

A Collaborative Approach to Asthma Management in Schools

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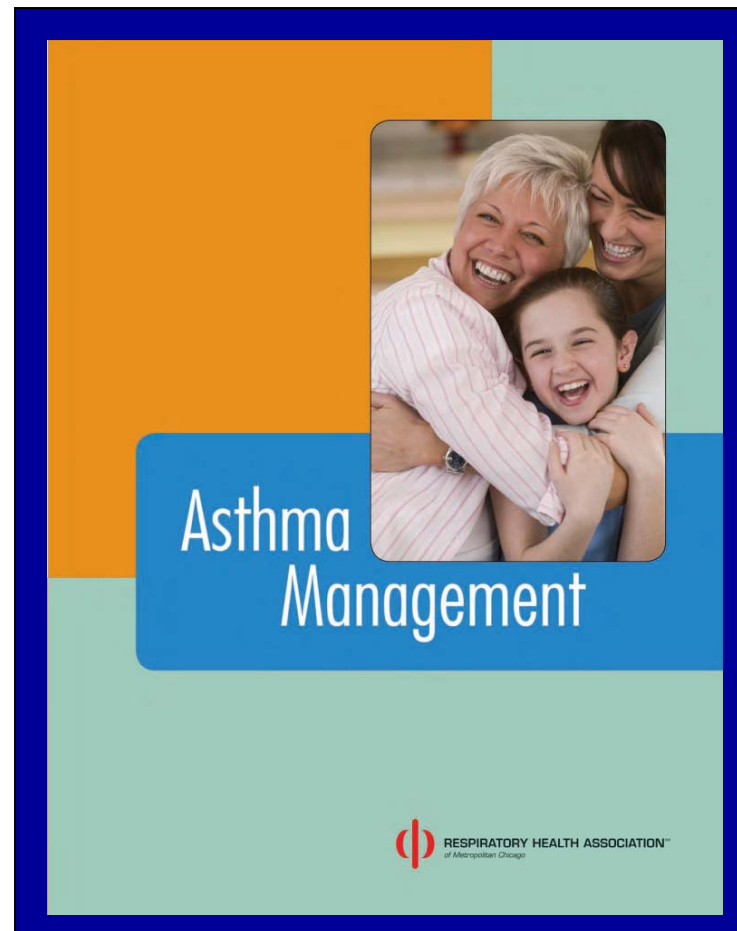
June 6, 2012



Agenda

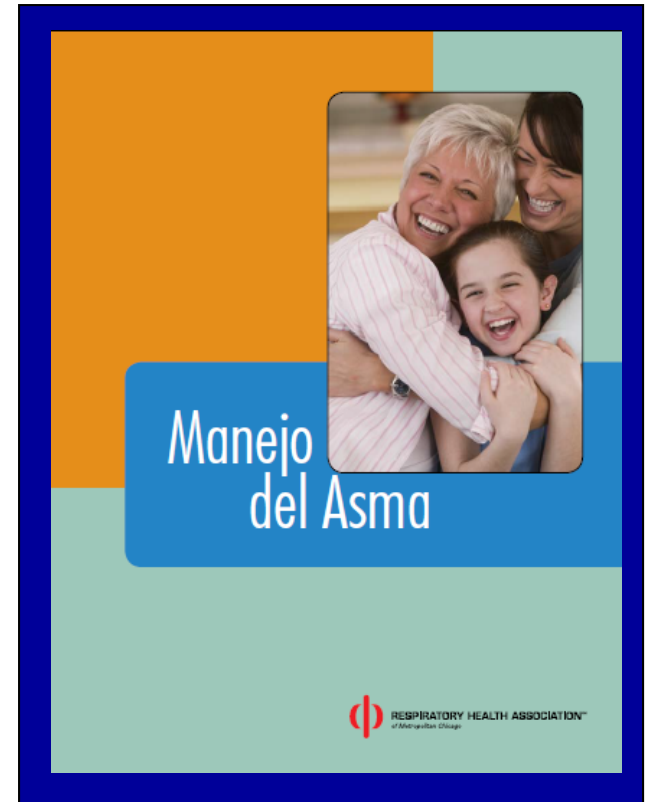
- Asthma Management
- Fight Asthma Now
- Evolution of CPS asthma management policy
- Moving Forward

