NJSSNA & PACNJ

Asthma Treatment Plan:
School Nurses Leading the Way
Table of Contents

- Slide 2: Introduction
- Slide 6: Development of the PACNJ Asthma Treatment Plan
- Slide 14: What does the Asthma Treatment Plan Look Like? What is Included?
- Slide 36: Follow-up after Emergency Room Visit or Hospitalization
- Slide 39: Strategies for Implementation
- Slide 46: Frequently Asked Questions and Problems
- Slide 52: PACNJ Asthma-Friendly Schools Award
- Slide 62: Professional Development Recognition
- Slide 63: Internet Resources
- Slide 65: Funding
Welcome School Nurses!

The New Jersey State School Nurses Association and the Pediatric/Adult Asthma Coalition of New Jersey present

"Asthma Treatment Plan: School Nurses Leading the Way,“
Thank You

This presentation has been made possible through a grant from the New Jersey Department of Health & Senior Services with funds provided by the U.S. Centers for Disease Control and Prevention under cooperative Agreement U59/CCU217776.
Medical aspects of this presentation were approved by the New Jersey Thoracic Society, medical section of the American Lung Association of New Jersey

Executive Producers:

- Maris Chavenson, Associate Coordinator, PACNJ
- Marilyn Kent, MSN, RN, New Jersey Department of Education
- Teresa Lampmann, Coordinator, PACNJ

This presentation is designed to present guidelines for school nurses. The Pediatric/Adult Asthma Coalition of New Jersey, The American Lung Association of New Jersey, The New Jersey Thoracic Society, The New Jersey State School Nurses Association and all parties associated with this production will not be held responsible for any Treatment taken by viewers as a result of their interpretations of the information provided.
Development of the PACNJ Asthma Treatment Plan
Why do we need an Asthma Treatment Plan?

According to New Jersey Law, **NJSA 18A:40-12.8** “...each pupil authorized to use asthma medication...or a nebulizer must have an asthma treatment plan prepared by the physician of the pupil, which shall identify, at a minimum: asthma triggers, the treatment plan, and such other elements as shall be determined by the State Board of Education.”
Why use the PACNJ Asthma Treatment Plan?

- This plan has been endorsed by
  - The New Jersey Department of Education and
  - The New Jersey Department of Health & Senior Services
- This plan is the **only** Asthma Management Plan considered to be in compliance with the requirements of New Jersey Law, NJSA 18A:40-12.8
PACNJ has placed the citation “Meets NJ Law NJSA 18A: 40-12.8” at the top on the PACNJ Asthma Treatment Plan to emphasize that the Asthma Treatment Plan is required by New Jersey law.
Collaborative Effort

- It was collaboratively designed by the PACNJ with input from:
  - The American Lung Association of New Jersey
  - The New Jersey Thoracic Society
  - The New Jersey Department of Education
  - The New Jersey State Nurses Association
  - The New Jersey State School Nurses Association
  - The New Jersey Department of Health & Senior Services
  - United States Environmental Protection Agency, Region II
  - New Jersey Society of Respiratory Care
  - PACNJ Quality Care Task Force
The PACNJ Asthma Treatment Plan has been revised to eliminate the burden of duplication costs to districts, duplication fees for parents, and has been endorsed by the New Jersey Department of Education.

In response to the Spring 2005 PACNJ/UMDNJ school nurse questionnaire, the PACNJ Asthma Treatment Plan has been revised to include the parent’s signature.

The following Interoffice Memorandum of Susan Martz, Director of The Office of Program Support Services, N.J. Department of Education, from April 21, 2005, clarifies that using the PACNJ Asthma Treatment Plan helps to reduce the burden of too many forms.
Memo to County Superintendents

INTEROFFICE MEMORANDUM

April 21, 2005
To: County Superintendents
From: Susan Martz, Director
Office of Program Support Services
Subject: Asthma Action Plan forms

