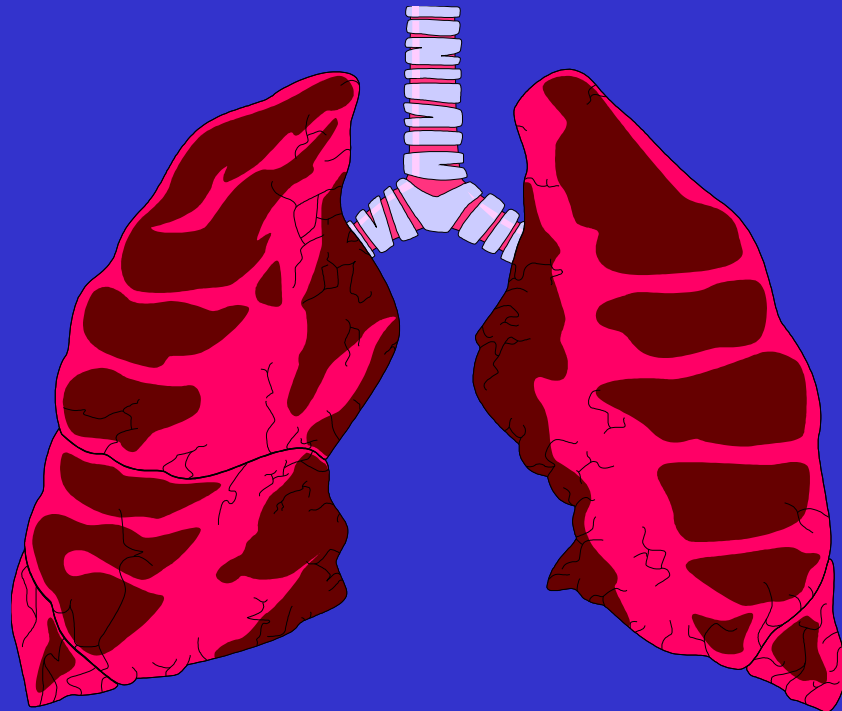
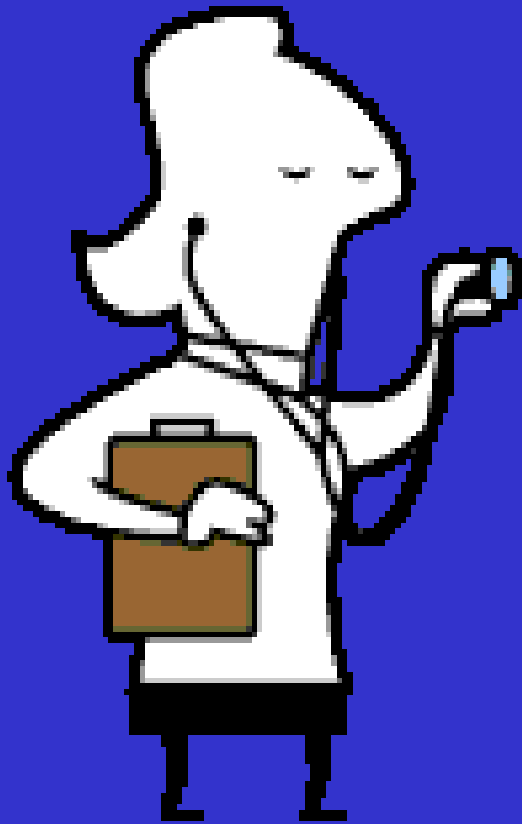


Asthma Basics for School Personnel

by Tina Bobek, R.N.

