

Asthma Resources for School Nurses

EMERGENCY CARE PLANS, TRAINING TOOLS, & RESOURCES

The training tools and resources provided are not an exhaustive list; however, represents reputable resources for a School Nurse to utilize in his/her/their practice. These resources may be used in care planning for students, to strengthen competency for a nurse, or may be used to train other people performing these cares. Scope of practice, nursing delegation, and legalities of performing individual procedures must be considered.

Student’s medical/treatment plans and/or individual health plans will have more details specific to the student than these general trainings and should be followed.

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Emergency Action Plan Templates

School Emergency Action Plans

- [Asthma and Allergy Foundation of America – Asthma \(https://www.aafa.org/school-forms-for-asthma-allergies.aspx\)](https://www.aafa.org/school-forms-for-asthma-allergies.aspx)
- [SN Chat - School Nurse Chronic Health Assessment Tool \(https://store.allergyasthmanetwork.org/exhale/school-nurse-chronic-health-assessment-tool-sn-chat\)](https://store.allergyasthmanetwork.org/exhale/school-nurse-chronic-health-assessment-tool-sn-chat) -Health History Interview Questions & Student Care Plans. Online Shop: Digital Downloads. (FREE - must register and link will be emailed to you)
- [SAMPRO Asthma Action Plan for Home & School \(https://www.aaaai.org/Aaaai/media/Media-Library-PDFs/Tools%20for%20the%20Public/School%20Tools/01-Correct-Asthma-Action-Plan-English-Non-Fillable.pdf\)](https://www.aaaai.org/Aaaai/media/Media-Library-PDFs/Tools%20for%20the%20Public/School%20Tools/01-Correct-Asthma-Action-Plan-English-Non-Fillable.pdf)

Medical Emergency Plans

- [American Lung Association Create an Asthma Action Plan \(https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/create-an-asthma-action-plan\)](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/create-an-asthma-action-plan) - Medical emergency plan
Available in English & Spanish
- [Minnesota Department of Health Patient-Centered Asthma Care \(https://www.health.state.mn.us/diseases/asthma/professionals/healthcareprofessionals.html\)](https://www.health.state.mn.us/diseases/asthma/professionals/healthcareprofessionals.html) - Sample asthma action plans
Available in English & Spanish

Minnesota State Statutes

- [121A.221 POSSESSION AND USE OF ASTHMA INHALERS BY ASTHMATIC STUDENTS. \(https://www.revisor.mn.gov/statutes/cite/121A.221\)](https://www.revisor.mn.gov/statutes/cite/121A.221)

Training Tools

Asthma Basics

- [Asthma Basics \(https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-basics\)](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-basics) - Ideal for frontline healthcare professionals, such as school nurses, to learn more about asthma. Self-paced online learning module (CEU available). *Available in English & Spanish*
- [Back to School with Asthma – Asthma and Allergy Network \(https://allergyasthmanetwork.org/webinars-updates/back-to-school-with-asthma/\)](https://allergyasthmanetwork.org/webinars-updates/back-to-school-with-asthma/) (40 min webinar)

- [Clinic in the Classroom: Asthma: It's such a breath-taking experience! – Children's Minnesota](https://cmn.education.childrensmn.org/center-for-professional-development-and-practice/group/nursing-allied-health) (<https://cmn.education.childrensmn.org/center-for-professional-development-and-practice/group/nursing-allied-health>)
(1 hour recorded webinar)
- [How does asthma work? – Ted-Ed](https://ed.ted.com/lessons/how-does-asthma-work-christopher-e-gaw) (<https://ed.ted.com/lessons/how-does-asthma-work-christopher-e-gaw>)
(5 min video)
- [How lungs work – American Lung Association](https://www.youtube.com/watch?v=WIAoGZPw0zE) (<https://www.youtube.com/watch?v=WIAoGZPw0zE>)
(3 min video)
- [What is asthma? – American Lung Association](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/what-is-asthma) (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/what-is-asthma>)
(2 min video) *Available in English & Spanish*
- [What to do if a Student has an Asthma Attack –Asthma and Allergy Network](https://allergyasthmanetwork.org/webinars-updates/what-to-do-if-a-student-has-an-asthma-attack-new-webinar/) (<https://allergyasthmanetwork.org/webinars-updates/what-to-do-if-a-student-has-an-asthma-attack-new-webinar/>)
(1 hour recorded webinar)

