

Peak Flow Technique

- **Explain purpose of peak flow meter (To measure how well their lungs are working)**
- **Review student's peak flow expected rates based on height and plot into Red, Yellow, and Green zones**
- **Educate, review, and observe proper technique**

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January 2004

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Asthma Action Plans: Zones and Actions

- **Educate student regarding what an asthma action plan is**
- **Review health care provider's peak flow zones with student**
- **Educate student regarding actions to take if in a particular peak flow zone**
- **Reinforce with student that asthma action plan and actions should be done at home also**

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When you need to go to the doctor/nurse practitioner

- Every 6 months for an asthma checkup, whether sick or well
- When you are using Albuterol (rescue medicine), more than 2 times a week
- When you can't sleep through the night without coughing or wheezing
- When wheezing or coughing that still bothers you one hour after taking your medication
- Peak flow number getting lower, even though you used your inhaler
- When your medicine is almost gone or empty
- If you are missing school more than 1 day a month because of your asthma

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When you need to go to the doctor / nurse practitioner.

When to go to the Emergency Room or Call 911

- **If your wheezing or coughing gets worse or doesn't improve within 10 – 20 minutes after taking rescue medications**
- **The skin on your ribs (chest) or throat (neck) gets pulled tight**
- **When you are hunching over to breathe**
- **When you are struggling to breathe**
- **When you have trouble talking, walking or staying awake because of your breathing**
- **When your lips or fingernails turn blue or gray**

When to go to the ER or Call 911

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When to go to the ER or Call 911

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Staying Active

- **Remember to take your inhaler 15 minutes before gym, recess or other active playing to prevent symptoms, as instructed by your health care provider**
- **“Warm up” and “Cool down” before active play**
- **Check your peak flow before being active**
- **Follow your asthma action plan**
- **Have fun, don’t worry**
- **Kids with asthma can do the same things as kids without asthma**

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Staying Active

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Staying Safe

- **Tell your teacher you have asthma**
- **Tell your friends you have asthma (your friends can't catch asthma from you)**
- **Know when and how to take your medicines**
- **See your doctor on a regular basis**
- **Follow your asthma action plan**

Staying Safe

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Staying Safe

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What is Asthma:

- A disease that makes it hard to breathe
- Often starts in childhood

Inflammation / Swelling / Muscle Tightening

- Airways/breathing tube swell on the inside and make mucous
- Mucous is a sticky liquid that develops in breathing tubes
- Muscles around breathing tubes tighten

All of this makes the airway / breathing tube smaller and less air gets through

- Even when you are feeling ok, you still have asthma
- Asthma can be controlled
- Kids with asthma can do the same things as kids without asthma

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What is Asthma?

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Signs / Symptoms, Warning Signs

- Wheezing
- Feeling short of breath or easily winded
- Coughing
- Tightness in the chest
- Feeling tired
- Trouble exhaling (breathing out, because used air is trapped in the lungs)
- Waking up often in the middle of the night or coughing during the night
- Heavy breathing
- Itchy throat
- Feeling irritable or crabby

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Signs/Symptoms, Warning Signs

Triggers

Teach student how to identify and avoid or minimize exposure to triggers.

- Smoke
- Animals/Pets
- Dust/Dust mites
- Cockroaches
- Grass/Flowers
- Having a cold/respiratory illness
- Changes in weather/Very cold or hot air
- Strong smells/Perfume
- Specific foods
- Mold
- Exercise
- Chalk or chalk dust

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Triggers

Medication Education

- Discuss difference between controller med and quick relief or rescue med
- Educate regarding name of med, dosage, and when it should be used
- Educate regarding if using quick relief used more than 2 times per week, may need to see health care provider regarding med changes or starting on controller medicine
- Purpose of pre-exercise medicine
- Proper technique with medication delivery
- Daily controller medications are safe to take every day
- A spacer is needed to slow down the delivery of the medication so that it gets in your lungs not in the back of your throat. Spray leaves the inhaler at 50 mph

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MDH Information



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