



Asthma Management & Education for Schools

HealthyKidsExpress@bjc.org | www.stlouischildrens.org/AMES

AMES

Welcome

All school staff that has contact with students with asthma has an important role as part of an effective asthma management program. By working with parents/guardians, medical providers, and students themselves, management strategies will allow students to get the most from their time in school.

The Asthma Management & Education for Schools (AMES) Tool-kit is for school nurses to use on a day to day basis to manage kids with asthma in the school setting.

In addition, this tool-kit has been developed to help all school personnel understand the basics of asthma and to offer reasonable steps toward promoting an environment where children with asthma can be healthy, happy and active. The information in this tool-kit will assist you towards achieving that goal.

How to use the AMES Tool-kit:

Where Do I Start?

Step 1: Introduction

Step 2: All users should begin by reading Section 1 — What is Asthma?

Step 3: Review the section that represents your role in managing students with asthma. The tool-kit is designed in color coded sections that pertains to the various roles in the school.

Step 4: Use forms—A variety of sample forms are included that can help with asthma management such as an Asthma Action Plan.

Step 5: Review/use PowerPoint presentations and other materials in the AMES Tool-kit to learn about asthma management and teach/train others about asthma management.

Step 6: Laws Section—Become familiar with laws that cover children with asthma in the school setting.

Step 7: Glossary of Asthma Terms—Become familiar with common asthma terms.

Note: Forms may be modified or used in their original format.

Go to the following sections:

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| 1. Information for Families, Staff and Nurses / Overview of Asthma | 4. Laws |
| 2. Information for School Staff | 5. Resources |
| 3. Information for School Nurses | 6. Glossary of Asthma Terms |



Introduction

Asthma is the most common chronic disease among children today. More than 7 million children in America have asthma. At St. Louis Children's Hospital, asthma is one of the most common reasons for emergency room visits and the number one reason for patient admissions.

More children receive treatment for asthma than ever before.

- It is the leading cause of missed school days due to a chronic illness.
- Asthma can affect a student's academic performance. It can disrupt sleep and the ability to concentrate. It can also cause a child to miss out on important social interactions and school activities.
- An asthma episode can quickly escalate which requires prompt treatment.
- Asthma can be life-threatening if not well controlled/managed.

This tool was developed by St. Louis Children's Hospital's Healthy Kids Express (HKE) staff based on their experience working closely with school nurses who identified the need for an easy to use asthma resource.

Asthma cannot be cured; the good news is that asthma can be controlled/managed. The AMES Tool-kit is designed to educate about asthma and to share best-practices that help ensure a safe learning environment for students with asthma by providing information on:

- What asthma is
- Early warning signs and how to respond
- How to use an Asthma Action Plan
- How to take/give asthma medicines

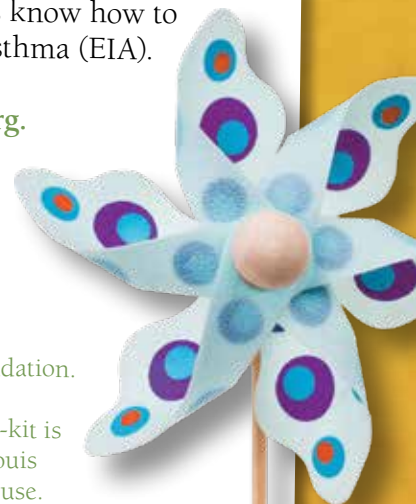
Effective asthma control/management can result in:

- Reduced absences by students having fewer asthma episodes and earlier recognition/treatment of symptoms.
- Students have fewer symptoms when they follow their asthma action plan.
- Improved asthma emergency care by school staff members that are prepared to respond.
- Increased participating in physical activities. Staff and coaches know how to prevent exercise induced asthma (EIA).

For more information, contact (314) 286-0947 or HealthyKidsExpress@bjc.org.

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This tool-kit is intended as a reference and information source only. The information in this tool-kit is not a substitute for professional care, and must not be used for self-diagnosis or treatment. St. Louis Children's Hospital assumes no liability for the information contained in this reference or for its use.



Acknowledgments

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- National Association of School Nurses
- National Asthma Education and Prevention Program
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