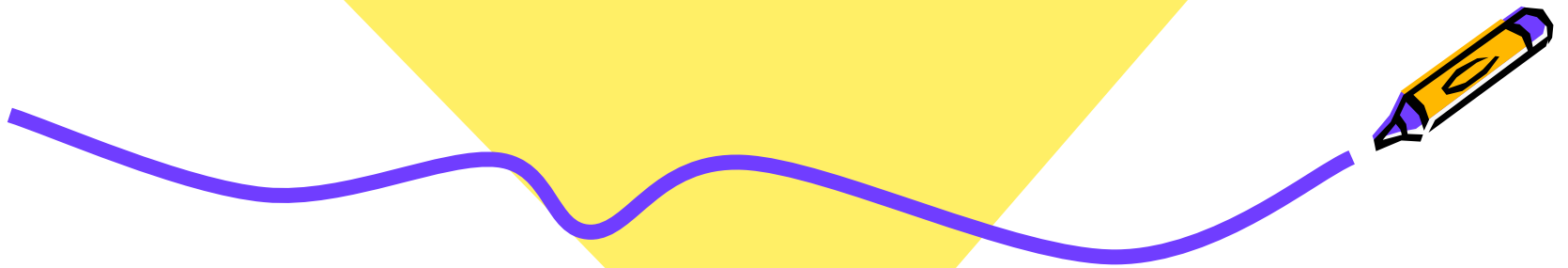


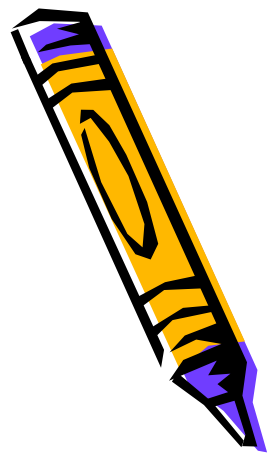


Asthma is not just a
Wheeze



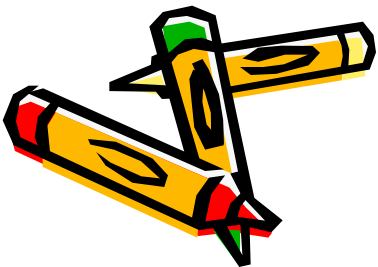
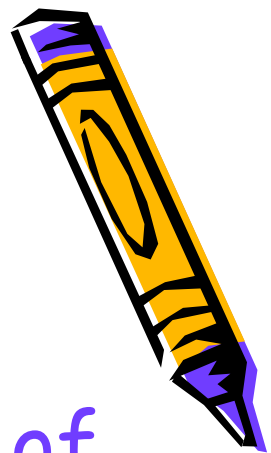
What is Asthma

Asthma is a chronic lung disease, which is characterized by attacks of breathing difficulty.



Goals for today

- Recognize the signs and symptoms of an asthma attack
- Understand the plan for an asthma attack at school
- Deliver proper treatment



Signs and symptoms

Coughing

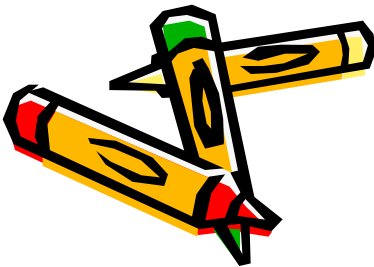
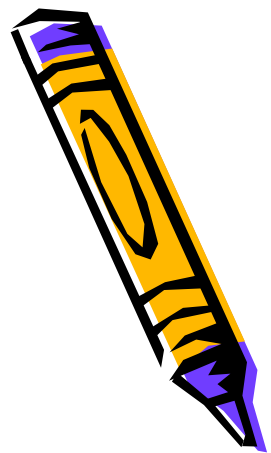
Tightness in chest

