Asthma

Coordination of Care at School

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OUR SPEAKERS

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Program OUTLINE

Today’s Webinar:
- Asthma Overview
- School Nurse-Led Case Management
- Asthma in the Age of COVID-19
- Resources for the School Nurse
Asthma

**FACTS**

- **25 MILLION** Americans diagnosed
- **1 in 10** CHILDREN
- **$80 BILLION** annual costs
- **3,168 DEATHS** annually
- **13.8 MILLION** missed school days per year
- **14.2 MILLION** missed work days per year
- **3 in 5** limit physical activity
- **71%** MISUSE inhalers
- **1 in 5** CANNOT AFFORD medications

**Inflammation**

**Airway hyper-responsiveness**

**Clinical symptoms** (cough, wheezing, dyspnea)

**Reversible airway obstruction**

**Environmental and genetic factors**

**Understanding Asthma**

Asthma is a **syndrome** rather than a single disease!

**Quiet Asthma**
- Inflammation & swelling
- Student can’t hear or see what’s happening

**Noisy Asthma**
- Irritation triggers bronchospasm
- Coughing, wheezing, shortness of breath

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**Asthma Triggers**

- Irritants – tobacco smoke, strong odors, chemicals
- Allergens – animal dander, dust, dust mites
- Viral respiratory infections
- Drugs – aspirin (NSAIDs), propranolol (beta blockers)
Asthma Triggers

- Exercise – Exercise-induced bronchospasm (EIB)
- Weather changes/cold air
- Strong emotions – laughing, anger
- Food additives – sulfites
- Gastroesophageal reflux disease – GERD
- Rhinitis – sinusitis
- Environmental allergies

Rules of Two

- Do you have asthma symptoms or use your bronchodilator medication more than two times per week?
- Do you refill your bronchodilator medication more than two times per year?
- Does your peak flow drop more than 20% (2 x 10%) with symptoms?

If the answer to each of these questions is no, then most likely your asthma is under control. Keep doing what you are doing!

A yes answer to one of these questions means that your asthma is not controlled and you need to take action to fix it.
Some Triggers in the School Setting

Specific Trigger
• Strong odor from construction, new carpeting, nail polish, etc.
• Anxiety
• And every school nurse’s favorite: “Running the mile”

School Nurse Assessment
• Assess student’s breathing, environmental hazards
• Assess student’s breathing, situational stresses
• Pre-medicate 20 mins. before exercise, assess breathing – “set the student up for success”

Prevention
• Trigger avoidance - Assess environment
• Pre-medicate before intense activity

Treatment
• Asthma Action Plan
• Right medication, right device at the right time

Management
• Education - Developmentally appropriate
• Work towards self-management
School Issues

- Planning
- Coordination of Care
- Staff Education
- Safe Environment
- Emergency Response Preparation

School Nurse-Led Case Management

Nichole Bobo
NASN’s Framework™

The Whole School, Whole Community, Whole Child Model (WSCC)

- Guides nursing practice in schools
- Replaces Coordinated School Health
- Five whole child tenets & 10 components surround the student
- Role of community emphasized
Supporting the Whole Child

Child-centric
Comprehensive Approach
Collaborative Across Sectors

Care Coordination for Students with Asthma

- Case Management
- Chronic Disease Management
- Collaborative Communication
- Direct Care
- Education
- Interdisciplinary Teams
- Motivational Interviewing/Counseling
- Nursing Delegation
- Student Care Plans
- Student-centered Care
- Student Self-empowerment
- Transition Planning
Case Management

Case management ≠ care coordination
Collaborative
Goal oriented
Personal & school health team
Strategies address health & academics (outlined in IHP)
Solutions inside and outside school
Promotes self-care & independence

(NASN, 2020)

School Nurse-Led Case Management

SCHOOL NURSE LED
• Both a program & practice tool
• Goal: Reduce barriers
• Benefits
• Integrates practice components

(NASN, 2020)
Implementation of SNLCM

Tier 3 Students

Identify through case finding
- Data sources
- Questions

Prioritize
Process of SNLCM = Nursing Process

Assessment

- Common components
- School setting modifications

- Social Determinants of Health
- School Environment
- Individual Factors

(Healthy People 2030; NASN, 2020; ANA & NASN, 2017)

Process of SNLCM = Nursing Process

Student-Centered Plan of Care (IHP)

Nursing Diagnosis
- Clinical judgment to analyze assessment
- Basis for the selection of outcomes

Goals
- Long-term goals – SMART format
- Create collaboratively

Outcomes
- Steps to reach each long-term goal
- SMART format

Interventions
- Evidence-based activities
- HCP orders & independent practice
Process of SNLCM = Nursing Process

- Evaluation
  - Determine effectiveness of the interventions
  - Outcome, process & impact

Outcome → Process → Impact

(NASN, 2020; ANA & NASN, 2017)