It has come to our attention that in an effort to adhere to the requirements outlined in N.J.A.C. 6A:16 -2.3, some districts are requiring that an additional form be completed in conjunction with the Asthma Action Plan (AAP) issued by the Pediatric/Adult Asthma Coalition of New Jersey (PACNJ) for students that suffer from asthma. Please be advised that the Asthma Action Plan was developed as a collaborative effort with the New Jersey departments of Education and Health and Senior Services and the PACNJ in order to reduce the burden placed on districts in the development of their own forms and the duplication of fees assessed to parents of children with asthma (for completing two forms) upon visiting their primary care providers (PCP).
Because the AAP form identifies, at a minimum, the asthma triggers and allows for additional information, the New Jersey Department of Education is urging districts to consider the potential financial burden placed on families in the completion of multiple forms by reconsidering the requirement of additional information to be completed by the PCP. Districts that require supplemental information from the parent to better care for the child during the school day, should consider including this information in the child’s individualized healthcare plan (IHP) and individualized emergency healthcare plan (IEHP) as a matter of record.

Thank you in advance for your assistance in sharing this information with local districts. If you have questions regarding this request, please contact LaCoyya Weathington, Office of Educational Support Services (609) 984-4951
What does the Asthma Treatment Plan Look Like? What is Included?
What does this Asthma Treatment Plan Look Like?

- **Highlights of the new plan include:**
  - Provided at no cost
  - Can be downloaded from the Internet at [www.pacnj.org](http://www.pacnj.org)
  - The color version is easily reproduced in black and white
  - The medications are listed with the dosage in language a patient can understand
  - Includes patient instructions
School Nurse Notes:

Input was provided by physicians with specialties in pulmonology, allergy & immunology, professional nurses, including certified school nurses, respiratory therapists and many others representing their professional associations on the Pediatric/Adult Asthma Coalition of New Jersey
What does this Asthma Treatment Plan include?

- A 24-hour treatment plan for the management of the child/patient with asthma that includes:
  - List of the medications to be given according to the severity of the symptoms
  - Medical authorization for self-medication
  - Emergency Treatment for symptoms that are not responding to medication
What else does it include?

- Signs and symptoms of asthma according to severity
- Individual Peak Flow meter ranges according to severity of asthma (optional)
- Child/Patient, Parent/Guardian and Health Care Provider information
- Emergency Contact information
School Nurse Notes:

- What do you mean by “optional”?
  - Not all Health Care Providers use Peak Flow monitoring to manage their patients. This Asthma Treatment Plan includes symptoms to assess the severity of the asthma with or without Peak Flow Meter readings.
“Triggers”

- This list includes the most common triggers that can make asthma worse for this child/patient

**Check all items that trigger your asthma and things that could make your asthma worse.**

- Chalk dust
- Cigarette smoke & second hand smoke
- Colds/flu
- Dust mites, dust, stuffed animals, carpet
- Exercise
- Mold
- Ozone alert days
- Pests – rodents & cockroaches
- Pets – animal dander
- Plants, flowers, cut grass, pollen
- Strong odors, perfumes, cleaning products, scented products
- Sudden temperature change
- Wood smoke
- Foods:
- Other:
Who completes each section?

- There are 2 people who need to complete this form:
  - the Parent/Guardian of the child
  - the Health Care Provider
Child/Patient Information

- To be completed by the Parent/Guardian
  - Top of form
    - Child’s name
    - Date of birth
    - Parent/Guardian’s name
    - Parent/Guardian’s phone number
    - Emergency contact
  - Lower right - Parent/Guardian’s signature
School Nurse Notes:

- The Parent/Guardian enters the daytime phone number where they can be reached.
- The Emergency Contact should be a person who can easily be reached during the day and is willing to pick up the child at school. This information **DOES NOT REPLACE** the Emergency Cards that you may require for your students but should be the first person to call for an asthma emergency when the parents cannot be reached.
Physician/APN/PA Information

- To be completed by the Health Care Provider
- Upper right
  - Effective date of Asthma Treatment Plan
  - Name
  - Office telephone number
- Lower right - Check the appropriate box
  - Authorization for self-medication OR
  - Non-authorization for self-medication
  - Signature and Stamp
Health Care Provider’s Order for Self-Medication

- Lower left – Check the appropriate box
  - Authorization for self-medication OR
  - Non-authorization for self-medication
- Signature and Stamp