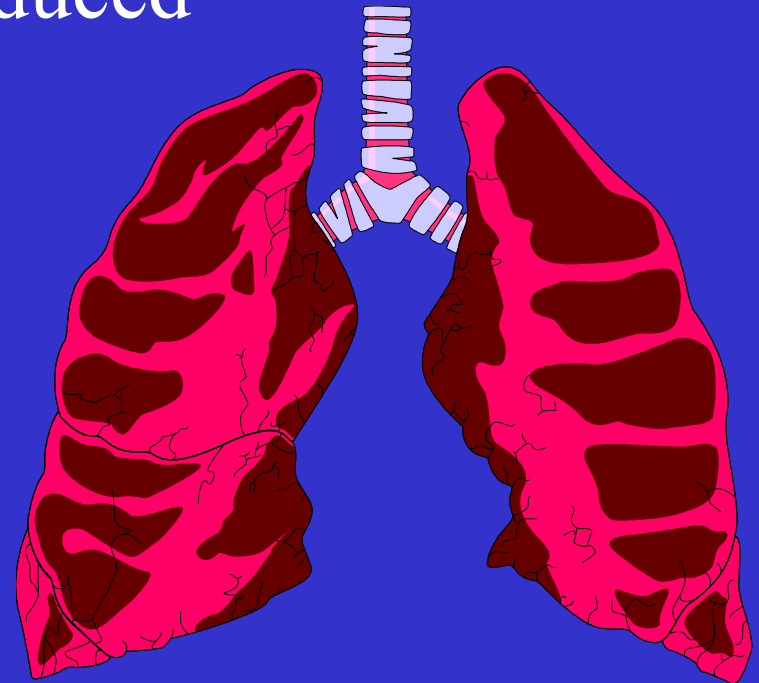




- Also known as Restrictive Airway Disease
- Characterized by episodes of breathing problems such as coughing, wheezing, chest tightness, and shortness of breath.

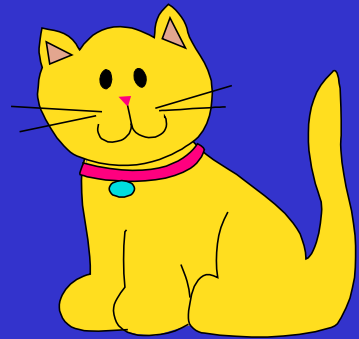
During an asthma attack . . .

- Muscles around airways tighten
- Airways Swell
- Too much mucus is produced
- Narrowing of airways makes it difficult for air to move freely in and out of lungs

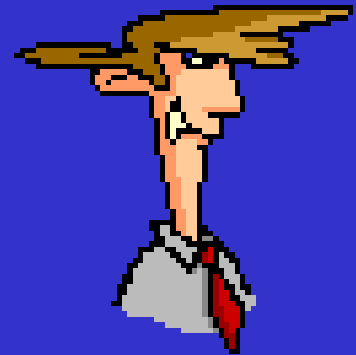
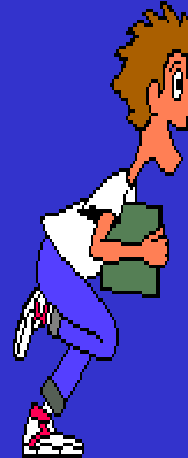


