

# Helping Students With Asthma Be Successful Learners: Beyond Asthma Action Plans

- Lani Wheeler, MD, Chair, NAEPP School Subcommittee; and Senior Scientist, The Cadmus Group
- Ben Francisco, PhD, Research Assistant Professor, Pulmonary Medicine and Allergy, University of Missouri
- Rebekah Buckley, MPH, CRT, AE-C, Division of Adolescent and School Health, Centers for Disease Control and Prevention
- State School Nurse Consultant Panel

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**Post-Conference Workshop**  
**Saturday / October 16**  
**7 am – 4:15 pm**  
**\$60**

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Asthma is one of the most common chronic conditions among school-aged youth.

When asthma is not under control, students with asthma are more likely to miss school and are therefore less likely to achieve their full academic potential. Helping students achieve full asthma literacy requires a team – asthma care clinicians, students, families, and school nurses.



## Help Students Gain Control By Making Your Asthma Program Up-To-Date

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This six hour, skills-based workshop, sponsored by ASHA's Division of Research & Sponsored Programs with funding support from the National Asthma Control Initiative (NACI) of the National Heart, Lung, and Blood Institute, will focus on four key strategies that school nurses can use to help students with persistent asthma gain control.

1. Promoting the use of inhaled corticosteroid medication every day. You will learn effective approaches to explain why corticosteroids are needed.
2. Assessing airflow to see how asthma affects breathing. You will learn how to assess airflow with an electronic peak flow meter that also determines FEV1.
3. Assessing and teaching inhalation skills. Breathing medications into the lungs requires practice and coaching. You will learn how to teach these techniques and how to conduct periodic checks to keep that skill.
4. Assessing and teaching students about asthma triggers. Avoiding triggers can keep asthma from getting worse.

**Healthy Students . . . Successful Learners**

84th Annual **ASHA** School Health Conference  
October 13 – 16, 2010 • Kansas City, MO

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Participants will:

- learn and practice how to use state-of-the-art assessment devices in small groups.
- receive multi-user equipment to take back to their health room.

Join Lani Wheeler, Ben Francisco, Rebekah Buckley, and other Asthma and School Health experts in this day long workshop. School nurses with these strong asthma management skills can help students with asthma achieve full literacy and control.

## Learner Objectives

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1. Teach the four key asthma literacy messages for students with asthma
2. Objectively measure airway obstruction and airflow to improve asthma management
3. Assess current control in a student with asthma and communicate about poor control with families and asthma care clinicians.
4. Help students avoid triggers at school and at home.

## Equipment/Tools Learners Will Take Home

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- Asma-1 electronic peak flow meter
- In-check valve
- Disposable mouthpieces
- Holding Chamber
- Respiratory Inhaler Chart
- Sample monitoring and communication documents
- NAEPP, EPA, and CDC resource documents, CDs and DVDs

## Agenda

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7 - 7:30 am	Continental Breakfast
7:30 - 10:45 am	Workshop
11 am - 12:15 am	Break to Attend Keynote Presentation – Dr. David Satcher, 16th U.S. Surgeon General
12:15 -1 pm	Lunch on Your Own
1 - 4:15 pm	Workshop

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