

- **Measures have been taken, by the Utah Department of Health, Bureau of Health Promotions, to ensure no conflict of interest in this activity**

# Asthma Resources for Schools

Kellie Baxter

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Utah Department of Health Asthma Program



# Overview

- Self-administration law
  - Asthma form for schools
- School staff training
- Inhaler technique videos
- Winning With Asthma
- Air quality resources
- Asthma Telehealth Series
- Prescription Assistance

# Asthma Medication Policy in Schools

- Utah State Law allows children to carry and use inhaled asthma medications at school
- Self-Administration Form
  - Signed by parents
  - Signed by health care provider
  - Kept on file at school

Utah Department of Health/Utah State Office of Education  
**Asthma Action Plan, Medication Authorization & Self-Administration Form**  
 in accordance with Utah Code 53A-11-602

Student Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ School \_\_\_\_\_ 20\_\_ - 20\_\_  
 School Year \_\_\_\_\_

**PHYSICIAN TO COMPLETE:**

**Green Zone: Doing Great!**

If you have ALL of these:

- Breathing is easy
- No cough or wheeze
- Can sleep all night
- Able to work and play normally

Controller (preventive) medications **taken at home:**

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ When: \_\_\_\_\_  
 Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ When: \_\_\_\_\_  
 Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ When: \_\_\_\_\_

Avoid these asthma triggers:  Dust  Pet dander  Colds  Tobacco smoke  Mold  
 Exercise  Strong odors  Pollen  Inversions  Other: \_\_\_\_\_

Take quick-relief medication (see medication order in Yellow Zone):  
 Before exercise/exposure to a trigger When: \_\_\_\_\_  
 Other: \_\_\_\_\_ When: \_\_\_\_\_

**Yellow Zone: Caution!**

If you have ANY of these:

- Coughing or wheezing
- Tight chest
- Shortness of breath
- Waking up at night

Quick-relief medication with spacer (if available): Inhaler: \_\_\_\_\_ Dose: \_\_\_\_\_ Time interval to repeat dose: \_\_\_\_\_

Nebulizer: \_\_\_\_\_

Possible side effects: \_\_\_\_\_

Parent should contact Healthcare Provider below if 1) quick-relief medication is needed more often than every 4 hours, or needed every 4 hours for more than a day or 2) there is no improvement after taking medication.

**Red Zone: Emergency!**

If you have ANY of these:

- Can't eat or talk well
- Breathing hard and fast
- Medicine isn't helping
- Rib or neck muscles show when breathing in

**Call 911 for an ambulance or go directly to the emergency department**

Repeat quick-relief medication every 20 minutes until medical help arrives.  
 Other: \_\_\_\_\_

Parent should contact Healthcare Provider below while providing treatment.

The above reflects my plan of care for the above named student.  
 (Please check)  It is /  It is not medically appropriate for the student to self-administer asthma medication and be in possession of asthma medication at all times. The medication(s) prescribed for this student is/are identified above.

Healthcare Provider (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_ Office Phone \_\_\_\_\_ Office Fax \_\_\_\_\_

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Home Number \_\_\_\_\_ Cell Number \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relation \_\_\_\_\_ Home Number \_\_\_\_\_ Cell Number \_\_\_\_\_

**SCHOOL NURSE/PRINCIPAL DESIGNEE TO COMPLETE:**

Signed by physician and parent (both parts 1 and 2)  
 Medication is appropriately labeled  
 Medication log generated  
 Inhaler is kept:  Student carries  Backpack  In classroom  Health office  Front office  Other: \_\_\_\_\_  
 Asthma Action Plan distributed to need-to-know staff:  
 Teacher(s)  
 PE teacher(s)  
 Transportation

Signature \_\_\_\_\_ Date \_\_\_\_\_

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Quick-relief medication with spacer (if available): Inhaler: _____ Nebulizer: _____	Dose: _____	Time interval to repeat dose: _____
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Possible side effects: \_\_\_\_\_

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Healthcare Provider (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_ Office Phone \_\_\_\_\_ Office Fax \_\_\_\_\_

**PARENT TO COMPLETE:**

(Please check)  Yes /  No : I authorize my child \_\_\_\_\_ to carry and self-administer the medications identified above consistent with Utah Code 53A-11-602. My child and I understand there are serious consequences for sharing any medications with others.

