

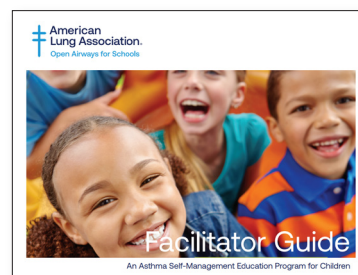
The American Lung Association's **Asthma Management in Schools Program** is a comprehensive framework to provide educational resources and technical assistance to schools outside of New York City and school-based health centers (SBHCs) state-wide. Our goal is to ensure that all school and SBHC personnel are aware of a child's asthma diagnosis and understand the needs of children with asthma in school settings, while providing support for the student to manage their asthma. We do this by building partnerships to collaboratively help students with asthma remain healthy, optimize learning, and participate fully in school.

Programs & Projects

Open Airways for Schools

The American Lung Association's Open Airways for Schools® (OAS) is a program that educates and empowers children ages 8 to 11 through a fun and interactive approach to asthma self-management. The program teaches children with asthma how to detect the warning signs of asthma, avoid their triggers and make decisions about their health.

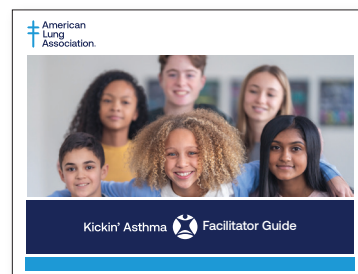
OAS consists of six, 40-minute small group sessions, taught twice a week or one week apart. Each lesson incorporates group discussion, stories, games, and role-play to involve and engage students in the learning process and give them the skills and confidence to manage their asthma.



Kickin' Asthma

Kickin' Asthma is an asthma self-management education program for kids ages 11-16 (grades 6-10) that empowers them through a fun and interactive approach. Kickin' Asthma includes different learning techniques suitable for teenagers and highlights self-management practices, such as recognizing triggers and proper medication use.

Kickin' Asthma consists of four, 45-minute small group sessions taught on consecutive days or one week apart.



Asthma Flip Chart

The Let's Take Control of Asthma flip chart is a validated educational tool based on the asthma self-management education goals of the National Asthma Education and Prevention Program Guidelines. It has individually tailored information about asthma, asthma triggers, and what to do in case of an asthma emergency.

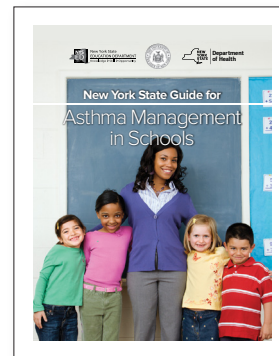
The flip chart picture-only design makes it easier for students to understand the information regardless of health literacy level. The side facing the student/patient is a picture-only format, and the side facing the educator/facilitator has a script.



New York State Guide for Asthma Management in Schools

The guide is designed for school and district employees, parents or guardians, members of local school boards, and leaders of organizations interested in the management of childhood asthma. It offers resources and information to assist school personnel in helping students with asthma manage their health and wellness in school. Asthma-specific resources include clinical asthma guidelines, asthma action plans, medication, spacer/valved holding chamber information, and resources for educating students, families, and school staff.

We work with schools to evaluate current protocols, policies, and procedures in place that are specific for students with asthma, and then work together to determine best methods for improvement, and which strategies and policies to implement from the New York State Asthma Management in Schools Guide.



School-Based Health Center (SBHC) Asthma Project

The SBHC Asthma Project is a program designed to enhance student proficiency in managing their asthma. Over the course of two sessions, students will receive guidelines-based asthma self-management education. SBHC provides opportunities to connect students with asthma to coordinated clinical care and tailored asthma self-management education in a unique setting.



Students that participate in these programs receive:

- ✓ Access to guidelines-based asthma self-management education
- ✓ Tools to help manage asthma at home and in school
- ✓ Asthma action plans
- ✓ Education on asthma medication devices
- ✓ Valved-holding chamber for more effective medication deposition



For more information and to learn more about implementing these programs, contact us at NYAsthmaMngmt@Lung.org.