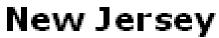
J&J School Health Leadership Fellows Present:



Camden City School District Asthma Management Initiative

Adonis Banegas, MSHE Marilyn Clifford, BSN, BS, RN, CSN Sheila Colalillo, MS, BSN, RN, CSN Marianne Paoli, BSN, RN, CSN Renee Wickersty, MA, BA, RN, CSN







## **Pediatric Asthma Rates**



- NJ State 8.7%
- Camden County 9.3%
- Camden City School District 33%

### 1 in 3 Camden students is diagnosed with asthma







# **Effects of Untreated Asthma**



- An asthma attack is a frightening experience
- Asthma is the leading cause of absenteeism
- Increased utilization of emergency and medical services
- Lost time from work for parents







#### Asthma Treatment Plan – Student

(This asthma action plan meets NJ Law N.J.S.A. 18A:40-12.8) (Physician's Orders)

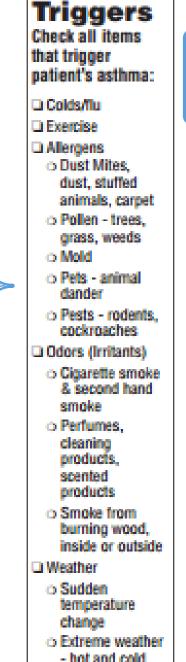
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WHEN DROTS AND

Name		Date of Birth		Effective Date
Doctor	Parent/Guardian (if applicable)		Emergency Contact	
Phone	Phone		Phone	

Triggers Take daily control medicine(s). Some inhalers may be HEALTHY (Green Zone) Check all items more effective with a "spacer" - use if directed. that trigger You have all of these: MEDICINE HOW MUCH to take and HOW OFTEN to take it patient's asthma: Breathing is good Advair® HFA 🖸 45, 🗖 115, 🗖 230 2 puffs twice a day 🗆 Colds/flu . No cough or wheeze Aerospan<sup>TM</sup> 1, 2 puffs twice a day Exercise Alvesco® 80. 160 Sleep through 1. 2 puffs twice a day Allergens Dulera® 100. 200 2 puffs twice a day the night o Dust Mites □ Flovent<sup>●</sup> □ 44. □ 110. □ 220 2 puffs twice a day Can work, exercise. dust, stuffed 🗆 Qvar® 🗖 40, 🗖 80 1. 2 puffs twice a day animals, carpet and play Symbicort<sup>®</sup> 80, 160 1, 2 puffs twice a day O Pollen - trees Advair Diskus® 100, 250, 500 1 inhalation twice a day grass, weeds Asmanex<sup>®</sup> Twisthaler<sup>®</sup> 110, 220 1, 2 inhalations once or twice a day Mold □ Flovent<sup>®</sup> Diskus<sup>®</sup> □ 50 □ 100 □ 250 1 inhalation twice a day o Pets - animal 1, 2 inhalations once or twice a day Pulmicort Flexhaler® 90. 180 dander Pulmicort Respules® (Budesonide) 0.25, 0.5, 0.5, 0.1.0\_1 unit nebulized 0 once or 1 twice a day Pests - rodents, ☐ Singulair<sup>®</sup> (Montelukast) ☐ 4, ☐ 5, ☐ 10 mg \_\_\_\_1 tablet daily Other cockroaches Odors (Irritants) None And/or Peak flow above Cigarette smoke & second hand Remember to rinse your mouth after taking inhaled medicine. smoke If exercise triggers your asthma, take\_ puff(s) \_\_\_\_minutes before exercise. Perfumes cleaning products CAUTION (Yellow Zone) ||||| Continue daily control medicine(s) and ADD guick-relief medicine(s). scented You have any of these: products MEDICINE HOW MUCH to take and HOW OFTEN to take it Smoke from Couch Albuterol MDI (Pro-air® or Proventil® or Ventolin®) \_2 puffs every 4 hours as needed burning wood. Mild wheeze inside or outside C Xopenex® 2 puffs every 4 hours as needed Tight chest Weather Albuterol 1.25, 2.5 mg 1 unit nebulized every 4 hours as needed Coughing at night Sudden Duoneb® 1 unit nebulized every 4 hours as needed temperature Other: change Xopenex<sup>®</sup> (Levalbuterol) 0.31, 0.63, 1.25 mg 1 unit nebulized every 4 hours as needed Extreme weather Combivent Respimat® 1 inhalation 4 times a day - hot and cold If quick-relief medicine does not help within Increase the dose of, or add: Ozone alert davs 15-20 minutes or has been used more than Other E Foods: 2 times and symptoms persist, call your doctor or go to the emergency room. If guick-relief medicine is needed more than 2 times a week, except before exercise, then call your doctor. And/or Peak flow from EMERGENCY (Red Zone) Take these medicines NOW and CALL 911 Other: Your asthma is Asthma can be a life-threatening illness. Do not wait! getting worse fast: MEDICINE HOW MUCH to take and HOW OFTEN to take it Quick-relief medicine did Albuterol MDI (Pro-air<sup>®</sup> or Proventil<sup>®</sup> or Ventolin<sup>®</sup>) \_\_\_4 puffs every 20 minutes not help within 15-20 minutes □ Xopenex® 4 puffs every 20 minutes Breathing is hard or fast This asthma treatment Albuterol 1.25, 2.5 mg 1 unit nebulized every 20 minutes plan is meant to assist Nose opens wide - Ribs show not replace, the clinical Trouble walking and talking Duoneb® 1 unit nebulized every 20 minutes Xopenex<sup>®</sup> (Levalbuterol) 0.31, 0.63, 1.25 mg 1 unit nebulized every 20 minutes decision-making Lips blue • Fingernails blue And/or required to meet Combivent Respimat<sup>®</sup> Peak flow Other: 1 inhalation 4 times a day Other individual patient needs below Permission to Self-administer Medication: PHYSICIAN/APN/PA SIGNATURE DATE This student is capable and has been instructed Physician's Orders in the proper method of self-administering of the PARENT/GUARDIAN SIGNATURE non-nebulized inhaled medications named above in accordance with NJ Law.