Wheezing

Gasping for air

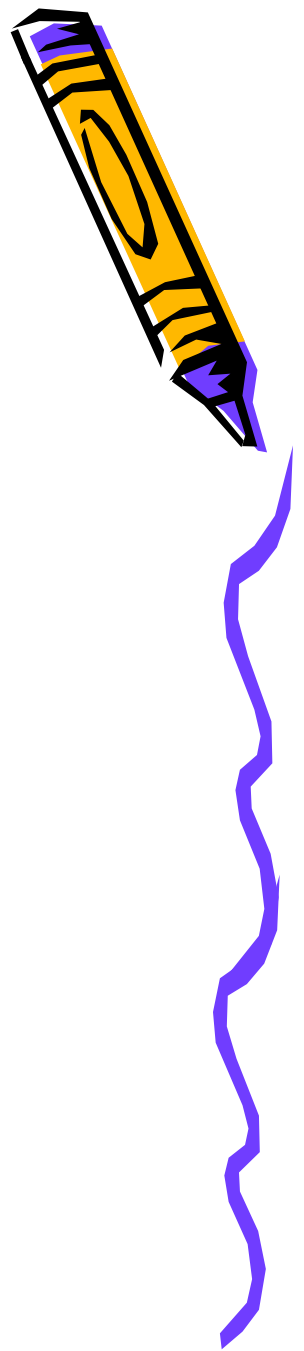
Prolonged expiration

Color changes (pale or blue).



Treatment

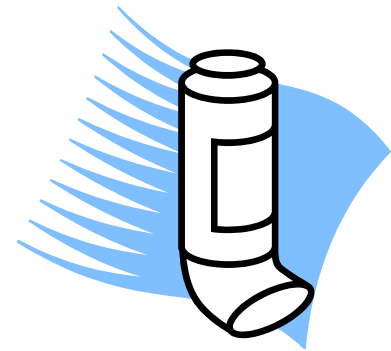
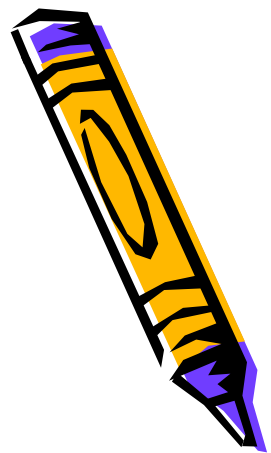
- Avoiding trigger
 - Exercise
 - Allergies
 - Illness
 - Weather and Air Quality
- Recognizing symptoms
- Medication



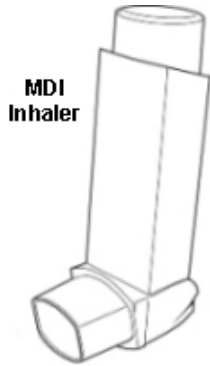
What to do for an asthma attack

If you note the symptoms of an asthma attack, prompt treatment is necessary.

Stop the student from what they are doing and have them sit upright.



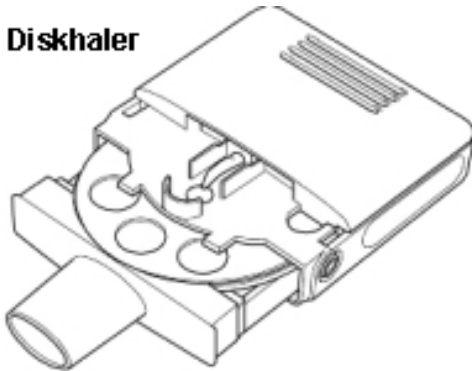
Types of inhalers



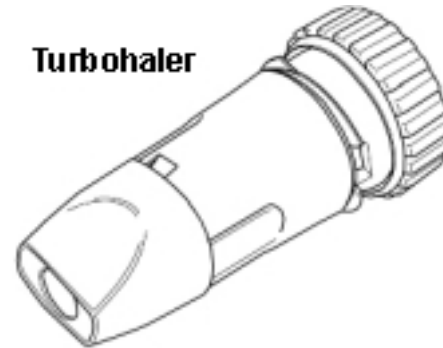
Accuhaler



Diskhaler



Turbohaler





Use of a Peak Flow Meter

- **Green Zone** (80 to 100 percent of your personal best number) signals **all clear**. No asthma symptoms are present, and you may take your medicines as usual.

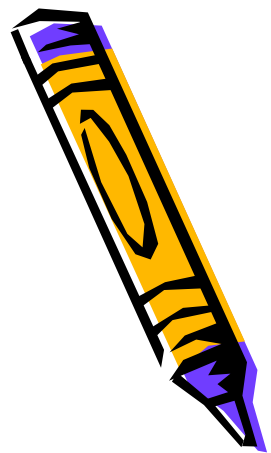
Yellow Zone (50 to 80 percent of your personal best number) signals **caution**. You may be having an episode of asthma that requires an increase in your medicines. Or your overall asthma may not be under control, and the doctor may need to change your medicine plan.

