School-based Asthma Programs

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OPEN AIRWAYS FOR SCHOOLS
OAS Facts

- Developed by researchers at Columbia University
- Reviewed annually by medical and education professionals
- Interactive, highly visual, reinforces key messages
- Frequently published in the peer-reviewed literature as an effective program to teach asthma management to children with asthma.
Program Goal

To enable children with asthma to take care of their asthma on a daily basis
Program Objectives

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 parents, medical professionals, teachers and friends.
• Feel more confident about taking care of their asthma on a daily basis.
OAS Curriculum
• Instructor Guide
• CD
  • Child Handouts
  • Parent Handouts
  • Evaluation Tools
• Poster Book
Lesson 1: Basic Information and Feelings about Asthma

The purpose of this lesson is to ensure that all the students have the same basic information about asthma. Also, students will get to know one another and start to feel secure in sharing their feelings about having asthma.

Health Messages:

• You can learn to control symptoms of asthma
• You can help parents learn skills to control asthma
• If your asthma is under control, you can play and function like other children
• Asthma under control means that you don’t have any symptoms of asthma
• It is important to find ways to stay calm and relaxed when you have asthma symptoms
Lesson 1: Basic Information and Feelings about Asthma

The purpose of this lesson is to ensure that all the students have the same basic information about asthma. Also, students will get to know one another and start to feel secure in sharing their feelings about having asthma.

Checklist

- Icebreaker activity
- Help students teach each other about asthma
- Facilitate discussion to help students share their feelings about asthma
Lesson 2: Recognizing and Managing Asthma Symptoms

The purpose of this lesson is to help students recognize the warning signs of an asthma episode and develop a plan for managing an acute asthma episode.

Health Messages:
- One way to control asthma is to take the right medication at the right time and in the right way
- Follow steps to asthma management before seeking medical care
Lesson 2: Recognizing and Managing Asthma Symptoms

The purpose of this lesson is to help students recognize the warning signs of an asthma episode and develop a plan for managing an acute asthma episode.

Checklist

- Describe asthma symptoms and warning signs
- Observe a demonstration of peak flow meter use for each student
- Practice the four step to manage asthma symptoms using role-play activities
Lesson 3: Solving Problems with Medicines and Assessing Symptoms

The purpose of this lesson is to help students identify and solve any problems they have taking asthma medicines, and to learn the signs that mean a trip to the doctor is necessary. This lesson should help students feel confident in knowing when their asthma requires a visit to the doctor.

Health Messages:

• Solutions to problems you may have with medications can be found by working closely with your doctor
• Talk to your doctor if your medication doesn’t control your symptoms or causes side effects
• There are signs you can use to decide how bad your symptoms are
Lesson 3: Solving Problems with Medicines and Assessing Symptoms

The purpose of this lesson is to help students identify and solve any problems they have taking asthma medicines, and to learn the signs that mean a trip to the doctor is necessary. This lesson should help students feel confident in knowing when their asthma requires a visit to the doctor.

Checklist

- Review asthma medicines, analyze technique through return demonstration and solve any problems students have with asthma medicines
- Describe the asthma signs that require emergency medical care
- Practice decision making skills to decide when to seek medical care for asthma symptoms
Lesson 4: Finding and Controlling Asthma Triggers

The purpose of this lesson is to help students identify things that trigger their asthma, and then find ways to remove them or reduce their impact. A second goal is to help students develop confidence in their ability to discuss solutions with parents and others who have control over their physical environment.

Health Messages:
- Different children have different triggers
- It is important for you to know what your asthma triggers are
- You can work with your family to find triggers, remove them, or minimize their impact
Lesson 4: Finding and Controlling Asthma Triggers

The purpose of this lesson is to help students identify things that trigger their asthma, and then find ways to remove them or reduce their impact. A second goal is to help students develop confidence in their ability to discuss solutions with parents and others who have control over their physical environment.

Checklist:
- Identify triggers
- Find solutions to remove triggers or reduce their impact
- Perform a role-play activity on how to talk to parents or others about finding and eliminating asthma triggers
Lesson 5: Keeping Your Battery Charged and Getting Enough Exercise

The purpose of this lesson is to increase students’ confidence in their ability to engage in physical activities and to help them find practical ways to increase their activity levels.