Ozone alert davs



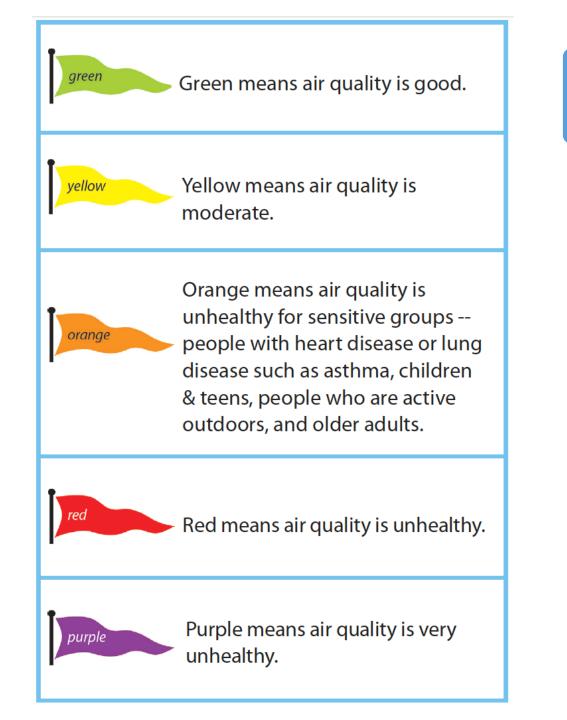
REVISED AUGUST 2014

This student is <u>not</u> approved to self-medicate. | PHYSICIAN STAMP
Make a copy for parent and for physician file, send original to school nurse or child care provider.

### Air Quality Flag Program at School







- No Bus Idling
- Enforcement of New Jersey's Idling Requirements
- Idling limit is 3 minutes, may allow slightly longer time if vehicle is discharging or picking up passengers
- Fines range from \$250-\$1000





## Achievable Goals



- Asthma Treatment Plan: Standard of Care
- Reduce the number of ED visits and hospital admissions
- Decrease school absences related to asthma
- Increase communication between the School Health Office and the Students Medical Home to promote parent + child awareness of asthma management

# References



- 1. Camden City School District Genesis Information System Genesis Student Profile 2015-2016.
- 2. Kuhn, Lindsay. Planning for Action: The impact of an asthma action plan decision support tool integrated into an electronic health record at a large health care system. May–June 2015 Journal of the American Board of Family Medicine. May-June 2015; Vol 28:No.3.
- 3. State of New Jersey Department of Environmental Protection. Diesel Risk Reduction Program. September 2012.
- 4. State of New Jersey Department of Health and Senior Services. New Jersey Asthma Strategic Plan 2008–2013.
- 5. State of New Jersey Department of Health. Asthma Awareness program; Camden County Asthma Profile 2011–12.
- 6. United States Environmental Protection Agency. Air Quality Flag Program: Fact Sheet. April 2015.

