

# Creating Asthma-Friendly Schools

## EPR-3 Recommendations and Priority Messages

### Inhaled Corticosteroids

EPR-3 Recommendation: Inhaled corticosteroids (ICSs) are the most potent and consistently effective long-term control medication for asthma. ICSs should be taken on a long-term basis to achieve and maintain control of persistent asthma. [www.nhlbi.nih.gov/guidelines/asthma/gip\\_rpt.pdf](http://www.nhlbi.nih.gov/guidelines/asthma/gip_rpt.pdf)



#### Message for Schools

Parents of school children who have asthma should be aware and educate their children that ICSs are: 1) the preferred medication for persistent asthma, 2) safe for long-term use, 3) shown to reduce the risk of fatal asthma, 4) only effective if carefully inhaled, usually twice daily, into the lungs for several weeks, and 5) should only be discontinued under the advice of a qualified health care provider who can carefully monitor lung function in the following months.

### Asthma Action Plan

EPR-3 Recommendation: All patients with asthma should have a written asthma action plan that includes instructions for:

- daily treatment (including medications and environmental controls), and
- how to recognize and handle worsening asthma.

[www.nhlbi.nih.gov/guidelines/asthma/gip\\_rpt.pdf](http://www.nhlbi.nih.gov/guidelines/asthma/gip_rpt.pdf)

[www.clivir.com/lessons/show/asthma-action-plan-for-children.html](http://www.clivir.com/lessons/show/asthma-action-plan-for-children.html)

#### Message for Schools

Obtain and use an Asthma Action Plan for each student with asthma.

### Asthma Severity

EPR-3 Recommendation: Once a diagnosis of asthma is made, clinicians should classify asthma severity (e.g., frequency and intensity of symptoms both day time and night; frequency of use of SABA for relief of symptoms, and functional limitations experienced) based on measures of current impairment and future risk (e.g., likelihood of exacerbation, progressive loss of lung function, or risk of adverse effects from medication) in order to determine the type and level of initial therapy needed.

[www.nhlbi.nih.gov/guidelines/asthma/gip\\_rpt.pdf](http://www.nhlbi.nih.gov/guidelines/asthma/gip_rpt.pdf)



#### Message for Schools

An initial assessment of severity should be made by each student's asthma clinician.

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### Asthma Control



EPR-3 Recommendation: Every patient with asthma should be taught to recognize symptom patterns and monitor airflow to identify poor asthma control and the need for additional therapy. Control should be routinely monitored to assess whether impairment and risk are reduced.

[www.nhlbi.nih.gov/guidelines/asthma/gjp\\_rpt.pdf](http://www.nhlbi.nih.gov/guidelines/asthma/gjp_rpt.pdf)

#### Message for Schools

School nurses should routinely assess control. Monitor and report: 1) frequency of need for quick relief medications, 2) impairment related to breathing problems, 3) missed school days, and 4) diminished airflow measures (FEV<sub>1</sub> or PEF). Communicate regularly with parents and asthma care clinicians, especially when asthma is not well controlled.

### Follow-up Visits

EPR-3 Recommendation: Patients with asthma should be scheduled for planned follow-up visits at periodic intervals in order to assess their asthma control and modify treatment if needed.

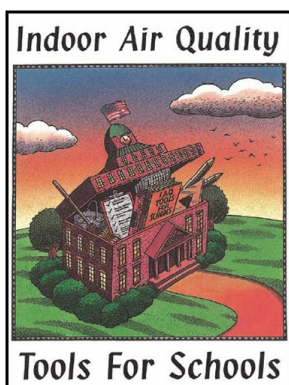
[www.nhlbi.nih.gov/guidelines/asthma/gjp\\_rpt.pdf](http://www.nhlbi.nih.gov/guidelines/asthma/gjp_rpt.pdf)

#### Message for Schools

Students with well controlled asthma should see their clinician at least twice a year. If asthma is not well controlled, students should see their clinician every 2 - 6 weeks until asthma is well controlled. The school nurse can encourage regular follow-up visits and assist those students without a medical home to enroll in SCHIP.



### Allergen and Irritant Exposure Control



EPR-3 Recommendation: Review patients' exposure to allergens and irritants, particularly perennial allergens (dust mites, cock roach and pet dander) and tobacco smoke. Provide a multifaceted, comprehensive strategy to reduce exposure to those allergens and irritants to which students may be sensitive.

[www.nhlbi.nih.gov/guidelines/asthma/gjp\\_rpt.pdf](http://www.nhlbi.nih.gov/guidelines/asthma/gjp_rpt.pdf)

#### Message for Schools

Develop and implement an Indoor Air Quality Management Plan to reduce triggers at school. Provide asthma self-management education to help students with asthma reduce their exposure to allergens and irritants while at school.

[www.epa.gov/iaq/schools/](http://www.epa.gov/iaq/schools/)