School-based Asthma Care Planning: From the Provider to the School to the Student

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Buffalo Wings

Buffalo Wings originated at the Anchor Bar – here in Buffalo NY
Buffalo, NY

Care Plans are our maps to quality care

- If we haven’t planned where we’re going – we’ll never get there
- The child should be at the center of all planning
- Communication and Collaboration are key
What We Believe

Together, we can work to end the needless death and suffering due to asthma, allergies and related conditions.

Allergy & Asthma Network

Leading national nonprofit advocating FOR the PATIENT
Founded in 1985
Fulfill our mission by working with leading experts in the field
Building patient-centered collaborative care teams

Outreach
Education
Advocacy
Research
Burden of Asthma

- 22 MILLION Americans diagnosed
- 1 in 10 CHILDREN
- $81.9 BILLION annual costs
- 3,168 DEATHS annually
- 14.2 MILLION missed work days per year
- 22 MILLION missed school days per year
- 3 in 5 limit physical activity
- 71% MISUSE inhalers
- 75% higher for black persons than white persons
- 1 in 5 CANNOT AFFORD medications
- 13.8 MILLION missed school days per year
- 13,919 DEATHS annually
- 71% MISUSE inhalers
- 1 in 5 CANNOT AFFORD medications

Today’s Program -

Objectives

- Identify 3 types of care plans used in the school setting
- Describe the unique attributes of each type of care plan
- Discuss the process of writing and collaborating on care plans

Disclosure

- I have nothing to disclose
How does the school find out that the student has asthma?

- Health information form
- Doctor’s orders for medications
- Parent report
- Student report
  - In January
    - After half the school year is over . . .
School-Based Asthma Management Program – SAMPRO

CIRCLE of SUPPORT

Components of SAMPRO

- Downloadable Asthma Action Plan
- Checklists for Clinicians, Families & School Nurses
- Online Asthma Education Videos, Education links and more
- Links to Indoor Air Quality Management Tools & Education
What does the School Nurse need from the healthcare provider?

- **Diagnosis**
  - Severity?

- **Medication Orders**
  - Quick-relief
  - Note: Controllers (even if taken at home)

- **Health History**
  - From parent
  - From student

- **Asthma Action Plan**
  - Completed and signed

Issues and Concerns

**Issues**
- Clarification can be difficult to obtain
- Parents often don’t follow through on needed paperwork
- Staff Notification

**Concerns**
- HIPPA and FERPA can limit sharing
- Families often need more education
- Everyone isn’t on the same page
Time

Care Provided in the School Setting

School nurses deliver quality care
Asthma Care in the School Setting

- Differs in different parts of the country
- Dependent on many factors
  - Availability and ratio of school nurses
  - Size of school – caseloads
  - Geographic setting – urban, suburban, rural
  - Administrative support
  - Healthcare support

- Episodic Care
  - Care when an asthma flare occurs
  - Follow-up

- Health Education
  - Teach student, staff & caregivers
  - Meds & Management
  - Self-management goals

- Care Coordination
  - Provide quality care - with collaboration of healthcare, school staff

- Health Promotion
  - Decrease exposure to triggers
  - Decrease asthma flares
- Consultation
  - Counseling student & family
  - Smoking cessation, allergen awareness, etc.

- Documentation
  - Care plans
  - Health Office visits
  - Absences
  - 911 calls

- Communication
  - Student / family
  - Healthcare provider
  - School staff

- Emergency Care
  - Respond to asthma emergencies as needed
  - Process in place

+ Care Plans in the School Setting – Asthma Care
  *Each plan has a specific function and purpose*
Care Plans

- We’ll talk about 5 major types of care plans
  - Will each student have each one?
    - No!
  - Will every school use each type?
    - Probably not.