Asthma Management



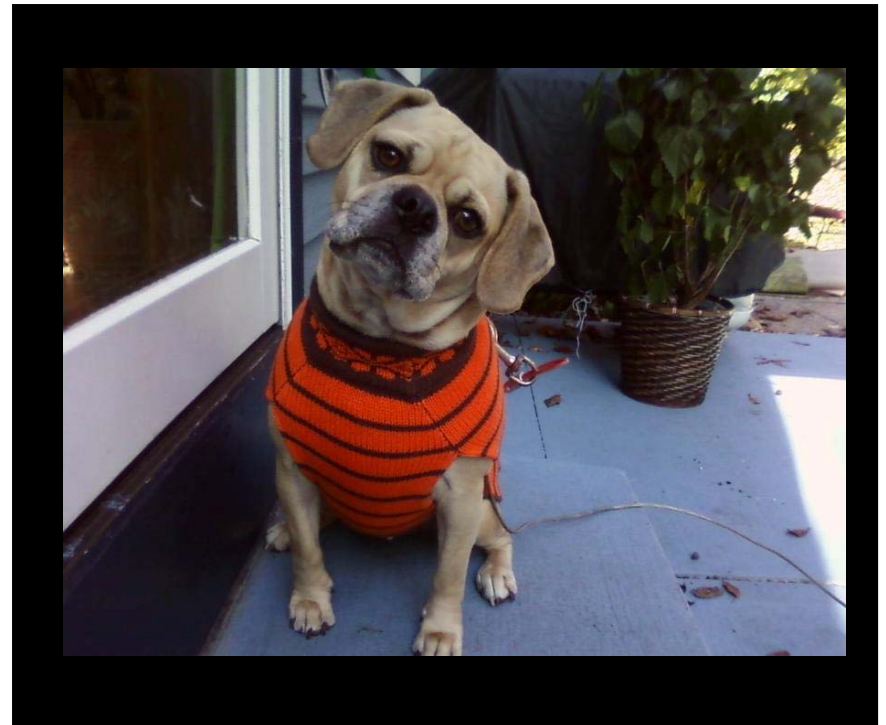
Asthma Management

- One hour workshop for staff and/or parents
- Program objectives
 - Prepare school staff to care for children with asthma
 - Increase asthma awareness
 - Prioritize asthma preparedness
- Curriculum addresses
 - Identification of warning signs
 - Medication administration
 - Trigger elimination
 - Managing an asthma episode



Asthma Management

- Participant engagement
 - Content is only half the battle
 - Presenting to educators is challenging!
 - “Outgrowing asthma”

