

KEENE INDEPENDENT SCHOOL DISTRICT

# Asthma

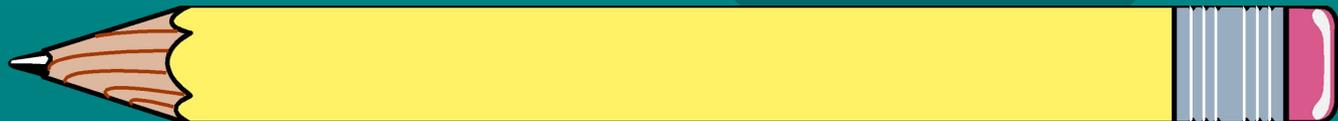


Presented by:  
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# Asthma

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

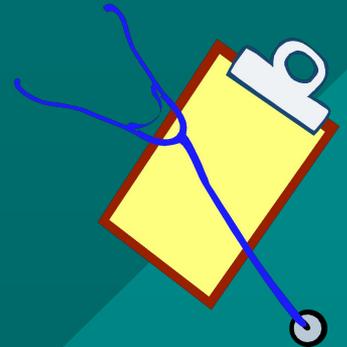
- The muscles around the trachea swell, constricting the airway .
- The lining of the airway swells.
- The airways fill with mucus.



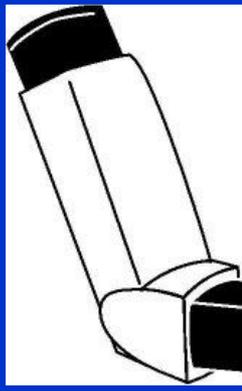
# Asthma “Triggers”

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



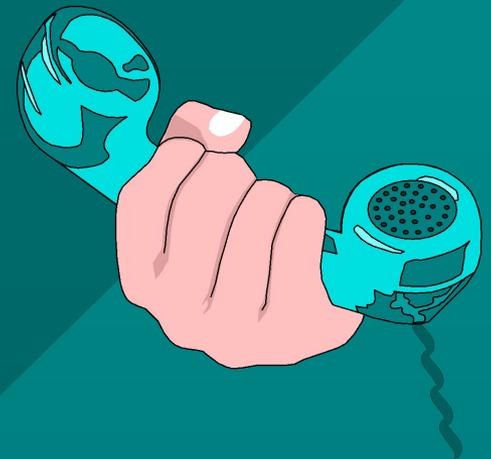
- Short-acting (faster) medications: :  
Albuterol, Proventil (Most Elementary students diagnosed with asthma have a rescue inhaler in the clinic. Older students may have permission to carry their own.)
- Long-acting (slower) medications (inhaled steroid): (Usually taken at home once or twice a day)  
Serevent, Singulair, Vanceril
- By mouth steroids (anti-inflammatory):  
Prednisone



# WHEN TO CALL THE NURSE

- 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.

Never send a child to the  
Clinic **ALONE** in this condition!

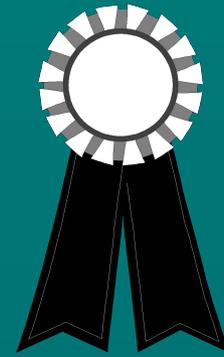


# Emergencies!(call 911)

- 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.
- **Do NOT SEND or WALK a child in this condition to the Clinic. Call for help!!**



# Successful Asthma Management



- A student's "triggers" are recognized and avoided wherever possible.
- Students and staff can recognize when a student requires 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*

**Asthma Quiz:  
[Printable Asthma Quiz](#)**