

CCA ASTHMA MANAGEMENT PLAN

The following general guidelines provide assistance in the development of school-based strategies for asthma management. Calvary Christian Academy will seek parental involvement in the phases of planning.

For the purposes of this policy, asthma is defined as a chronic lung condition with ongoing tightening (bronchospasm) and inflammation of the airways, or bronchial tubes. Asthma causes the lining of the airways to swell and produce more mucus. When this happens, the airways narrow and obstruct the flow of air out of the lungs. Many different factors (asthma triggers) can worsen bronchospasm and inflammation.

Many people think that an asthma attack starts suddenly. Many students show “early warning signs” before the episode will manifest.

Possible Early Warning Signs

- Coughing
- Itchy throat or chin (tickle in throat)
- Stomachache (younger children)
- Funny feeling in chest (younger children)
- Grumpiness or irritability
- Fatigue
- Headache
- Agitation
- Itchy, watery eyes
- Stuffy or runny nose
- Dark circles under eyes
- Behavioral changes
- Decreased appetite
- Drop in peak flow meter
- Persistent coughing to yellow or red zone

Early warning signs may progress to an asthma attack. Asthma attack signs and symptoms may include:

- Becoming anxious or scared
- Shortness of breath
- Rapid labored breathing
- Incessant coughing
- Nasal flaring
- “Pull in” of neck and chest with breathing
- Requiring rescue medications every four hours or more often
- Tightness in chest
- Wheezing while breathing in or out
- Vomiting from hard coughing
- Unable to talk in full sentences
- Shoulders hunched over
- Sweaty, clammy skin

Not all students will experience all symptoms during an asthma attack. In the event of an attack, the student’s Asthma Action Plan should be followed.

A) Identification of Children at Risk

- It is the responsibility of the asthmatic student's parents/guardians to inform the school nurse of their child's asthma as well as provide CCA nursing office with the Asthma Management Plan and medications needed on hand.
- All staff members with a need to know will be made aware of these students (medical binders or verbal consult).
- The student is highly encouraged to wear a Medic Alert bracelet.
- A photograph (with parental permission) identifying the student will be maintained in medical binders. Medical binders with appropriate information will be given to each CCA staff member on a need to know basis. (Teachers, lunchroom personnel, administration, front desk, nursing office).

B) Availability & Location of Asthma Medications

- With medical provider's authorization and parental consent, asthmatic students fourth grade and up are encouraged to carry their inhalers with them at all times.
- Inhalers of students who do not have medical provider's authorization to self carry and other medications/equipment for nebulizer treatments will be kept in the nurse's office.
- Parents/guardians of students who no longer require asthma medications will need to provide to the nursing office documentation from their medical provider stating this is so.

C) Treatment Protocol

- An individual Asthma Management Plan (Parental Asthma Management Information, Asthma Action Plan) should be completed annually. The school cannot assume responsibility for treatment in the absence of a protocol. A copy of the plan will be available from the nursing medical binder as well as in the child's medical file.
- The following guidelines are to be followed in managing an asthma attack:
 1. One CCA staff member to stay with the asthmatic student at all times.
 2. Allow student to assume comfortable posture in a quiet setting.
 3. If peak flow is available, measure peak flow to document severity and response to therapy.
 4. Record pulse and respiratory rate.

5. Administer inhaled or nebulizer bronchodilator as per Asthma Action Plan.
6. If treatment falls into the red zone of the Asthma Action Plan, call student's medical provider for further instructions.
7. Parents/Guardian to be notified as soon as possible.
8. Call 911 for the following:
 - No improvement after 20 to 30 minutes.
 - Medications are not available and the student is exhibiting the following: wheezing or incessant coughing, difficulty breathing, chest and neck "pulling in" with breathing, shoulders hunched over; struggling to breath
 - Lips or nail beds turning gray or blue (students with light complexions)
 - Paling of lips or nail beds (students with dark complexions)
 - Decreasing or loss of consciousness

D) Asthma Awareness/Asthma Attack Avoidance

- Reduce known triggers (information provided by parent) in the school environment to help students who have asthma. Common triggers found in the classroom include dust, animals and solvent containing products such as perfumes, paints, cleaning supplies, permanent and dry erase markers, air fresheners, art supplies, and rubber cement.
- Know the early warning signs of an asthma attack
- Keep a copy of individual Asthma Action Plans readily available in the nurse's office. Know what steps to take in case of an asthma attack.
- Know the possible side effects of asthma medications and how they may impact student performance in the classroom and gym. Side effects of asthma and allergy medications that warrant concern are nervousness, nausea, jitteriness, hyperactivity, inability to concentrate and drowsiness. Discuss problems with the school nurse and parents.