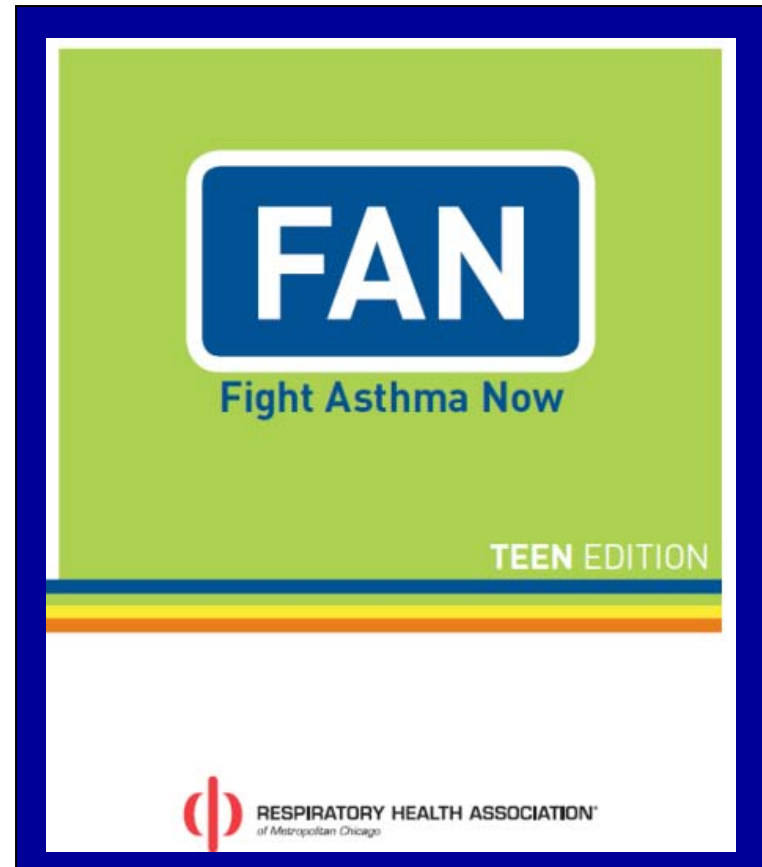


Asthma Management

- Program results
 - 2011-12: 2,398 adults educated

| Pre/Post Survey - School Staff | |
|--|--------------------|
| Can identify child having difficulty w/ asthma | 93% (30% increase) |
| Felt more prepared to care for child w/ asthma | 96% |
| Favor requiring asthma education for staff | 91% |

Fight Asthma Now



Fight Asthma Now

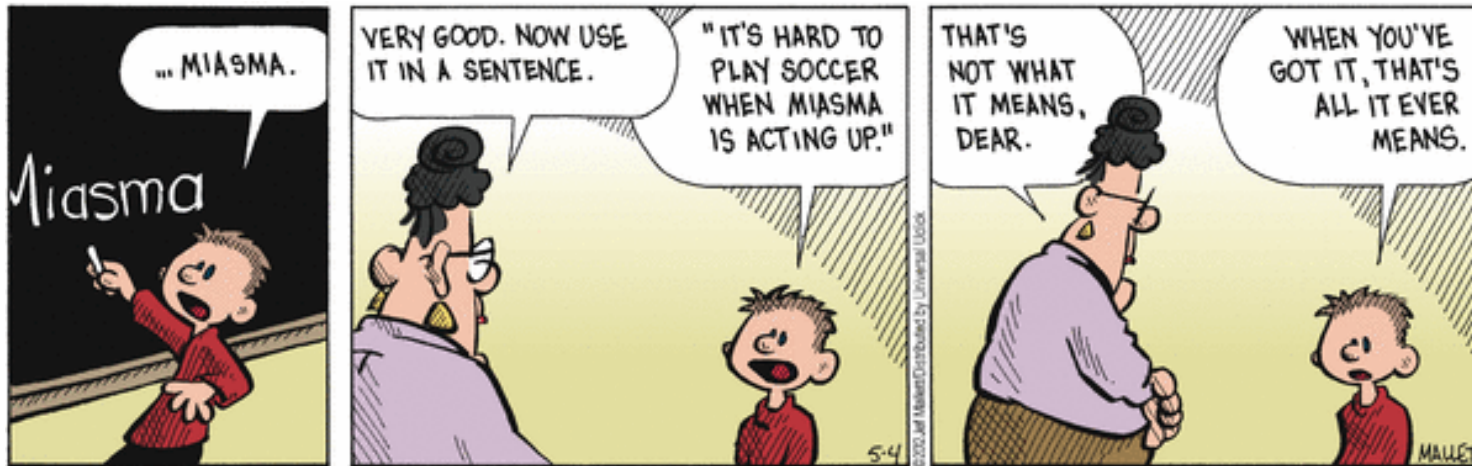
- Validated, asthma self-management program designed for youth and teens
- Program objectives
 - Recognize warning signs
 - Understand medication administration
 - Identify asthma triggers
 - Understand how to manage an episode
- Other program objectives
 - Address contextual barriers
 - Fit into a school structure
 - Be flexible for all communities

Fight Asthma Now

- Curriculum addresses:
 - Asthma pathophysiology, warning signs, trigger avoidance, tobacco, and social barriers to proper care
 - Proper use of quick-relief and controller medications
 - Self-monitoring: spacer technique, peak flow meter and asthma action plan use

Fight Asthma Now

- Participant Engagement
 - Community meetings
 - “Be good...be great!”
 - Demonstrating how to use an inhaler correctly
 - Students as experts