As parent /guardian of the above named student, I give my permission to the school nurse and other designated staff to administer medication and follow protocol as identified in the asthma action plan. I agree to release, indemnify, and hold harmless the above from lawsuits, claim expense, demand or action, etc., against them for helping this student with asthma treatment, provided the personnel are following physician instruction as written in the asthma action plan above. Parents/Guardians and students are responsible for maintaining necessary supplies, medication and equipment. I give permission for communication between the prescribing health care provider, the school nurse, the school medical advisor and school-based clinic providers necessary for asthma management and administration of medication. I understand that the information contained in this plan will be shared with school staff on a need-to-know basis and that it is the responsibility of the parent/guardian to notify school staff whenever there is any change in the student's health status or care.

Parent Name (print) \_\_\_\_\_ Signature \_\_\_\_\_ Home Number \_\_\_\_\_ Cell Number \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relation \_\_\_\_\_ Home Number \_\_\_\_\_ Cell Number \_\_\_\_\_

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Signature \_\_\_\_\_ Date \_\_\_\_\_

# What to do in Case of an Asthma Attack



# Asthma Training Overview

- Asthma burden
- Signs and symptoms
- Asthma triggers
- What you can do
- Available resources

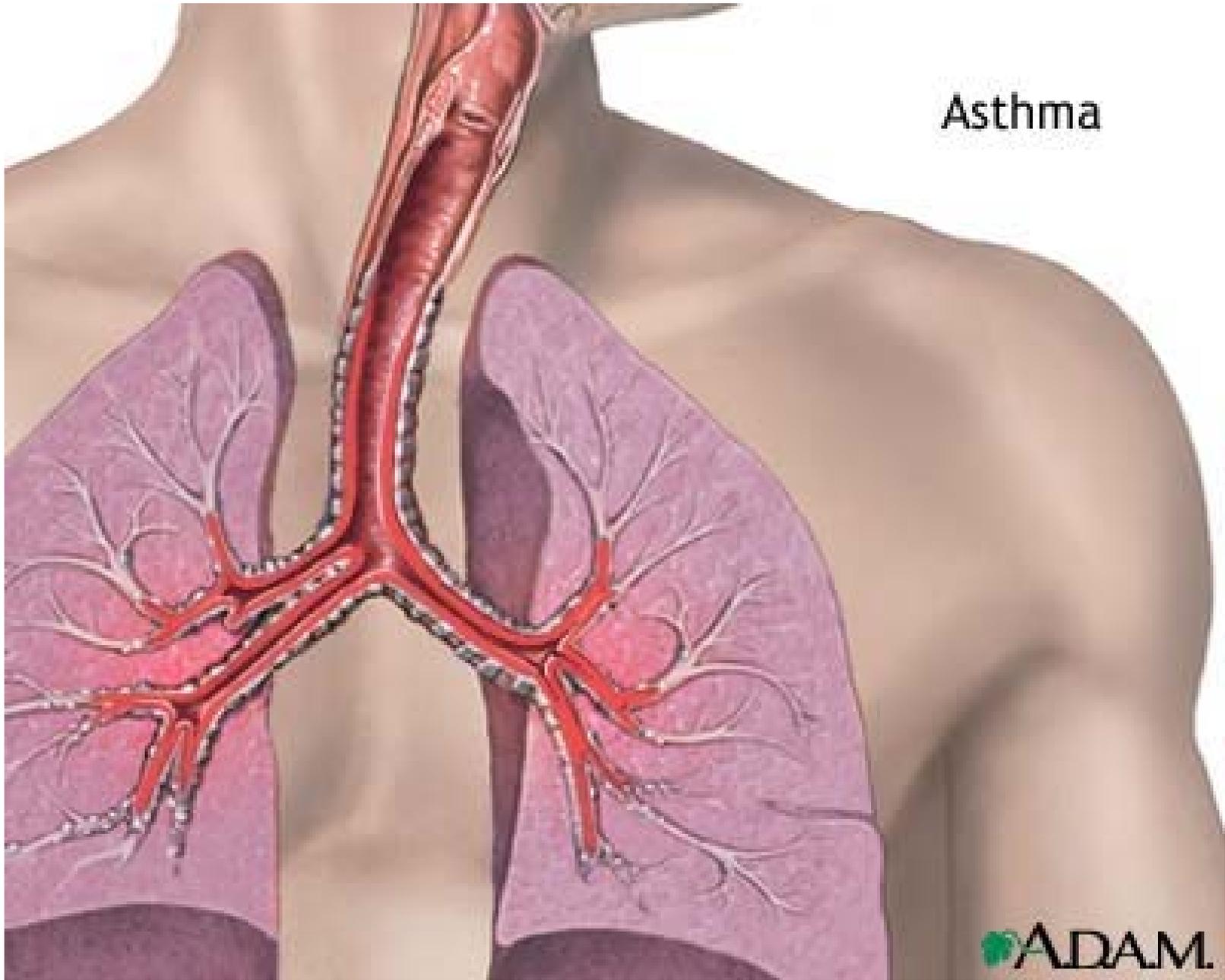
# Asthma Burden



# What is Asthma?

- Chronic lung disease that can make it hard to breathe
- Three things happen to make breathing difficult:
  - Airways fill with mucus
  - Airway lining swells
  - Muscles around the airways tighten

# Asthma



Normal bronchiole



Asthmatic bronchiole



# Asthma Signs and Symptoms

People with asthma often experience periods of:

- Shortness of breath
- Wheezing
- Coughing
- Chest tightness
- Appearing fearful or worried
- Lack of energy
- Irritable
- Stuffy, runny nose
- Retractions
- Nasal flaring



These periods are called attacks or episodes and should **always** be taken seriously

