


Clairton City School District

# ASTHMA

Presented by:  
School Health Services


# ASTHMA

When a child experiences an “asthma episode” the following can occur:

- ▶ The muscles around the bronchiole tubes swell, constricting the tubes.
  - ▶ The lining of the airway swells.
  - ▶ The airways fill with mucus.
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- A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue gradient background.

# ASTHMA “TRIGGERS”

Asthma can be caused by different “triggers”:

- ▶ A cold or respiratory infection
  - ▶ Exercise
  - ▶ Lung irritants (perfume, cigarette smoke, hair sprays, room fresheners)
  - ▶ Allergies (animals, pollen, foods)
  - ▶ Changes in weather or temperature
  - ▶ Strong emotions
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- A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.

- ▶ Short acting medications  
(for acute episodes):

Albuterol, Proventil

- ▶ Long acting medications  
(preventative):

Serevent, Singulair

ASTHMA

- ▶ Steroids (anti-inflammatory):

Vanceril

MEDICATIONS

- ▶ The student reports a “tight feeling” in the chest area.
- ▶ You hear the child wheezing (even slightly).
- ▶ The student coughs with no relief.

**WHEN TO SEEK HELP**

▶ The child is hunched over.

# EMERGENCIES

- ▶ The student appears to struggle to breathe.
- ▶ The child has trouble walking, or stops playing and cannot start again.
- ▶ The student's fingernails and/or lips appears blue.
- ▶ Wheezing continues or increases after medication has been given.

# SUCCESSFUL ASTHMA MANAGEMENT

- ▶ A student's "triggers" are recognized and avoided wherever possible.
- ▶ Students and staff can recognize when a student requires medication and assist the student in obtaining medication.
- ▶ Faculty and health staff coordinate efforts to follow a student's asthma management plan.
- ▶ Faculty and staff inform the nurse about any concerns about students with asthma.

FOR MORE  
INFORMATION - SEE  
YOUR  
SCHOOL NURSE!

*Some information from "Open Airways for Schools" - a school-based asthma health education program of the American Lung Association for children with asthma*