

## **NASHOBA REGIONAL SCHOOL DISTRICT ASTHMA PROTOCOL**

Asthma is a chronic respiratory condition marked by reversible constriction of the small airways in the lungs causing difficulty in breathing. The symptoms (coughing, wheezing, chest tightness and shortness of breath) are reversible but can be potentially life threatening if not promptly and adequately treated. Students with asthma should be able to participate in all school activities if their asthma is properly managed. The creation of an asthma aware school environment is crucial to each student's success. A comprehensive plan includes: management and support systems, appropriate health and mental health services, educational programs for staff and students, appropriate and reasonable environmental remediation and communication systems with home and child's clinicians.

### **PARENTS & GUARDIANS**

1. Review with your child's primary care provider and sign all asthma forms presented by the school nurse. These may include a combination of the following:
  - Permission for school nurse to communicate (Release of Information/Two way Communication form) with the family and the primary care Provider.
  - Medication Order and Parent/Guardian Consent.
  - Consent for child's self-administration of asthma medicine (when developmentally appropriate).
  - Medication Administration Plan and Tracker.
  - The Asthma Action Plan.
  - School Bus Medical Emergency Form.
2. Complete on-line school Registration form indicating that the child has asthma and include emergency numbers.
3. Ensure that their child with asthma understands their condition, how to correctly use their medication, and are emotionally prepared to manage it in the school setting.
4. Complete and update an Asthma Action Plan yearly. Ensure forms are revised and updated if conditions change throughout the school year.
5. Meet with school nurse at the beginning of each school year, or as necessary, to review the Asthma Action Plan and asthma treatment for their child at school.
6. Provide the school with a pharmacy labeled supply of medications, including nebulizer medications, mask and tubing. Most health rooms have nebulizers but are not equipped with extra masks and tubing.
7. If developmentally appropriate, ensure children with asthma have their medications (inhalers and/or spacers) on them. Parents/Guardians may also want to provide a spare inhaler to be stored in the school Health office.
8. Ensure that they notify before-school and after-school staff.

9. Work with school personnel to reduce or avoid triggers of asthma in the school environment.

### **SCHOOL ADMINISTRATORS**

1. Recognize the importance of creating a more accepting social climate for students with asthma by understanding issues related to asthma including symptoms, triggers, management and emotional issues/stigma.
2. Support faculty, staff and parents/guardians in implementing all aspects of the asthma management program including self-management.
3. Review environmental inspections and ensure that all work orders occur in a timely fashion.
4. Notify parents when there are changes to the school environment (i.e. pesticides, chemical use, and school repairs/maintenance).

### **TEACHERS**

1. Know which students in your class have asthma (with parental permission).
2. Know how to easily access the student's asthma action plan or ask for a copy from the school.
3. Establish good communication among all parties involved in the student's care.
4. Be responsive to the needs of students who have asthma.
5. Work to reduce and eliminate triggers within the classroom.
6. Keep Asthma Action Plan with child's picture (when possible) accessible in the classroom (with parental permission) for teacher and substitute teacher.

### **STUDENTS**

1. Know what their most up-to-date Asthma Action Plan is and follow it (If developmentally appropriate).
2. Avoid known triggers and alert teachers if they are experiencing exacerbations.
3. Keep their parents informed of changes in their asthma symptoms.
4. Know where their medications (inhalers) are stored in the school and how to effectively use them as prescribed when necessary.
5. Participate in school activities to the best of their ability.

### **NURSE**

1. Ensure that all appropriate asthma-related forms are distributed to the parent/guardian (Including School Bus Medical Emergency Form).

2. Review the type and length of any activity limitations, based on the student's current asthma status or as noted in the student's medical orders, and modify activity accordingly, on an as needed basis.
3. Provide a list of students with asthma (if confidential information consent given by parent on the online Registration Form) to all staff on a need-to-know basis.
4. Communicate with parents/guardians on a regular basis to discuss issues relating to plan.
5. Educate student and parents/guardians on how to manage asthma, and update student's written asthma action plan, as needed.
6. Encourage regular follow-up visits with the student's health care provider to assess student's asthma control.
7. Provide students quick and easy access to their asthma medications.
8. Empower students to become more engaged in managing and controlling their asthma.
9. Maintain child's medications as per the medication policy.
10. Ensure written authorization for students to carry and self-administer asthma medication, when considered developmentally appropriate, by the health care provider and the parent/ guardian, and complete Medication Self-Administration Checklist with student.