Red Zone (below 50 percent of your personal best number) signals a **medical alert**. You must take an inhaled beta2-agonist right away and call your doctor immediately if your peak flow number does not return to the Yellow or Green Zone and stay in that zone.



Using an inhaler can be tricky

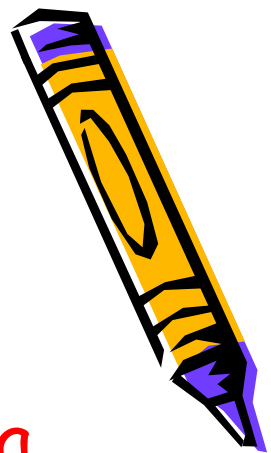
Care must be taken that the inhaler is used correctly to ensure that the medication gets to the lungs and not the back of the throat.



Using the inhaler

A metered dose inhaler (MDI) delivers a specific amount of medicine in aerosol form. This makes it possible to inhale the medication, instead of taking it in pill form.

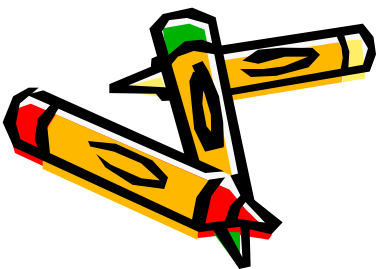
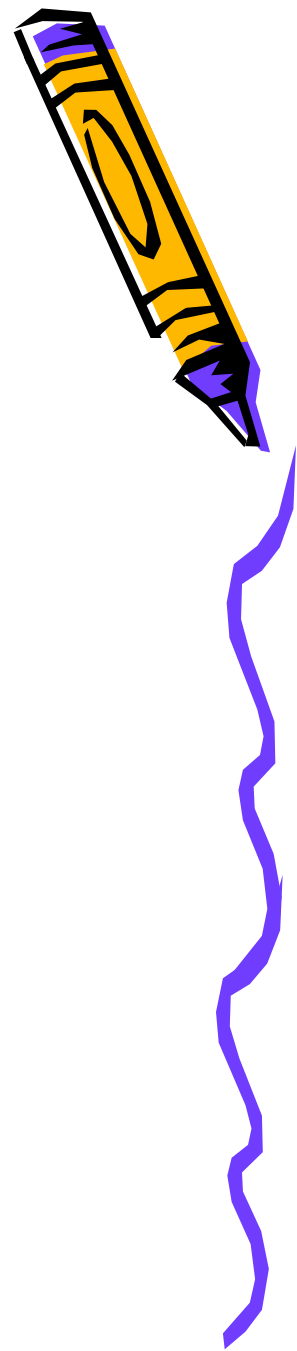
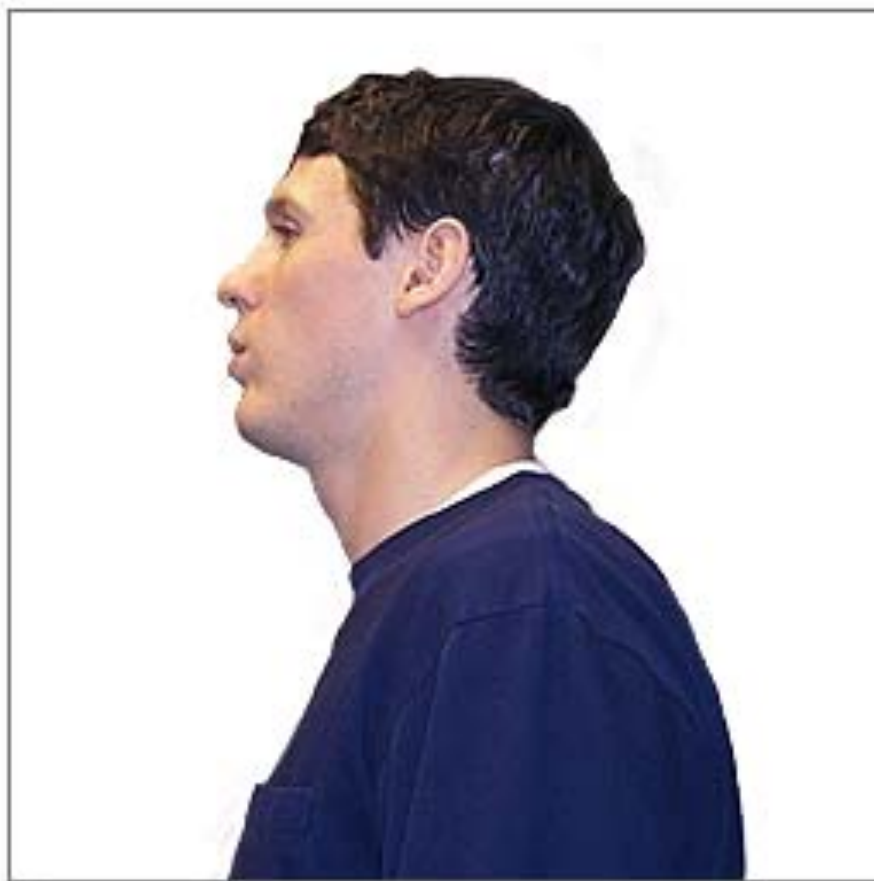
MDI's are commonly used to treat asthma, COPD, and other respiratory conditions.



