



# Asthma

Asthma is a chronic long term lung disease that inflames and narrows the airways. Students with asthma may experience wheezing, chest tightness, shortness of breath, and coughing. Sometimes asthma symptoms are mild and go away on their own or after minimal treatment with asthma medicine. Other times, you feel fine, but you still have the disease and it can flare up at any time. Therefore, students with asthma should submit an annual Asthma Action Plan signed by the physician and parent. This will allow the School Nurse to monitor and manage the student's asthma disease in accordance with your physician's orders.

If a physician feels it is medically necessary for a student with asthma to carry and self-administer prescription asthma medication, the student must have the KISD Asthma Action Plan signed by the physician and parent on file indicating this need. If you have an Asthma Action Plan other than the KISD plan, the physician and parent must review and sign the KISD Permission to Carry an Inhaler form.

## **Self-Carry Considerations**

Unless an additional supply of medication is provided for storage in the school nurse's office, parents and students must recognize that it is the student's responsibility to carry the medication at all times. The school does not keep an emergency supply of asthma medication in stock.

Students who require asthma medication for athletic activities must also process the medication through the school nurse. If the student has permission from the physician to self-carry their asthma medication, they may do so after discussion with the school nurse. If they do not have authorization to self carry the medication, the school nurse will coordinate with the athletic coach to make sure that the students' medication needs are met.

❖ [Asthma Action Plan](#)