Health Messages:
• You can do most forms of exercise if you are managing your asthma well
• There are six steps you can take to stay active
Lesson 5: Keeping Your Battery Charged and Getting Enough Exercise

The purpose of this lesson is to increase students’ confidence in their ability to engage in physical activities and to help them find practical ways to increase their activity levels.

Checklist:
- Discuss physical activity and the importance for children with asthma
- Identify six ways to stay active
- Solve problems related to teachers, coaches and peers who show lack of understanding
- Play a game that demonstrates the way intermittent exercise can help children stay active
- Practice breathing, tensing and relaxing exercises as a way of taking a break during physical activity
Lesson 6: Doing Well at School

The purpose of this lesson is to help students identify and solve problems related to school attendance that may be the result of asthma or another illness. A second purpose is to reward students for completing the program, and help them to say good-bye to each other and the instructor.

Health Messages:
• Deciding when you can go to school;
• When you should stay home; and
• Finding ways to make up schoolwork missed due to asthma
Lesson 6: Doing Well at School

The purpose of this lesson is to help students identify and solve problems related to school attendance that may be the result of asthma or another illness. A second purpose is to reward students for completing the program, and help them to say good-bye to each other and the instructor.

Checklist:

- Analyze which body signs mean it's okay to go to school and which mean they need to stay home
- Plan ways to make up for missed schoolwork
- Express feelings about completing OAS using markers or crayons and paper
- Participate in a graduation ceremony where each student receives a Certificate of Good Asthma Management
Kickin’ Asthma Facts

• Developed in a school district in Oakland, CA
• Reviewed by medical & educational professionals
• Interactive, highly visual, and repeats important messages
• Culturally appropriate – Tested over many years in a very diverse public school
Kickin’ Asthma – Program Goal

Kickin’ Asthma stresses the concept of self-management and teaches young adults to begin to take responsibility for his or her own health.
Kickin’ Asthma – Program Objectives

**Teens who complete Kickin’ Asthma should be able to:**

- Describe asthma and how it affects breathing
- Identify triggers and strategies to avoid them or reduce their impact
- Identify asthma control medicines and demonstrate correct use
- Recognize and track asthma symptoms
- Demonstrate what to do during an asthma episode
- Modify lifestyle to prevent asthma problems
- Recognize importance of self-advocacy
Kickin’ Asthma

Curriculum

• Instructor’s Manual (English & Spanish)
• Student Workbooks (English & Spanish)
• Evaluation Tool, Asthma & You
Kickin’ Asthma – Program Overview

1. Introduction and asthma basics
2. Warning signs, triggers and prevention
3. Medication and devices
4. Putting it all together: Emergency signs, review, self-advocacy, & problem solving
5. 3-month follow-up session (optional)
Lesson 1

- Meet each other and their instructor(s).
- Provide the instructor with information to assess their level of asthma control (optional).
- Set personal asthma goals.
- Understand the basics of asthma, including what happens to the airways when it is not under control.
- Be able to determine some Early Warning Signs of an impending asthma episode and what steps to take.
Lesson 2

- Begin to understand the concept of prevention.
- Be able to identify their own asthma symptoms and learn what to do when it is not under control.
- Become familiar with different types of asthma triggers and some strategies to avoid them.
- Learn about the importance of seeking care from their regular doctor before asthma becomes an emergency.
Lesson 3

• Be able to distinguish between two main types of asthma medications, what they do, and when to take them.
• Understand how to use an MDI (metered-dose inhaler) with a spacer, and a diskus.
• Brainstorm solutions to obstacles that hinder proper medication use.
• Problem-solve issues relating to proper asthma management.

- Understand asthma medicines
- Learn good inhalation technique with different asthma medicines
- Find solutions to ensure proper medication use
- Find solutions for daily self-management
Lesson 4

- Be able to distinguish emergent symptoms from non-emergent symptoms and what steps to take for each.
- Review highlights from previous sessions.
- Reflect on how the material can be applied to their own lives
- Practice advocating with adults.
## Educator Timeline

### Phase 1: Training
- Complete Asthma Basics
- Complete Open Airways for Schools online training and in-person skills building (Kickin’ Asthma-online only)
- Sign Memorandum of Understanding

### Phase 2: Implementation
- Participant Recruitment
- Program Delivery
- Collecting Participant Forms

### Phase 3: Evaluation
- Complete Educator Feedback Form
Implementing Open Airways for Schools
Questions

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