# Common Asthma Triggers



Strong emotion such as laughing or crying hard



Molds



Pollens from trees, plants, and grasses



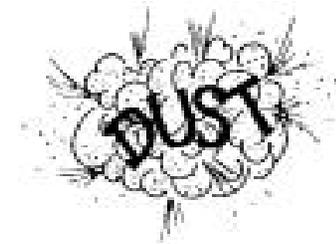
Cockroaches



Animals



Exercise



Dust and dust mites

# Common Asthma Triggers



Weather Changes



Tobacco Smoke



Cold Air



Chemicals and aerosol sprays



Bad Air Quality



Respiratory infections

# Is there a cure?

- No cure for asthma, but it can be controlled
- Someone with controlled asthma should be able to live a normal life
- Asthma can be controlled by:
  - Knowing and avoiding common triggers
  - Appropriate use of medications

# Asthma Medications

- Controller Medications
  - Long-term: taken on a daily basis to reduce swelling and mucus.
- Quick-Relief “Rescue” Medications (i.e. Inhaler)
  - Short-term: taken in emergencies or when exposed to triggers.



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 Nebulizer: \_\_\_\_\_

Possible side effects: \_\_\_\_\_

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# What to do when a child has an asthma attack

# Emergency Protocol for Schools

## Steps to follow for an Asthma Episode in School

### Green Zone

**Be prepared.** Know which students have asthma and where their medicine is kept.

**Common symptoms of an asthma episode include one or more of these:**

coughing, wheezing, difficulty breathing, tightness in the chest, shortness of breath and breathing hard and/or fast.

**Be alert for students who may have asthma symptoms.**

- Symptoms can become worse and lead to severe, even life-threatening asthma attacks.
- Treating symptoms promptly can prevent asthma episodes and allow the student to resume school activities.

### Yellow Zone

**If a student has asthma symptoms or complaints and needs your assistance,\* take these steps.**

■ **Quickly** evaluate the situation. **Call 911** if the student is **struggling to breathe, talk, stay awake, has blue lips, or asks for an ambulance.**

■ **NEVER LEAVE A STUDENT ALONE.** Have an adult accompany the student to the office or send for help. **Do not wait.**

■ **Stop the student's activity.** Remove the student from any allergen or irritant\*\* if possible. Help the student be calm and in a comfortable position.

