

ASTHMA IN SCHOOLS

Ryan's Law 2015

Managing Asthma in School

Objectives:

- Know and Understand key components of Ryan's Law
- Be able to recognize signs & symptoms of worsening asthma
- Know how to manage worsening asthma episodes
- Know where to access information and resources related to asthma

Ryan's Law – Ensuring Asthma Friendly Schools, April 2015

• Key components:

- ensure that all students have easy access to their prescribed reliever inhaler(s) medications;
- identify asthma triggers and employ strategies that reduce the risk of exposure to asthma triggers in classrooms and common school areas, and in planning field trips,
- provide education and regular training on recognizing and preventing asthma triggers, recognizing when symptoms are worsening and managing asthma exacerbations for all employees and others who are in direct contact with students on a regular basis,
- Require that every school principal inform school board personnel and others who are in direct contact on a regular basis with a student with asthma about the contents of the student's asthma management plan.

HDSB Asthma Protocol revisions

- Asthma Protocol can be located by searching 'Asthma' or by clicking [here](#).
- Student management plans are created and maintained for students JK-12.
- Training and educational resources have been updated to include MOE resources developed in response to Ryan's Law, 2015.

Video Training

- Please click [here](#) to watch the video developed by Ophea for completion of training requirement.
- Additionally you may wish to view the following slides in this presentation for a review of the information.

What's the big deal?

- 1 in 5 children have asthma
- Leading cause of school absenteeism and hospitalizations
- >50% have poor control of the disease
- 80% of asthma deaths could be prevented with proper education
- Asthma and anaphylaxis commonly co-exist

What is Asthma?

Asthma is a chronic inflammatory condition that occurs in the smaller airways of the lungs.

Asthma Triggers

They make asthma symptoms worse.

- Physical Exercise
- Pets
- Colds/Viruses
- Dust mites
- Cold weather
- Perfume

What Happens When Asthma is Triggered?

- lining of the airways starts to swell
- muscles around airways tighten
- mucous production increases

Asthma Signs & Symptoms

- Coughing
- Wheezing
- Chest tightness
- Shortness of breath
- Difficulty Breathing

Exercise Induced Asthma (EIA)

- One of the most common triggers
- Symptoms may occur during or after exercise
- All students need to be physically active and avoidance of exercise should not be a solution

Treatment of EIA

- STOP the activity, SIT and REST
- Take reliever inhaler
- Symptoms should improve within 5-10 minutes of taking the reliever
- When symptoms are relieved, the student may resume the activity

Controller Medication

- Controls asthma symptoms
 - Decreases and prevents swelling of the airways
 - Can take days to weeks of regular use to work effectively
- Usually given 2 times a day - before and after school at home
- Various colours (orange, purple, brown, red)

Reliever/Rescue Medication

- A rescue medication - blue in colour
- Provides relief quickly, within minutes
- Relaxes the muscles of the airways
- Taken only when needed or prior to exercise if indicated
- Needs to be accessible at all times

Mild Warning Signs

- Continuous coughing
- Complaints of chest tightness
- Difficulty breathing - ↑ breathing rate
- Wheezing (not always heard)
- Increased restlessness and irritability
- Increased use of reliever

What to do

- Administer the reliever inhaler immediately
- Stay calm and reassure child
- Have child breathe slowly and deeply
- Notify parent of episode
- Child can resume normal activity once feeling better

Severe Warning Signs

- No improvement after taking reliever inhaler within 5-10 minutes
- Unable to catch breath – more than 25 breathes per minute
- Only able to talk in 1-2 word sentences
- Neck muscles tighten, ribs are showing with each breath
- Lips and nails are blue or gray

In an Emergency...

- If medication is ineffective within 5-10 minutes, or child is in severe respiratory distress – ***Call 911***
- Continue to administer reliever inhaler until help arrives
- Stay calm, remain with the child
- Have child breath slowly and deeply

Click for Video Demonstration



**BRICANYL®
TURBUHALER®**
(Terbutaline sulfate)
0.5 mg per dose
Astra Pharma Inc.

Asthma is in Control if . . .

- Symptoms occur less than 4 days/week
- No disturbance in sleep
- The blue reliever inhaler is needed less than 4 times/week
- Physical activity is normal
- No missed school because of asthma

For More Information...

- Asthma Society of Canada
- www.asthma.ca
- Creating Asthma Friendly Schools
 - www.asthmainschools.com
- [Video for Asthma Education](#)
- Lung Association
- www.lung.ca