This authorization is a “doctor’s order” and meets the requirement of NJSA 18A:40-12.3 when accompanied by the Parent/Guardian’s signature for students to self-medicate for asthma.
Health Care Provider & Parent/Guardian Input on Triggers

- The most common triggers which make asthma symptoms worse are listed vertically, down the right side of the Asthma Treatment Plan
  - Input from the Parent/Guardian, and the child, if appropriate, are required
  - Place a check-mark in the appropriate box or fill in the offending food or allergen
  - The triggers should be reviewed with the Health Care Provider when the form is completed
Healthy:
These are the medications that are used every day to KEEP THE CHILD/PATIENT’S ASTHMA UNDER CONTROL.
Good Control Means:

- Breathing well
- No cough or wheeze
- Sleeping through the night
- Can work and play and/or
- Above the target Peak Flow meter reading

Some children with mild intermittent asthma may not have medications listed in the Healthy section.
School Nurse Notes:

- This Asthma Treatment Plan is a 24-Hr plan designed for understanding and use by families as well as professionals.
- “Medicine” “How Much to Take” and “How Often to Take It” are directions that families can understand.
- For your information, this plan also includes medications that are administered at home that may or may not be administered in school.
Caution:

- Medications that are administered when the child/patient begins having symptoms such as:
  - Exposure to known trigger
  - Cough
  - Mild wheeze
  - Tight chest
  - Coughing at night
  - Other: ____________
Peak Flow readings should not be used alone to assess whether children having symptoms require medication. If the child is having symptoms, treatment is indicated.

When quick reliever medications are used more than 2-3 times a week, parents must be urged to notify their Health Care Provider so that medication can be adjusted appropriately.
School Nurse Notes:

- Children should be urged to report/record how often they are using their quick reliever medications. When children are self-medicating, it is part of the educational process to have them record the times and dates of use of Metered Dose Inhalers (MDI) or powdered inhalers.

- They also need to know that the school nurse can help them put a plan in place when they self-medicate.
Follow-up after Emergency Room Visit or Hospitalization

- Health Care Providers must be notified within 2 days of an ER visit or hospitalization for asthma
  - The Parent/Guardian must be urged to contact the Health Care Provider after an episode requiring emergency care, if the Health Care Provider was not notified at the time of the emergency
  - The Parent/Guardian must be advised that a follow-up appointment for a reassessment is necessary
Emergency:

Medications needed when asthma symptoms are getting worse fast

- Fast Acting Medicine did not help within 15-20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Lips &/or fingernails blue
- Trouble walking & talking
- Lips blue
- Fingernails blue

Parents must contact the Health Care Provider now or GO TO THE NEAREST Emergency Room AT THIS TIME!
School Nurse Notes:

- When the student with asthma is having an EMERGENCY (unrelieved/worsening symptoms 15-20 minutes after using medications) the School Nurse must contact the Parent/Guardian immediately.
- When the Parent/Guardian cannot be reached, use the Emergency Contact indicated at the top right corner of the form.
- If either the Parent/Guardian or Emergency Contact cannot be reached, contact the Health Care Provider and be prepared to call 911, if necessary.
Follow-up after Emergency Room Visit or Hospitalization
Returning to School

- Schools may require a note for children to return to school and full activity (physical education) documenting that no change in the Asthma Treatment Plan is needed OR
- A note to return to school with a new Asthma Treatment Plan with or without physical education restrictions
The “Teachable Moment”: An Educational Opportunity

- When children have an asthma episode at school, it may be a traumatic experience. School Nurses can...
  - Support the child and help them overcome this experience
  - Review “triggers” and compliance with the medication and treatment
  - Provide educational asthma videos and programs for families, school staff, and children/patients
Strategies for Implementation
Strategies to Facilitate Completion and Return of Asthma Treatment Plans

School Nurses, Parents/Guardians and Health Care Providers are “gate-keepers” for the success of the process

- School Nurses
  - can provide clear directions for completing the Asthma Treatment Plan
  - can initiate distribution of Asthma Treatment Plan at “key” times
Distribute Asthma Treatment Plans in Advance of Peak Seasons

The number of overnight hospital stays for asthma is lowest for all age groups in July.

The seasonal peaks for asthma are higher for children than for adults.