- Each plan has value and may assist you in being sure a student gets what he/she needs

Five Major Types of Healthcare Plans

- Individualized Healthcare Plans (IHP)
- Section 504 Plans
- Asthma Action Plan (AAP)
- Emergency Care Plans (ECP)
- Individualized Education Plans (IEP)
An Asthma Action Plan is written by the child’s healthcare provider and provides orders & asthma management strategies.
Demographics & Green Zone

Asthma Action Plan for Home & School

Name:

Birthdate:

Asthma Severity:
- Intermittent
- Mild Persistent
- Moderate Persistent
- Severe Persistent
- He/she has had many or severe asthma attacks/exacerbations

Green Zone

- Have the child take these medicines every day, even when the child feels well.
- Always use a spacer with inhalers as directed.
- Controller Medicines:

Controller Medication(s) Given in School:
- Rescue Medicine: Albuterol/levalbuterol ________ puffs every 4 hours as needed
- Exercise Medicine: Albuterol/levalbuterol ________ puffs 15 minutes before activity as needed

Yellow Zone

- Begin the sick treatment plan if the child has a cough, wheeze, shortness of breath, or tight chest. Have the child take all of these medicines when sick.
- Rescue Medicines: Albuterol/levalbuterol ________ puffs every 4 hours as needed
- Controller Medication(s):
  - Continue Green Zone medicines.
  - Add:
    - Change:
      - If the child is in the yellow zone more than 24 hours or is getting worse, follow red zone and call the doctor right away!
Red Zone and Triggers

- If breathing is hard and fast, ribs stick out, trouble walking, talking, or sleeping: 
  Get Help Now

  Take rescue medicine(s) now
  Rescue Medicine: Albuterol/Salbutamol ___________ puffs every ______________
  Take:

  If the child is not better right away, call 911
  Please call the doctor any time the child is in the red zone.

Asthma Triggers (List)

Section for School Staff and Signatures

School Staff: Follow the Yellow and Red Zone plans for rescue medicines according to asthma symptoms. Unless otherwise noted, the only controllers to be administered in school are those listed as “given in school” in the green zone.

- Both the asthma provider and the parent feel that the child may carry and self-administer their inhalers
- School nurse agrees with student self-administering the inhalers

Asthma Provider Printed Name and Contact Information: ________________________________

Asthma Provider Signature: ________________________________

Date: ________________

Parent/Guardian: I give written authorization for the medications listed in the action plan to be administered in school by the nurse or other school members as appropriate. I consent to communication between the prescribing health care provider/clinic, the school nurse, the school medical advisor, and school-based health clinic providers necessary for asthma management and administration of this medication.

Parent/Guardian signature: ________________________________

Date: ________________

School Nurse Reviewed: ________________________________

Date: ________________

Please send a signed copy back to the provider listed above.
Asthma Action Plan available in Spanish

Asthma Action Plan available in Pictures
An IHP is a nursing document written in nursing language for nurses

Individualized Healthcare Plan (IHP)

- Standard of School Nursing Practice
- Includes details of care, equipment needed, teaching plan
- Fluid document as needs change, reviewed annually
- Developed in collaboration with student and family
An ECP is a document written by a school nurse in lay language for non-medical school staff members to follow
Emergency Care Plan

- Functions similarly to the Asthma Action Plan
- For asthma care – if there is an Asthma Action Plan, this is probably not necessary
- Outlines emergency care
- Based on provider’s orders
- Written in lay language to guide non-medical staff to respond to an emergency

Emergency Care Plan

- Any child with a severe or life threatening medical condition that may require adult intervention and oversight during the school day
- Provide concrete & simple training and instructions to non-medical personnel
- Created by the school nurse in cooperation with the parent and their private health care provider
- Share with school staff acting in a supervisory role
A 504 Plan is a legally binding plan written in lay language - it ensures that the child with a disability receives accommodations and modifications as needed.

Section 504 Plan

- Legally binding
- Written by team – 504 Coordinator
- Formalizes accommodations needed to make it through the school day
  - Federal Civil Rights law – prevents discrimination
  - Intended to remove barriers to learning
Section 504 -

- Any physiological disorder or condition
- Cosmetic disfigurement, or anatomical loss affecting one or more of the following body systems:
  - Neurological; musculoskeletal; special sense organs; respiratory, including speech organs; cardiovascular; reproductive; digestive; genito-urinary; hemic and lymphatic; skin; and endocrine
- Any mental or psychological disorder, such as mental retardation, organic brain syndrome, emotional or mental illness, and specific learning disabilities.