Inhaler Training Videos

- [How to use a diskus asthma inhaler – American Lung Association](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/how-to-use-a-diskus-inhaler) (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/how-to-use-a-diskus-inhaler>)
(1 min video) *Available in English & Spanish*
- [How to Use a Flexhaler Asthma Inhaler \[video\] |](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/treatment/devices/flexhaler) (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/treatment/devices/flexhaler>)
(1 min video) *Available in English & Spanish*
- [How to use a twisthaler – American Lung Association](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/how-to-use-a-twisthaler) (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/how-to-use-a-twisthaler>)
(1 min video) *Available in English & Spanish*
- [Inhaler with a spacer – School Health Associates](https://schoolhealthassociates.com/inhaler-without-spacer/) (<https://schoolhealthassociates.com/inhaler-without-spacer/>)
Instructional video, procedure, & skill competency worksheet
- [Inhaler without a spacer – School Health Associates](https://schoolhealthassociates.com/inhaler-without-spacer/) (<https://schoolhealthassociates.com/inhaler-without-spacer/>)
Instructional video, procedure, & skill competency worksheet

- [Instructional Videos – National Jewish Health](https://www.nationaljewish.org/conditions/medications/inhaled-medication-asthma-inhaler-copd-inhaler/instructional-videos) (<https://www.nationaljewish.org/conditions/medications/inhaled-medication-asthma-inhaler-copd-inhaler/instructional-videos>) for inhaled medications & devices
- [Self-Care for Asthma-Using Your Inhaler | Asthma |](https://www.cdc.gov/asthma/caring/?CDC_AAref_Val=https://www.cdc.gov/asthma/inhaler_video/default.htm) (https://www.cdc.gov/asthma/caring/?CDC_AAref_Val=https://www.cdc.gov/asthma/inhaler_video/default.htm)
(1 min videos) *Available in English & Spanish*

Nebulizer

- [Nebulizer – School Health Associates](https://schoolhealthassociates.com/nebulizer/) (<https://schoolhealthassociates.com/nebulizer/>)
Instructional video, procedure, & skill competency worksheet

Peak Flow Meter

- [How to use a peak flow meter – American Lung Association](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/how-to-use-a-peak-flow-meter) (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/how-to-use-a-peak-flow-meter>)
(40 sec video) *Available in English & Spanish*

Resources

American Academy of Allergy, Asthma, & Immunology

- [The School-Based Allergy, Asthma and Anaphylaxis Management Program \(SAMPRO\): Comprehensive Asthma Educational Resources – American Academy of Allergy, Asthma & Immunology](https://www.aaaai.org/Tools-for-the-Public/School-Tools/SAMPRO) (<https://www.aaaai.org/Tools-for-the-Public/School-Tools/SAMPRO>)

American Lung Association

- [Asthma Homepage – American Lung Association](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma) (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma>)
- [Asthma-Friendly Schools Initiative & Toolkit – American Lung Association](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-friendly-schools-initiative) (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-friendly-schools-initiative>)
- [Improve Asthma Management in Schools – American Lung Association](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-in-schools) (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-in-schools>)
- [Open Airways for Schools – American Lung Association](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/open-airways-for-schools) (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/open-airways-for-schools>)
Self-management program for children ages 8 to 11 (grades 2-5)

- [Kickin' Asthma | \(https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/health-professionals-educators/kickin-asthma\)](https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/health-professionals-educators/kickin-asthma)
Self-management education program for kids ages 11-16 (grades 6-10)