"New Jersey Department of Health and Senior Services, Unpublished Data"
Compared to the July Rate

- For middle school children, the peak in May is about 10 times higher than July.
- The November rate was nearly 8 times as high when compared to the July discharge rate.
School Nurse Notes:

- The rise in hospital admission rates for children with asthma coincides with the start of the school year.
- A second rise in the admission rates coincides with the spring allergy season.
- Getting the Asthma Treatment Plans in place before seasonal peaks begin can facilitate good control.
Key Times for Asthma Treatment Plan Distribution

- At Pre-K and Kindergarten Registration
- At New Entrant Registration
- At “Sign-ups” for Middle School and High School sports candidates identified as asthmatic, having Reactive Airway Disease or Exercised Induced Asthma on Pre-Participation Medical History forms
- When students are newly diagnosed
- At the start of the new school year for all students with asthma, requiring medication, nebulizer treatments or self-medication, during school or school sponsored functions
School Nurse Notes:

- Providing an Asthma Treatment Plan promptly to the Parent/Guardian of a newly diagnosed student, with the “Parent/Guardian Instruction” sheet should ensure the return of a properly completed plan.
- Physical examinations are required for entry into the school district. Asthma Treatment Plans should be made available for Parents/Guardians to utilize as needed.
- Make PACNJ Asthma Treatment Plans and “Parent/Guardian Instruction” sheets easily available to pick up with Sports Forms before the sports season.
- Forms that can be completed AT ONE TIME, such as during physical exams, are easier for Health Care Providers to complete.
Frequently Asked Questions
FAQ

- What can Parents/Guardians do to make sure their child has an Asthma Treatment Plan?
  - Fill in their sections before giving them to the Health Care Provider’s office
  - Serve as strong advocates for the completion of the Asthma Treatment Plan as a legal requirement for all school children with asthma: NJSA 18A:40-12.8
FAQ

- How can school nurses help Health Care Providers understand the New Jersey law for completing the Asthma Treatment Plan?
  - School Nurses can attach a statement to the PACNJ Asthma Treatment Plan which informs the Health Care Provider that NJSA: 40-12.8 requires the PACNJ Asthma Treatment Plans to be completed and returned for all students with asthma.
  - Visit the Asthma Friendly Schools resource page of the PACNJ website to see the complete text of Chapter 61 – NJSA: 40-12.3 through 12.10.
School Nurse Notes:

- Be sure to follow the procedure required by your Board of Education for “school forms” so changes will be approved in a timely manner.
FAQ

- How long is the Asthma Treatment Plan effective?
  - Asthma Treatment Plans can be honored for the time designated by the Health Care Provider as the effective date of the plan
    - the school year
    - for one calendar year OR
    - date specified

- An asthma episode may require a change in the Asthma Treatment Plan
FAQ

What about my school district’s “Hold-Harmless” statement on our Self-Medication form? We require a Health Care Provider’s signature and a Parent/Guardian signature.

- The Health Care Provider’s signature and authorization for self-medication is a medical order that can be honored in lieu of a medical note or his/her signature on a Self-Medication form.

- Parent/Guardian signatures are still required (NJSA 18A: 40-12.3, the previous law) and have been added to the PACNJ Asthma Treatment Plan.
PACNJ
Asthma-Friendly Schools Award
The Next Steps

- We have excellent tools to help children and adults gain control of asthma:
  - The PACNJ Asthma Treatment Plan
  - This online educational program to help put the plans in place...

But have you taken advantage of all the components of the "PACNJ Asthma – Friendly Schools Award"?
In Order to Qualify for the Award the School has to Meet the Following Criteria:

- You, **the School Nurse**, have taken the PACNJ asthma training for School Nurses: **Asthma Basics for Schools Nurses, and Gadgets and Gizmos for Asthma Control**

- You, **the School Nurse**, have conducted the PACNJ in-service training for school faculty: **Asthma Management in the School Setting: What Teachers Need to Know**

- Your **school or school district** has taken the "**No Idling Pledge**" through the NJ Department of Environmental Protection (www.StopTheSoot.org)
Award (continued)

- Your **school** is using the PACNJ Asthma Treatment Plan
- A **school nurse and a maintenance representative** from your district have taken the **free NJ PEOSH Indoor Air Quality Training for School Nurses and Designated Persons**

- An indoor air quality team has been established in each school.

