

Date: Fall 2005
To: All Staff
From: Nurse's Name
Subject: Asthma Management Program at Crane

I am continuing to offer help to children with asthma (and their parents) this year. The goal of this help is to allow teaching and learning to progress here at Crane with a minimum of time lost for asthma flare-ups at school or whole days of absence lost due to major asthma episodes.

There are three steps that I am taking. The first is to ask parents and doctors to **share information** about how the child's asthma is handled not just here at school, but all day long. I will have an asthma action plan in the health records for all children whose parents choose to participate. The information from that plan will be shared with you.

The second step is **peak flow monitoring**. This is a simple quick test of air flow exhaled from the lungs. It is a very good indicator of the level of trouble a student with asthma is having. However, each student will have a different baseline and that needs to be determined. During the first two weeks of the program, I will need to see each child twice a day to develop that baseline. For the least interruption of your day, I will ask that the students come when they arrive at school and again as they are leaving school. I will need your help with reminders for this so that you aren't interrupted with phone calls. I'll send a note about who and when as we get started.

The third step is **educational resources**. I have gathered materials about asthma and they will be available for parents and any interested staff to use. Attached are two that I believe may be especially helpful to you: "Supporting Students with Asthma in the School Setting" and "Early Signs of an Asthma Episode." If you have additional questions please don't hesitate to come and talk to me.

During my research a few summers ago, I found an interesting comment by one physician. He reminds us all that children with asthma are children first. The asthma is secondary. Treat children with asthma the same as you do all of your children. Just keep their asthma in mind so that early symptoms can be treated quickly and valuable school time is not lost to a major asthma flare-up.

Thanks for your support!!

(PS If you have asthma and would like to try out peak flow monitoring just stop by. I will set you up so that you can try it out before deciding to buy one.)