Asthma and Allergy Network

- [School Health Resources – Asthma and Allergy Network \(https://allergyasthmanetwork.org/allergies-and-asthma-at-school/school-health-resources/\)](https://allergyasthmanetwork.org/allergies-and-asthma-at-school/school-health-resources/)
- [Respiratory Inhalers-at-a-Glance – Asthma and Allergy Network \(https://allergyasthmanetwork.org/news/inhalers-at-a-glance-posters-resources/\)](https://allergyasthmanetwork.org/news/inhalers-at-a-glance-posters-resources/)
Poster

Centers for Disease Control and Prevention

- [Asthma | Healthy Schools \(https://www.cdc.gov/healthyschools/asthma/index.htm\)](https://www.cdc.gov/healthyschools/asthma/index.htm)

Environmental Protection Agency

- [Asthma \(https://www.epa.gov/asthma\)](https://www.epa.gov/asthma)
- [Asthma – Improving Health in Communities and Schools \(https://www.epa.gov/asthma/asthma-improving-health-communities-and-schools#managing\)](https://www.epa.gov/asthma/asthma-improving-health-communities-and-schools#managing)
- [Indoor Air Quality Tools for Schools Action Kit \(https://www.epa.gov/iaq-schools/indoor-air-quality-tools-schools-action-kit\)](https://www.epa.gov/iaq-schools/indoor-air-quality-tools-schools-action-kit)

Iggy and the Inhalers

- [Asthma Education for Kids \(https://iggyandtheinhalers.com/\)](https://iggyandtheinhalers.com/)

Minnesota Department of Health

- [Asthma Homepage – Minnesota Department of Health \(https://www.health.state.mn.us/diseases/asthma/index.html\)](https://www.health.state.mn.us/diseases/asthma/index.html)

National Association of School Nurses

- [School Nurse Asthma Care Checklist \(https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/Practice%20Topic%20Resources/2015_asthma_care_checklist.pdf\)](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/Practice%20Topic%20Resources/2015_asthma_care_checklist.pdf)

- [Asthma/Wheezing/Breathing Difficulty Algorithm for Management of Medical Emergencies \(https://cdn.fs.pathlms.com/xwzWt0Q6QeqPJiVqoMry\)](https://cdn.fs.pathlms.com/xwzWt0Q6QeqPJiVqoMry)

National Institutes of Health – National Heart, Lung, and Blood Institute

- [What is Asthma? \(https://www.nhlbi.nih.gov/health/asthma\)](https://www.nhlbi.nih.gov/health/asthma)
- [Managing Asthma-A Guide for Schools \(https://www.nhlbi.nih.gov/files/docs/resources/lung/NACI_ManagingAsthma-508%20FINAL.pdf\)](https://www.nhlbi.nih.gov/files/docs/resources/lung/NACI_ManagingAsthma-508%20FINAL.pdf)

National Jewish Health

- [Top 10 Inhaler Mistakes Kids Make \(https://www.nationaljewish.org/conditions/health-information/infographics/top-10-inhaler-mistakes-kids-make\)](https://www.nationaljewish.org/conditions/health-information/infographics/top-10-inhaler-mistakes-kids-make)

Nationwide Children's

- [Asthma & Allergy Resources – How to Videos & Asthma Myths \(https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/resources-for-parents-and-kids/allergy-and-asthma-resources\)](https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/resources-for-parents-and-kids/allergy-and-asthma-resources)

6/7/2024

Minnesota Department of Health
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<https://www.health.state.mn.us/people/childreneyouth/schoolhealth/index.html>

To obtain this information in a different format, email health.school.health@state.mn.us

This document was made possible through COVID-19 Public Health Workforce supplemental funding from the Centers for Disease Control and Prevention (CDC), administered by the Minnesota Department of Health (MDH)

Acknowledgement for this document goes to School Nurse leaders Heather Hedin, MSN, RN, LSN, NCSN at Minnesota Department of Health, Dawn Willson, BSN, RN, LSN & Mary Heiman, MS, RN, LSN, NCSN at Brightworks, Magen Borkenhagen, BSN, RN, LSN at South Central Services Cooperative, and Morgan Litzau, BSN, RN, LSN at Southwest West Central Services Cooperative.