■ **Help the student locate and take his/her prescribed quick-relief inhaler medicine.**

■ **Contact the parent/guardian.**

■ **Repeat quick-relief inhaler medicine in 20 minutes** if student is still having trouble breathing.

### Red Zone

**Call 911 if any of the following occur:**

■ **If the student is struggling to breathe, talk, stay awake, has blue lips, or asks for an ambulance.**

■ **If the student doesn't improve** after two administrations of quick-relief medicine, and nurse or parent/guardian is not available.

■ **If no quick-relief medicine is available, the student's symptoms have not improved** spontaneously, and nurse or parent/guardian is not available.

■ **If you are unsure what to do.**

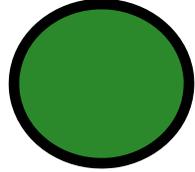
**DO NOT try to treat severe symptoms yourself.**

**When in doubt call 911.**

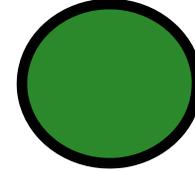
#### Remember:

\* Many students who carry their own medicine may be able to self-manage asthma episodes. They should follow the school protocol. Provide support as needed.

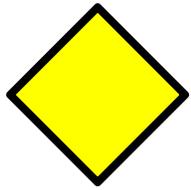
\*\* Common asthma allergens and irritants include tobacco smoke, pollens, furry animals, cockroach droppings, dust mites, chalk dust, or strong odors (for example, from cleaning products, paints, or perfume).



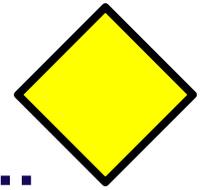
## Be prepared



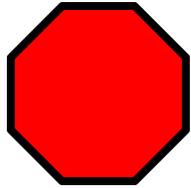
- Know which children have asthma
- Be aware of any triggers
  - If possible, remove triggers from classroom
- Be alert of symptoms
- Know where the medicine is kept



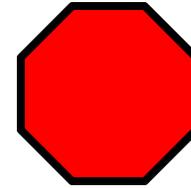
If a child has asthma symptoms or complaints and needs your assistance...



- NEVER leave child alone
- Stop the child's activity
  - Help the child remain calm
- Put the child in an upright, sitting position
  - Do not have the child lay down
- Help the child locate quick-relief medicine
  - Assist as the child self-administers medication
- Call parent or guardian
- Repeat quick-relief inhaler medicine in 20 minutes if child is still having trouble breathing



Call 911 if ...



- Child-is struggling to talk, stay awake, or has blue lips
- Child is having retractions
- If quick-relief medicine is not available
  - If parent/guardian or nurse is not available
- Student doesn't improve after two uses of inhaler
- If you are unsure of what to do

\*\* Encourage parents to inform their health care provider of serious episodes\*\*

## How to Use an Inhaler

<http://www.youtube.com/watch?v=Rdb3p9RZoR4>

## How to Use an Inhaler with Spacer

<http://www.youtube.com/watch?v=uJy97bTdGzI>

## General Emergency Protocol Video

<http://www.youtube.com/watch?v=PDzpTo5yGyg>

# Resources

- Utah Asthma School Resource Manual
- Utah Department of Health Asthma Program
  - <http://www.health.utah.gov/asthma/schools/resources.html>
  - 801-538-6894
- Recess Guidance
  - <http://www.airquality.utah.gov/>
- American Lung Association of Utah
  - <http://www.lung.org/associations/states/utah/>
  - 801-484-4456
- EPA Asthma Program
  - <http://www.epa.gov/asthma/>

THE COACH'S ASTHMA CLIPBOARD PROGRAM  
**WINNING WITH ASTHMA**

WELCOME TO THE COACH'S ASTHMA  
CLIPBOARD PROGRAM.

We created this program so coaches could learn about asthma, how it affects an athlete's ability to compete, and how the coach can help athletes manage their symptoms while playing their very best!