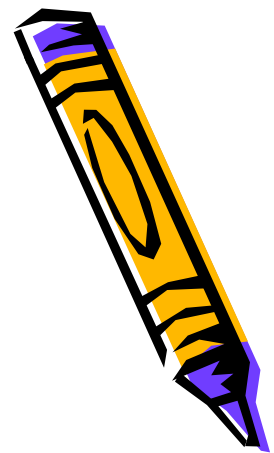
Take off the cap and shake the inhaler hard.



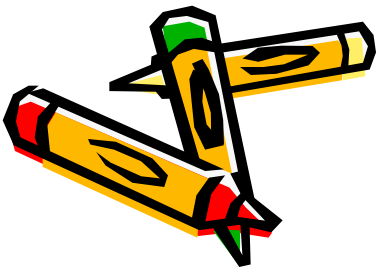
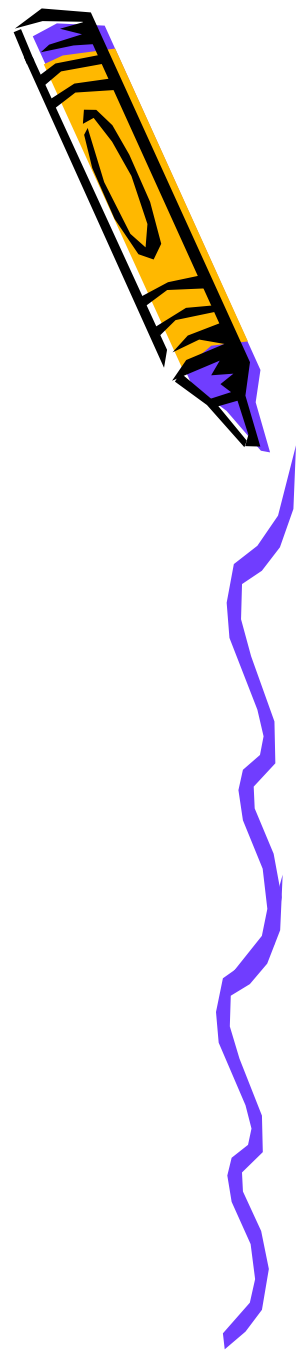
Breathe out all the way.