IHP Supports Other Plans

- Emergency care plan
- 504 plan
- IEP accommodation plan
- Other education plans
- Transition planning

(NASN, 2020)
**Show the Data**

<table>
<thead>
<tr>
<th>Structure</th>
<th>Process</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Nurse</td>
<td>• Health assessments</td>
<td>School Nurse</td>
</tr>
<tr>
<td>• Number of nurses</td>
<td>• Home visits</td>
<td>• Job satisfaction</td>
</tr>
<tr>
<td>Student</td>
<td></td>
<td>Student</td>
</tr>
<tr>
<td>• Number of students</td>
<td></td>
<td>• Health goals met</td>
</tr>
<tr>
<td>School Community</td>
<td></td>
<td>School Community</td>
</tr>
<tr>
<td>• Presence of EHR</td>
<td></td>
<td>• Population health</td>
</tr>
</tbody>
</table>

(Maughan, 2019 & 2020; Wolfe, Maughan, & Bergren, 2019)
Care Coordination Resources

Model for School Nurse-Led Case Management Manual

Asthma in the Age of COVID-19
Liz Clark
Asthma in the age of COVID-19

School nurse assessment and critical thinking skills have been accentuated

Signs and Symptoms COVID19 vs Asthma

- Only three symptoms are the same:
  - Cough
  - Shortness of breath
  - Congestion or runny nose may be present
**COVID-19 & Asthma**

- School nurses use:
  - Experience
  - Assessment
  - Critical thinking
  - IHP

**COVID-19 & Asthma Treatment**

The use of inhalers is preferred over nebulizers
COVID-19 & Asthma Treatment

- Nebulizer use is limited

Return to School

- Preparing for student needs
- Addressing social needs
Resources for the School Nurse

Allergy & Asthma Network
National Association of School Nurses

NASN Resources

- NASN COVID-19 Reference pages
- School Attendance, Asthma, & COVID-19
- Considerations for School Nurses: Health Equity Implications During COVID-19 Pandemic
- Return to School Post COVID-19 Closure Considerations for Students with Disabilities and Special Healthcare Needs
NASN Resources

- NASN Learning Center
  - Chronic Health Condition Considerations During School Re-Opening (.75 CNE)
  - The COVID-19 Pandemic and Chronic Health Conditions - The School Nurse Role in Promoting Health Equity (4 CNE)

Patient Learning Pathways

Patient focused information on a variety of health topics

- Easy to understand
- Evidence-based
- On demand

Asthma
Anaphylaxis
COPD
COVID-19
Allergen Immunotherapy
Aspirin-Exacerbated Respiratory Disease
Indoor Air Quality & Indoor Air Pollution

New webpage on allergyasthanetwork.org

- Why is indoor air quality important?
- How does indoor air quality affect our health?
- What are the most common indoor air pollutants?
- How can indoor air quality be improved?
- How can air quality be tested?
- And more!

Asthma Posters

Respiratory Tools
COVID-19
RESOURCES - Infographics

Asthma and COVID-19

COVID-19 Myths Busted

MYTH: COVID-19 can only be transmitted in extreme close contact and direct contact with infected people.

TRUTH: COVID-19 can be transmitted in extreme close contact and direct contact with infected people, but also in some cases in close contact and indirect contact.

COVID-19 and Asthma

1. Wash your hands frequently
2. Watch your distance
3. Wear a mask

Reduce Your COVID-19 Risk

Remember the 3 Ws!
Resources

Check out allergyasthmanetwork.org

- Resources are on information pages
- Online shop
  - Printed posters
  - Free downloads

Care Coordination References & Resources

# Care Coordination References & Resources

- National Association of School Nurses – Learning Center [https://www.pathlms.com/nasn](https://www.pathlms.com/nasn)
  - Improving care coordination for students with chronic health conditions (Toolkit).
  - Principles for Practice – The Role of IHPs in Care Coordination for Students with Chronic Health Conditions
  - Principles for Practice – Nursing Delegation to Unlicensed Assistive Personnel in the School Setting
  - Model for School Nurse-Led Case Management (Manual)
  - Skills-Based Approach to Managing Chronic Health Conditions in Schools (4.25 CNE)
  - Using the WSCC Model to Implement Wellness Policies & Sustain Chronic Health Condition Management in Schools (0.5 CNE)
  - The COVID-19 Pandemic & Chronic Health Conditions – The School Nurse Role in Promoting Health Equity (4.0 CNE)

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# Care Coordination References & Resources

References


References

TIME FOR QUESTIONS

Next Allergy & Asthma Network Webinar

- Food Allergy: From Home to School
- June 8, 2021
- 3:00 PM ET
For More Information

Visit Allergy & Asthma Network at
www.allergyasthamanetwork.org

Visit the National Association of School Nurses at
www.nasn.org