✧ **ENTER**  
WINNING WITH ASTHMA

✧ GET EDUCATED & GET REWARDED

✧ [ABOUT THIS PROGRAM](#) ✧ [DISCLAIMERS](#) ✧ [GLOSSARY](#) ✧ [LINKS](#) ✧ [THANKS](#)

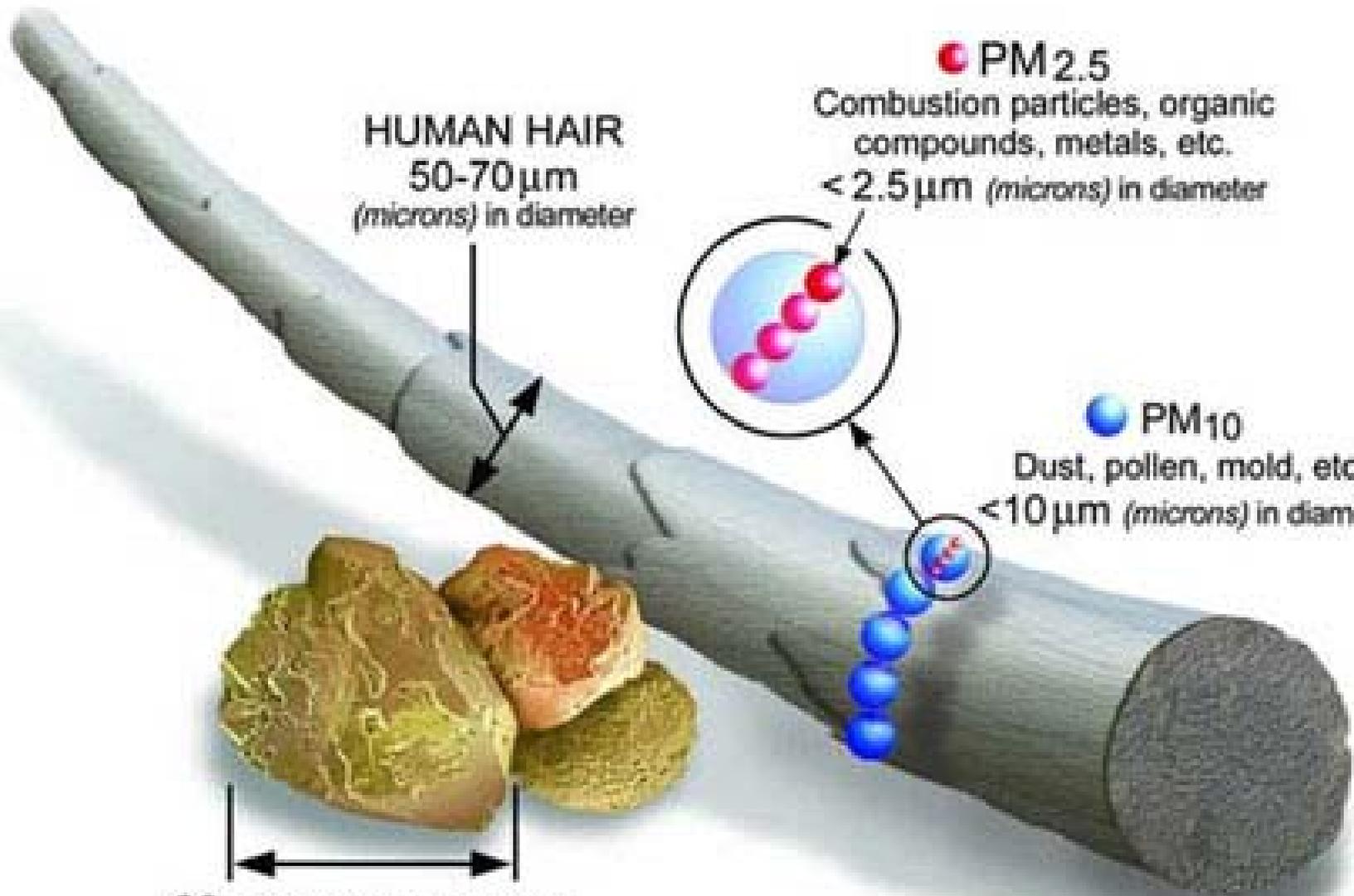


# Winning With Asthma

- Online module for those involved in youth athletics (coaches, PE teachers, referees, etc.)
- Takes 15-20 minutes to complete
- Those who complete the program receive a free clipboard
- [www.winningwithasthma.org](http://www.winningwithasthma.org)