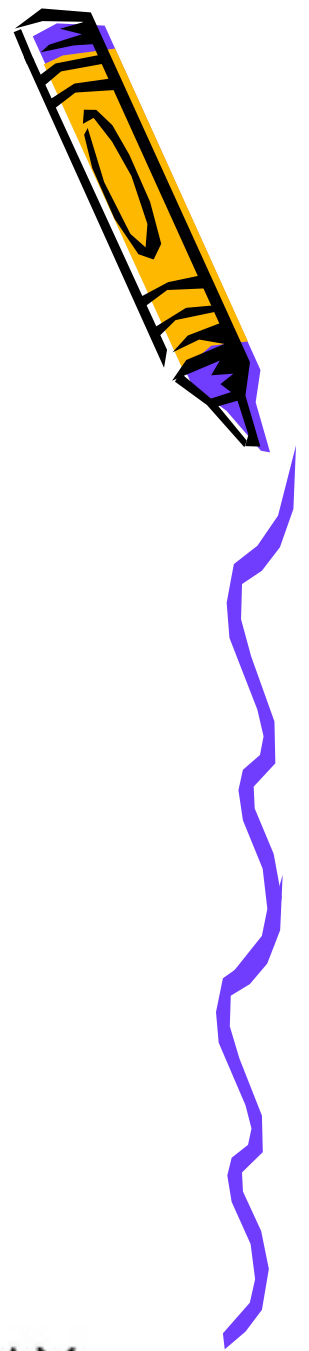


Hold the inhaler 1 to 2 inches in front of the mouth (about the width of two fingers).



Start breathing in slowly through the mouth, and then press down on the inhaler one time. Breathe in slowly and as deeply as possible.





Slowly count to 10 while they hold their breath (if they can). This lets the medicine each deep into the lungs. .
This is referred to as a puff.



If the doctor prescribed more than one puff of medicine, repeat this procedure, starting with step 2. For inhaled quick-relief medicine (beta-agonists), wait about one minute between puffs. There is no need to wait between puffs for other medicines.

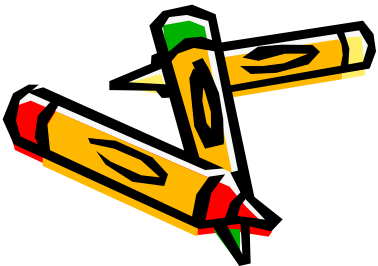
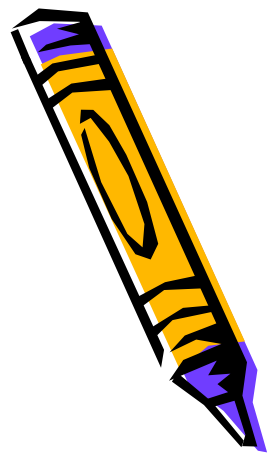


Rinse the mouth afterward
to help reduce unwanted
side effects.



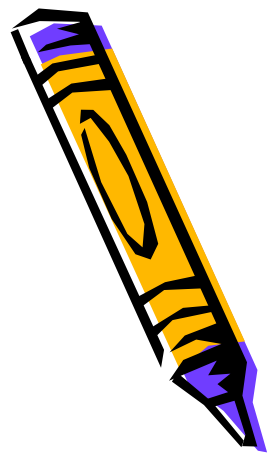
When to call 911

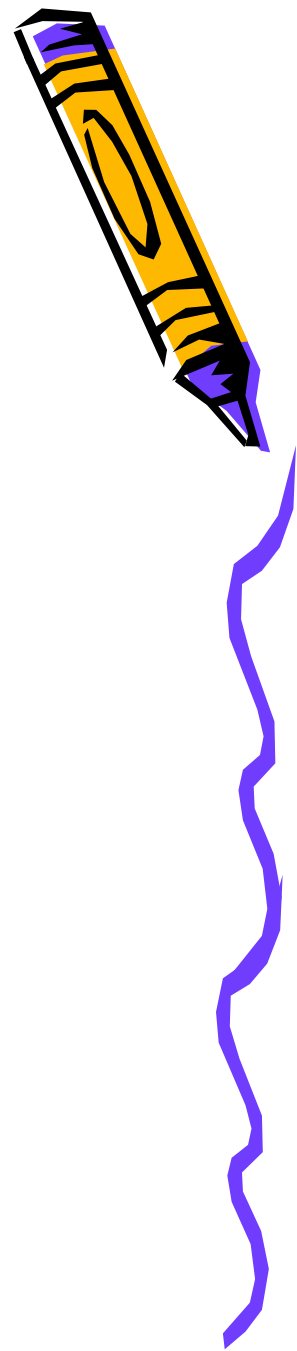
- If the student is getting worse or has no improvement in 15-20 minutes
- If color changes are noted
- If they are unable to speak in full sentences



At School...

- Have a Classroom Health Care Plan
- Know where the medication is to be stored.
- Consider having a back-up inhaler at a central location
- Remember minutes count





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