**Does your school qualify?**
School Nurse Notes:

- **Asthma Basics for School Nurses** is an educational update for school nurses on the art of asthma management in the school setting based on the most recent guidelines developed by the NHLBI.

- **Gadgets and Gizmos for Asthma Control** is a series of demonstration of the various medication delivery devices and the peak flow meter.

- **Asthma Management in the Classroom: What Teachers Need to Know** is the asthma PowerPoint presentation for school staff.

- September/October is the time to schedule the viewing of this video to your staff since there is often an increase of asthma episodes during October.
The updated **NJ PEOSH Indoor Air Quality Standard** N.J.A.C. 12:100-13 now requires public employers to select and train a Designated Person. NJDHSS/PEOSH provides the Designated Persons training and a certificate of attendance.

**PACNJ requires that a school nurse and the IAQ designated person** (or someone responsible for indoor air quality in a private school) from the school/district attend this free training in order to qualify for the PACNJ award.

Contact [Teresa@pacnj.org](mailto:Teresa@pacnj.org) for more information on these programs
Top Ten Lists

- Visit the PACNJ website at www.pacnj.org for the “Top Ten Lists” for teachers, administrators and maintenance staff
School Nurse Notes:

Additional resources:

- The American Lung Association “Open Airways” program is an educational tool that can be used by school nurses to empower children, ages 8-11, to gain control of their asthma symptoms

Take the Lead!!!

- Get Ready
  - Get your Asthma Treatment Plan ready
- Get Set...
  - Set up your plan (Key Entry Points) to distribute them to the parents
- Go!
  - Put the Asthma Treatment Plans in place!
- Win!! See if you qualify for the “PACNJ Asthma–Friendly School Award”!
Thank you, School Nurses, for your continued support!

This slide may be the END of this educational program, however it must be considered the **BEGINNING** of our combined efforts to put an Asthma Treatment Plan into place that is consistent with state law and good asthma management!
Professional Development Recognition

Would you like to receive a One Contact Hour Professional Development Recognition Certificate from the NJSSNA for using this educational program?

- Go To: www.pacnj.org
- Click on the Asthma Friendly Schools button in the navigation bar on the left, then click on the Education Video link
- Click on “Asthma Treatment Plan: School Nurses Leading the Way, Quiz for Professional Development”
Resources from www.pacnj.org

- Asthma Treatment Plans and Patient/Parent Instructions (http://www.pacnj.org/plan.html)
- The Asthma Management in the Classroom: What Teachers Need to Know: PowerPoint presentation for school personnel (http://www.pacnj.org/classroom.html)
- Asthma Basics for School Nurses: Training in airway management
- Gadgets and Gizmos for Asthma Control: Demonstrations of Medication Delivery Devices and the Peak Flow Meter
- Kids Learn in a Clean and Healthy School Top Ten Lists for Teachers, Administrators and Maintenance Staff
  Trenton Coalition for Healthy Schools training
- Is the Asthma Treatment Plan Working? A Tool for School Nurse Assessment
- Top Ten Cards for Controlling Asthma Triggers in the Home
More Internet Resources

- [www.njssna.org](http://www.njssna.org)
  New Jersey State School Nurses Association website

- [www.epa.gov/iaq/schools/asthma/index.html](http://www.epa.gov/iaq/schools/asthma/index.html)
  IAQ, Indoor Air Quality, Tools for Schools Training

- [www.StoptheSoot.org](http://www.StoptheSoot.org)
  No Idling Pledge information

- [www.state.nj.us/health/fhs/asthma.shtml](http://www.state.nj.us/health/fhs/asthma.shtml)
  NJ Department of Health and Senior Services Asthma website

- [www.lungusa.org](http://www.lungusa.org)
  Open Airways Program information
This presentation was supported by a grant from the New Jersey Department of Health and Senior Services, with funds provided by the U.S. Centers for Disease Control and Prevention under operative Agreement U59/CCU217776. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the New Jersey Department of Health and Senior Services or the U.S. Centers for Disease Control and Prevention.