Office of Civil Rights

An Individualized Education Plan is a written statement of the special education program designed to meet a child's individual needs.
Individualized Education Plan - IEP

- An Individualized Education Plan is a written statement of the special education program designed to meet a child's individual needs.
- Usually only used for asthma when other disabilities exist
- “Other Health Impaired”

Care Plan Development

- A collaborative process
- Usually generated by the school nurse
- The best care plans are written with input from:
  - The care provider (doctor, NP, PA, Asthma Educator)
  - Family
  - Student
Input from each stakeholder

**Care Providers**
- Diagnosis
- Asthma Action Plan
- Treatment Plan – medications, equipment needs
- Education provided

**School Nurse**
- Assessment
- Management needs in school setting
- Medications and equipment
- Identification of desired outcomes

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Input from each stakeholder

**Parent**
- History of asthma management
- Medications given at home, understanding of Asthma Action Plan
- Family challenges
- Needs for support

**Student**
- Self-management status
- What do they want to be able to do?
- What are they willing to do?
- Understanding of Asthma Action Plan
Care Plan development

- Nurse (or school) determines which care plan is most appropriate for student for the best experience at school
- Committee convened if necessary
- Plan is written with input from team
- Asthma Action Plan should come from care provider
- IHP would be written independently by the school nurse
- Section 504 – Section 504 Coordinator would call meeting to develop plan
- IEP – Committee on Special Education convened

Student needs are best met with a team approach!

CIRCLE of SUPPORT

american academy of allergy, asthma & immunology
Evidence-Based Resources for the School Setting

Helpful for all practitioners

Posters & Infographics

Asthma and Smoking

21% of people with asthma have no other trigger - even though they're a known smoking trigger

1,300 cases per day are induced by smoking

Smoking or exposure to second-hand smoke:
- Impacts growth and lowers asthma flare rates
- Causes respiratory infections
- Coughing and shortness
- Eye irritation and rhinitis
### Rules of Two™

- Do you have asthma symptoms or use your bronchodilator medication more than two times per week?
- Do you refill your bronchodilator medication more than two times per year?
- Does your peak flow drop more than 20% (2 x 10%) with symptoms?

If the answer to each of these questions is no, then most likely your asthma is under control. Keep doing what you are doing!

A yes answer to one of these questions means that your asthma is not controlled and you need to take action to fix it.
Messages for Younger Students

What students need to know!

ASTHMA: TAKE ACTION. TAKE CONTROL.

WHAT IS ASTHMA?
If you have asthma, the tubes that bring air into the tiny air passages in your lungs get too tight, which makes it hard to breathe. When you have trouble breathing, you could be having an asthma flare.

TAKE ACTION
Many different things can cause an asthma flare. You should know about the things that increase your risk of an asthma flare and take steps to prevent or treat it.

TAKE CONTROL
Make an asthma action plan. Ask your doctor to help you make an asthma action plan. This is a plan that tells you what actions to take during an asthma flare.

YOUR ASTHMA MIGHT BE DIFFICULT TO CONTROL IF:
- You feel symptoms of asthma 2+ times a week
- Your asthma wakes you up 2+ times a month
- You run out of quick-relief medicine 2+ times a year

YOUR ASTHMA ACTION PLAN
- Write down your asthma action plan. It should include:
  - Things that make your asthma worse
  - Things that work to help you feel better
  - Things you can do to prevent or treat an asthma flare

http://asthma.chestnet.org

 Messages for Older Students

Build an empowered student!

ASTHMA: TAKE ACTION. TAKE CONTROL.

4 STEPS TO CONTROL YOUR ASTHMA

1. Work with your doctor to create an Asthma Action Plan to prevent and manage asthma.
2. Stay active and eat a healthy diet. This can help you manage your asthma.
3. Make sure you take your medicines as prescribed. This can help control your asthma.
4. If you continue to have asthma symptoms that do not improve with your current medication, talk to your doctor about adjusting your medicine.

http://asthma.chestnet.org
Our children deserve great care! Care Plans are our map to get there!

Asthma matters - a major issue in our schools!

1 IN 12
Americans have asthma.

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