

FABENS INDEPENDENT SCHOOL DISTRICT

Asthma Presentation for School Staff

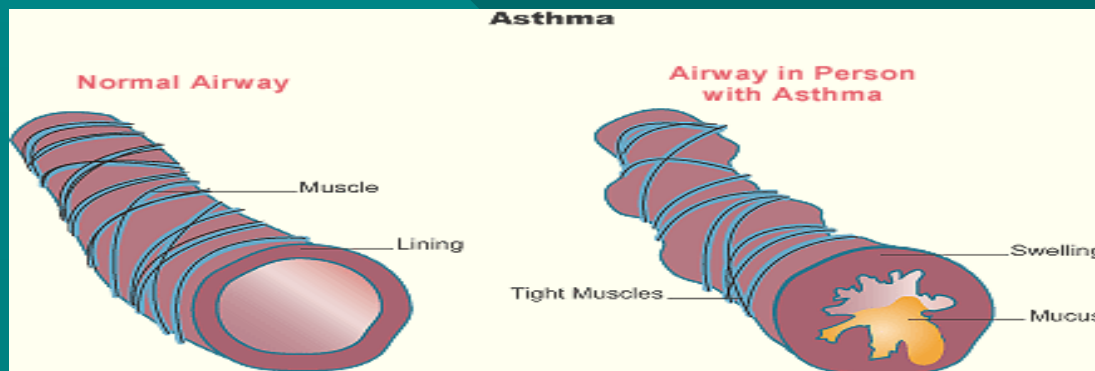


Presented by your school nurse

Asthma

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

- The muscles around the bronchial 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 and for treatment of exercise induced asthma):
Albuterol, Proventil, ProAir, Ventolin, Xopenex
- Long acting medications (preventative):
Advair, Pulmicort, Symbicort, Serevent, Singulair
- Steroids (anti-inflammatory):
Prednisone



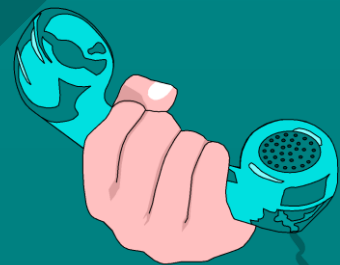
Symptoms



- Coughing
- Shortness of breath or gasping for breath
- Wheezing
- Chest pain or complain of tightness
- Flushed, pale or blue tinged skin or lips
- The student is speaking in short bursts
- The student struggles or stops with activity

When to Seek Help

- The student reports a “tight feeling” in the chest area.
- Shortness of breath or gasping for breath
- You hear the child wheezing (even slightly).
- The student coughs with no relief.
- Flushed pale or bluish looking skin or lips
- The child is hunched over
- The child becomes unconscious



What to do during an Asthma Attack

- Have the student stop whatever activity they are doing.
- Call for a nurse or send another student to get the nurse.
- **DO NOT**, under any circumstance, leave a student alone while they are having an Asthma attack.
- Ask the student if they have their inhaler and encourage them to use it as instructed on the student's Asthma Action Plan.

What to do during an Asthma Attack

- Have the student sit up and slowly breathe in through their nose and out through pursed lips.
- If symptoms resolve, student may resume normal activity.
- If symptoms reoccur with activity, repeat the above steps and stop all activity for the remainder of the day.
- Report any incidents or concerns to the school nurse.

CALL 911 IF



- You are not sure what to do
- Rescue medication is not working, symptoms are getting worse or medication is unavailable.
- The student's lips or fingernails are turning blue
- The student is having difficulty talking, walking or drinking fluids.
- The student's nostrils are flaring out.

CALL 911 IF



- You see neck, throat or chest retractions
- The student is in obvious distress.
- There is a change in level of consciousness, or the student shows signs of confusion.
- The student's condition is deteriorating.

Questions?

**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

And the Texas Department of State Health Services