Asthma Triggers

Allergies - foods, pollens, animals, feathers, insect parts



Exercise, Emotions



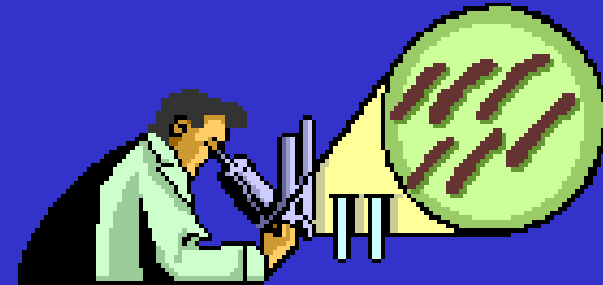
Weather, Air Pollution

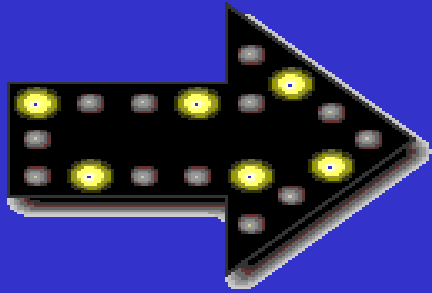


Smoke



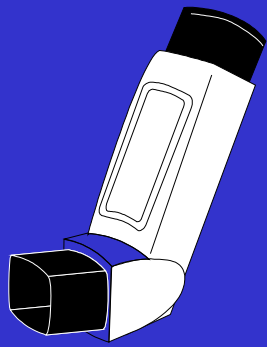
Infections





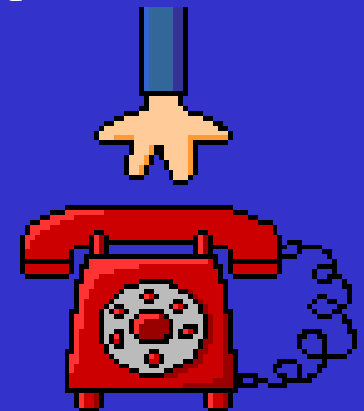
Early Warning Signs of an Attack

- Early intervention helps control asthma before symptoms become more serious
- Changes in Breathing - coughing, wheezing, breathing through mouth, shortness of breath
- Verbal Complaints - c/o chest tightness, chest pain, mouth dry, neck feels funny, or “I just don’t feel well.”



TREATMENT

- Have student relax
- “Whistle” or purse lip breathe to encourage diaphragmatic breathing (in through nose and out through mouth).
- Check student’s file for parental instructions.
- Give student prescribed medication (oral or inhaled)
- If no medication is available, call parents.
- Reassure student. Allow to sip lukewarm water.
- Have child sit upright and lean forward for maximum lung expansion.
- Return to class when wheezing decreases.
- If symptoms unrelieved after administering medication, call parents to transport to ER.
- If unable to contact parent --
CALL 911



FIVE EMERGENCY SIGNS

1. Wheeze, cough, or shortness of breath gets

worse, even after medication has been given time to work.

- most bronchodilators produce an effect within 5 to 10 minutes

2. Child has a hard time breathing.

Signs of this are:

- Chest and neck are pulled or sucked in with each breath.

- Hunching or lifting shoulders

- Struggling to breathe

3. Child has trouble walking or talking, stops

playing and cannot start again.

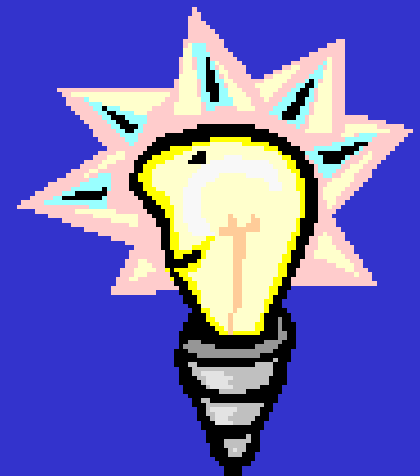
- Struggling for breath, often hunching over something for support.

4. Peak flow rate gets lower, or does not improve after treatment with medications.

5. Lips or fingernails are gray or blue. If this happens, call 911.



REMEMBER . . .



- *The early warning signs of an impending asthma attack usually happen long before more serious symptoms occur.* Being aware of these early warning signs allows the student to take medication at a time when asthma is easiest to control.

Self Test



1. A student appears to be very winded after playing basketball in gym. It is difficult for him to speak to you. You know he has a history of asthma so you...

- Send him to the office for his inhaler immediately
- Send him to the office escorted by another student.
- Have the student sit down and lean forward. Send another student to retrieve the inhaler from the office.

2. You notice that a student in your class is coughing frequently. She has a known history of asthma so you should...

- Have her go and use her inhaler as soon as class is over.
- Have her use her inhaler as soon as possible to prevent her symptoms from getting worse.
- After school call and notify her parents that she had symptoms in class today.

student may carry his/her inhaler with him during school hours if...

- Their parents say it is okay.
- There is signed permission form from parents and doctor.
- Students are never to carry inhalers or any type of medication with them during the school day.

Press enter for answers!