# Air Quality Resources





**HUMAN HAIR**  
50-70  $\mu\text{m}$   
(microns) in diameter

**PM<sub>2.5</sub>**  
Combustion particles, organic  
compounds, metals, etc.  
< 2.5  $\mu\text{m}$  (microns) in diameter

**PM<sub>10</sub>**  
Dust, pollen, mold, etc.  
< 10  $\mu\text{m}$  (microns) in diameter

90  $\mu\text{m}$  (microns) in diameter  
**FINE BEACH SAND**

Image courtesy of the U.S. EPA



## AIR QUALITY INDEX

Air Quality Index (AQI) Values	Levels of Health Concern
0 to 50	Good
51-100	Moderate
101-150	Unhealthy for Sensitive Groups
151-200	Unhealthy
201-300	Very Unhealthy
301 to 500	Hazardous

# Division of Air Quality Alert System

Utah  
Department of Environmental Quality  
Division of Air Quality

| DEQ Home | DAQ Home | A-Z Index | Boards | Contacts | Laws & Rules | Online Services | Search DEQ |

DEQ Home > DAQ Home > 3 Day Forecast

Forecast Current Trends

Salt Lake / Davis County—3 Day Forecast

Box Elder Cache Duchesne Salt Lake / Davis Tooele Uintah Utah Washington Weber

Last Updated: January 8, 2014 7:43 AM

Wednesday	Thursday	Friday
Health	Health	Health
Moderate	Good	Good
Mandatory Action	Unrestricted Action	Unrestricted Action
X	○	○

Phone forecasts for all counties 801-536-0072 or toll-free 1-800-228-5434. Sign up for [Email Alerts](#).

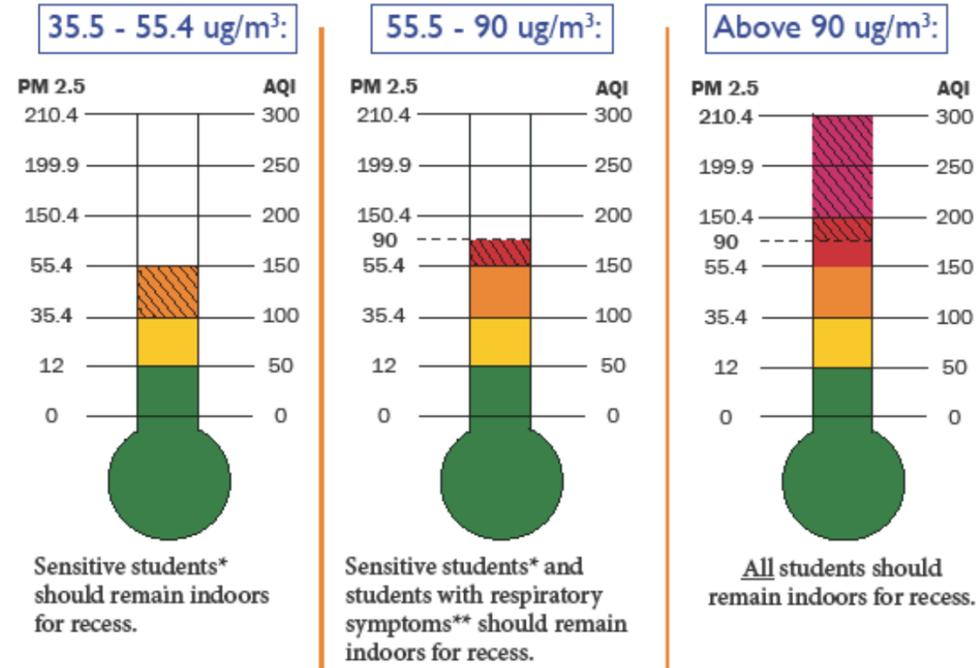
Recommend 898 Follow @deqdonna Download the UtahAir app on: [Android](#) | [iOS](#)

Health Message

Action Message

## Recess Guidance for Schools: When to schedule indoor recess based on air quality.

When the Particulate Matter (PM<sub>2.5</sub>) is



\*Sensitive students may include those with: asthma, cystic fibrosis, chronic lung disease, congenital heart disease, compromised immune systems, or other respiratory problems. Parents, with the advice of their health care provider, should inform the school if they believe their child is part of a sensitive group who should have limited outdoor physical activity when air quality is poor.

