Summary of Asthma

- Definition
- Signs & Symptoms
- Pathophysiology
- Management
- Asthma and Physical Activity

Definition of Asthma

- Asthma is a chronic inflammatory disease of the airways. Asthma symptoms are variable and recurring and involve airway obstruction and bronchial hyperresponsiveness.
**Signs & Symptoms**
- Coughing
- Wheezing
- A tight feeling in the chest
- Feeling tired, nervous or grumpy

**Pathophysiology**
- Bronchial hyperresponsiveness
- Inflammation
- Intermittent airflow obstruction

**Management**
- Medications
- Control of Triggers
Asthma & Physical Activity
- Children with asthma can, and should be physically active
- Strategies to assist students/families in managing and controlling asthma
- Symptoms that require prompt action

Open Airways for Schools Program
- Introduction and Goals
- Objectives
- Background
- Effectiveness
- Philosophy
- Lessons

Open Airways for Schools (OAS)
A school-based Asthma Education Program
- An American Lung Association program designed for 8-11 yr old (3-5th gr) students who have asthma
- Goal is to enable children with asthma to take care of their asthma on a daily basis
Objective: Children who complete the OAS program should be able to:

- Take steps to prevent asthma symptoms
- Recognize the symptoms of asthma when they first occur and carry out appropriate management steps
- Discuss and solve problems related to asthma with their parents, medical professionals and friends
- Feel more confident about taking care of their asthma on a daily basis

Background:

- OAS is an evidenced-based program
- Developed by a research team at Columbia University
- Pilot tested and evaluated in 12 NYC schools
- American Lung Association OAS program since 1996
- Current curriculum published 2015

Effectiveness:

OAS Approved or Recognized by:
- National Association of School Nurses
- Center of Disease Control and Prevention
- National Asthma Education and Prevention Program

Children who participate in OAS:
- Have fewer and less severe asthma attacks
- Improve their academic performance
- Have more confidence in their ability to take steps to manage their asthma
- Exert great influence on their parent’s asthma management decisions
Philosophy

• “The essence of the program is to empower children to learn to take control of their illness and make healthy choices. The results are increased school attendance, increased chance of learning in school and living healthy, active lives.” (American Lung Assoc)
• “Students who are not well enough to attend school, or do not receive school support to control their illness, cannot learn effectively.” (UC Dept of Education-Office of Research & Improvement (OERI))
• “When children feel better, they have a better chance of learning.” (American Lung Assoc)

Lessons 1-6

• Lesson 1: Basic Information and Feeling about Asthma
  Introduction and Icebreaker/What is Asthma/Sharing Feelings about Asthma/Belly Breathing for Relaxation Exercise
• Lesson 2: Recognizing and Managing Asthma Symptoms
  Warning Signs of Asthma/How to Tell When Your Child Breathe Through Their Nose/Asthma Diary/What Is an Asthma Attack/How to Use a Meter
• Lesson 3: Solving Problems with Medicines and Assessing Symptoms
  Getting Treatment From Your Doctor/Deciding How to Use Medicines When Your Child Is Feeling Bad
• Lesson 4: Finding and Controlling Asthma Triggers
  Identifying and Avoiding Triggers/Warning Signs of Asthma/How to Tell When Your Child Breathe Through Their Nose/Asthma Diary/How to Use a Meter
• Lesson 5: Keeping Your Battery Charged and Getting Enough Exercise
  Ways to Stay Active/Game—“Simon Says”
• Lesson 6: Doing Well at School
  Getting to School/How to Make Up Lost School Work/How I Feel About Myself/Graduation Party and Farewell Party

What Now???

• Become a Facilitator
• Encourage someone in your school or district to become a Facilitator
• Talk to your principal about the program and the proven positive results for children with asthma
• Potential Roadblocks
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• Definition
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• Pathophysiology
• Management
• Asthma and Physical Activity

Signs & Symptoms

• Coughing
• Wheezing
• A tight feeling in the chest
• Feeling tired, nervous or grumpy

References

• American Lung Association. www.Lung.org or 1-800-LUNGUSA

Questions

• Katrina E. Davis, MS, RN (retired), Pediatric Nurse Practitioner (retired)
kedavi@comcast.net
• Marge Dettwiler, MN, RN, Pediatric Nurse Practitioner (retired), Certified Asthma Educator
murphy9182@comcast.net