

- This presentation is available for use by school nurses only when the content is approved by the nurse or school district that wishes to use it.
- It is necessary for the individual or district to accept responsibility for the information to be shared in this presentation.
- This slide can and should be deleted following acceptance and revision as needed of this presentation.

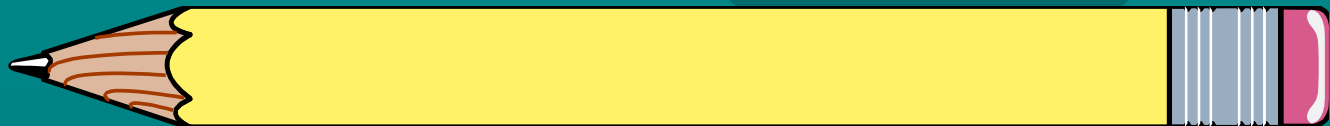
# Asthma



# Asthma

When a child experiences an “asthma episode” the following can occur:

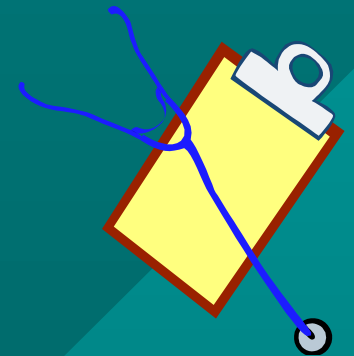
- The muscles around the bronchiole tubes swell, constricting the tubes.
- The lining of the airway swells.
- The airways fill with mucus.



# Asthma “Triggers”

Asthma can be caused by different “triggers”:

- A cold or respiratory infection
- Exercise
- Lung irritants (perfume, cigarette smoke, hair sprays, room fresheners)
- Allergies (animals, pollen, foods)
- Changes in weather or temperature
- Strong emotions



# Asthma Medications

- Short acting medications  
(for acute episodes):

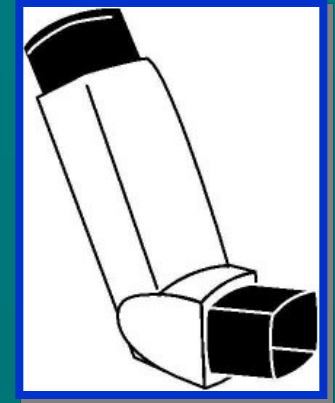
Albuterol, Proventil

- Long acting medications (preventative):

Serevent, Singulair

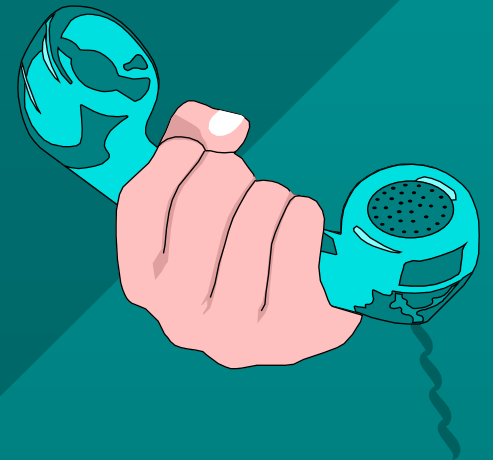
- Steroids (anti-inflammatory):

Vanceril



# When to Seek Help

- The student reports a “tight feeling” in the chest area.
- You hear the child wheezing (even slightly).
- The student coughs with no relief.
- The child is hunched over.

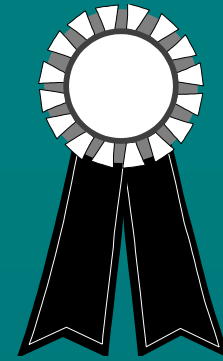


# Emergencies



- The student appears to struggle to breathe.
- The child has trouble walking, or stops playing and cannot start again.
- The student's fingernails and/or lips appears blue.
- Wheezing continues or increases after medication has been given.

# Successful Asthma Management



- A student's "triggers" are recognized and avoided wherever possible.
- Students and staff can recognize when a student requires medication and assist the student in obtaining medication.
- Faculty and health staff coordinate efforts to follow a student's asthma management plan.
- Faculty and staff inform the nurse about any concerns about students with asthma.



**For more information -  
see your  
school nurse!**



*Some information from “Open Airways for Schools” - a school-based asthma health education program of the American Lung Association for children with asthma*