\*\*Respiratory symptoms may include: coughing, wheezing, shortness of breath, and chest tightness.

To check PM<sub>2.5</sub> levels, visit [www.airquality.utah.gov](http://www.airquality.utah.gov) and click on "Current."

# Recess Guidance

- Air quality guidelines to help schools determine which students should remain indoors for recess based on current air quality levels
  - [www.airquality.utah.gov](http://www.airquality.utah.gov)
- The Utah Asthma Program runs a listserv that sends notification to schools when pollution reaches levels that require students to be kept indoors
  - E-mail Kellie at [kabaxter@utah.gov](mailto:kabaxter@utah.gov) to subscribe

# School Flag

## PROGRAM

Know Your Air Quality to  
Protect Students Health



A program designed to help children, parents, and school personnel be aware of daily air quality conditions.



# Check the air quality forecast at [www.airquality.utah.gov](http://www.airquality.utah.gov)

Utah  
Department of Environmental Quality  
Division of Air Quality

| DEQ Home | DAO Home | A-Z Index | Boards | Contacts | Laws & Rules | Online Services | Search DEQ |

DEQ Home > DAO Home > 3 Day Forecast

Forecast Current Trends

Salt Lake / Davis County—3 Day Forecast

Box Elder Cache Duchesne Salt Lake / Davis Tooele Uintah Utah Washington Weber

Last Updated: January 8, 2014 7:43 AM

Wednesday	Thursday	Friday
Health	Health	Health
Moderate	Good	Good
Mandatory Action	Unrestricted Action	Unrestricted Action

Phone forecasts for all counties 801-536-0072 or toll-free 1-800-228-5434. Sign up for [Email Alerts](#).

[Recommend](#) [Follow @deqdonna](#) [Download the UtahAir app on: Android | iOS](#)

- 3-day forecast is available for certain areas throughout the state
- Check the forecast each morning to determine which flag to fly
- Fly the colored flag that corresponds with the forecast for that day

**On Wednesday, you would fly the yellow flag**

# What does the School Flag Program involve?

- Order a set of flags
- Educate the school and community
- Check the air quality forecast each morning at [www.airquality.utah.gov](http://www.airquality.utah.gov)
- Fly the colored flag that corresponds with the forecast for that day



# Ordering Flags

- Flags can be ordered from any business that creates custom flags
- A set of 5 flags usually costs around \$100
- One option for ordering flags is Bob's Flags
  - [www.bobsflags.com](http://www.bobsflags.com)



# Educate the school and community

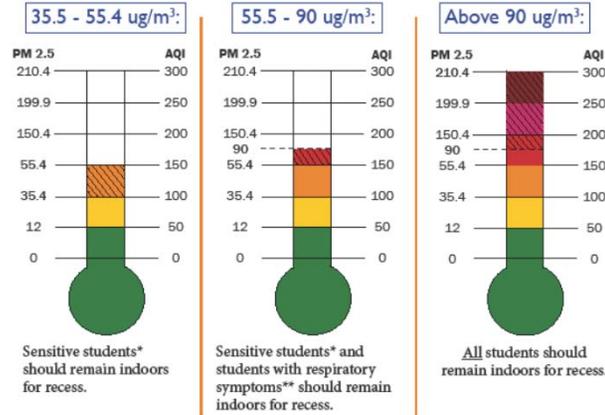
## Suggestions:

- Involve teachers and students in checking air quality levels and raising the correct flag
- Send a letter or email to parents explaining the School Flag Program
- Have the students learn about air quality in a science class
- Include a message about air quality in the daily announcements
- Hold an air quality awareness week

# Recess Guidance vs. School Flag Program

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Updated November 2013



Air Quality Colors	PM <sub>2.5</sub> Levels
green	0.0 - 12.0 ug/m <sup>3</sup>
yellow	12.1 - 35.4 ug/m <sup>3</sup>
orange	35.5 - 55.4 ug/m <sup>3</sup>
red	55.5 - 150.4 ug/m <sup>3</sup>
purple	150.5 - 250.4 ug/m <sup>3</sup>

**Go for 60!**  
CDC recommends 60 minutes or more of physical activity each day.

**Watch for symptoms.**  
Coughing or shortness of breath are signs to take it easier. Air pollution can make asthma symptoms worse and trigger attacks.