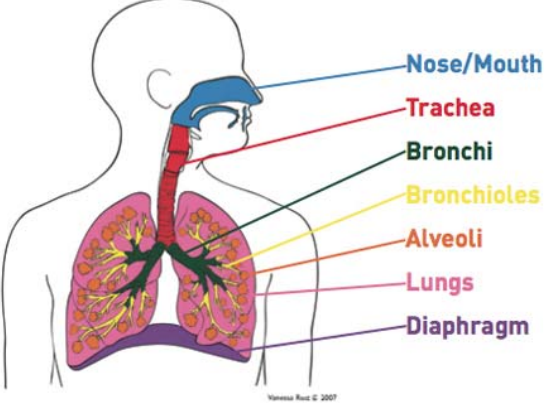
Fight Asthma Now

2011 program
enhancements

LESSON ONE

Your Lungs and Airways

OVERVIEW
To understand asthma, you need to understand how your body works on the inside. This activity will help you see the path oxygen takes in your body as you breathe.



DID YOU KNOW?

? More than **70%** of people with asthma also have allergies.³

In 2008, students missed **10.5 million school days** due to asthma.⁴
That's like 64,000 teens missing school for a whole year!

³ National Library of Medicine, *Understanding Allergy and Asthma*, National Institutes of Health
⁴ Akinbami L.J, Moorman J.E, Liu X. Asthma prevalence, health care use, and mortality; United States, 2005-2009. National health statistics reports; no 32. Hyattsville, MD: National Center for Health Statistics. 2011.

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LESSON TWO

Mastering Proper Inhaler Techniques

OVERVIEW

When you use your inhaler, does the medicine ever stick to your tongue and leave a bad taste in your mouth? Using a spacer with your inhaler will help you get more medicine to your airways and lungs and take away that bad taste.

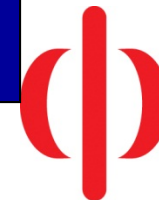
➤ Using a Metered Dose Inhaler (MDI) with a Spacer

1. Remove any candy, food or gum from your mouth.
2. Stand up straight.
3. Remove the cap of the inhaler and attach it to the spacer. Make sure to clean out any dust or fuzz so that there is nothing inside either one.
4. Shake the inhaler and spacer for five seconds.
5. Breathe out slowly to empty your lungs completely.
6. Put the spacer in your mouth and seal your lips around the mouthpiece.
7. Press down on the inhaler and take a slow deep breath in.
8. Hold your breath for 10 seconds and then breathe out.
9. If you are using a controller inhaler, rinse your mouth with water and spit it out.



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LESSON FOUR

The Truth about Tobacco

MOST PEOPLE DON'T SMOKE

Despite what you see on TV and in magazines, most teens DON'T use tobacco. Not everyone is doing it.

SMOKING IS GROSS

Even when you're young, smoking can affect your outward appearance by staining teeth and nails yellow, and dulling your hair and skin. It even causes premature wrinkles.

IT'S TOXIC

Each cigarette contains more than 7,000 chemicals including nicotine, ammonia, ethanol and formaldehyde. Those chemicals spread to every part of your body, not just your lungs.

SMOKING KILLS

Smoking and secondhand smoke cause asthma episodes and greatly increase your risk for stroke, heart disease and lung cancer. Nearly 1 in every 5 deaths is related to smoking.

Whether you smoke or don't, know the truth about tobacco.
www.lungchicago.org/knowthetruth

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Fight Asthma Now

- Program results
 - 2011-12: 1,094 students educated

| Pre/Post Survey - Students | |
|--|--------------------|
| Pets, strong smells and dust can trigger asthma. | 93% (18% increase) |
| Knowing your warning signs can keep you from having an asthma attack | 86% (13% increase) |
| A person with asthma should take his/her controller medicine every day, even when the asthma is not bothering him/her. | 86% (11%) |

CPS Asthma Management Policy



CPS Asthma Management Policy

- Respiratory Health Association objectives:
 - Raise awareness and compliance with 2010 carry and self-administration amendment
 - Increase awareness of asthma
 - Increase number of students identified with asthma
 - Enlist support from CPS



CPS Asthma Management Policy

What is *the* key element for success?

INVOLVE STAKEHOLDERS!

CPS Asthma Management Policy

- Bi-products of engaging stakeholders
 - Formal partnership
 - Improved collaboration
 - Heightened awareness around asthma

The Way Forward: Supporting Policy with Programs

- Best practices:
 - Provide asthma education for staff and students
 - Use a systems approach to prioritize asthma
- Result: schools better equipped to care for students with asthma

Thank you

Contact information

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