**Take it easier.**  
Do less intense activities like walking instead of running when it's an orange or red day.

**Move recess indoors.**  
Use the Recess Guidance at [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma) to determine when to move recess indoors.

### Instructions for the School Flag Program

- Check air quality levels for your area at [www.airquality.utah.gov](http://www.airquality.utah.gov).
- Fly the colored flag that corresponds with current or forecasted PM<sub>2.5</sub> levels.
- Ask bus and carpool drivers to turn off their engines if parked for more than 30 seconds.



[www.airnow.gov/schoolflag](http://www.airnow.gov/schoolflag)



The Recess Guidance helps determine when students should remain indoors for recess on bad air days.

The School Flag Program helps increase awareness of daily air quality levels. It is not used to make decisions about recess.

# Additional Resources

- Education resources and tips on ordering flags are available at [www.airnow.gov/schoolflag](http://www.airnow.gov/schoolflag)
- The following School Flag Program materials have been adapted for Utah and are available for free at [health.utah.gov/asthma](http://health.utah.gov/asthma)
  - Coordinator handbook
  - Laminated sheet that indicates the levels of PM<sub>2.5</sub> that correspond with each flag color

Have the school principal contact Kellie Baxter at [kabaxter@utah.gov](mailto:kabaxter@utah.gov) or 801-538-6441 if your school is interested in any of these resources.

# Asthma Telehealth Series



- Educational program offering free CE credit for nurses
- Participation available via webstreaming or teleconference
- Archived sessions can be viewed for credit up to 3 years after the original date

# Asthma Telehealth Series

- Past sessions include:
  - Motivational Interviewing
  - Using the Stepwise Approach in Asthma management
  - Asthma and Allergies
  - Development and Communication in the Management of Pediatric Asthma
- <http://www.health.utah.gov/asthma/professionals/telehealth.html>
- [http://www.health.utah.gov/asthma/professionals/telehealth\\_programs.html](http://www.health.utah.gov/asthma/professionals/telehealth_programs.html)

# Need help paying for your asthma medicine?

Drug companies have programs that offer free or low-cost prescription drugs to uninsured people. Most brand name medications are available through these programs.

## Who is eligible?

Each program has different rules on how to qualify. General guidelines include:

- » Be a U.S. citizen or legal resident
- » Have no prescription drug coverage
- » Yearly income at or below:
  - Family of 1: \$22,300
  - Family of 2: \$30,300
  - Family of 3: \$38,200
  - Family of 4: \$46,100
  - Family of 5: \$54,000
  - Family of 6: \$62,000

## To apply for free or low-cost medication visit:

- » [www.rxassist.org](http://www.rxassist.org)
- » [www.needymeds.org](http://www.needymeds.org)
- » [health.utah.gov/asthma](http://health.utah.gov/asthma)
- » [health.utah.gov/rxconnectutah](http://health.utah.gov/rxconnectutah)



# Prescription Assistance

- Drug companies have programs that offer free or low-cost prescription drugs to uninsured people.
  - Most brand name medications are available through these programs.
- Eligibility differs, but general guidelines include
  - Must be a U.S. citizen or legal resident
  - Can't have prescription drug coverage
  - Below 200-250% federal poverty level

[www.health.utah.gov/asthma/pdf\\_files/doctorsoffice/RX\\_assist\\_provider.pdf](http://www.health.utah.gov/asthma/pdf_files/doctorsoffice/RX_assist_provider.pdf)

# Questions?

- [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma)
- Kellie Baxter
  - [kabaxter@utah.gov](mailto:kabaxter@utah.gov)
  - 801-538-6441