

Title of Intervention: School-Based Education and Asthma Care Plan Policies

Intervention Strategies: Environments and Policies, Group Education

Purpose of the Intervention: To reduce asthma triggers at school for children with asthma

Population: Children with asthma, their parents/caregivers and school personnel

Setting: Elementary grade schools in urban and rural locations in New York; school-based

Partners: School nurses, principals

Intervention Description:

- **Environments and Policies:** Schools implemented a policy requiring that children diagnosed with asthma who need daily medication have a health care provider-approved asthma care plan at school. Requests for the asthma care plans were sent on school letterhead with the principal's signature and a self-addressed, stamped, return envelope.
- **Group Education:** Children, their parents/guardians and school personnel received education on recognizing early signs of an asthma attack, how to monitor responses and when to seek additional help. They were also educated on recognizing asthma triggers in school and at home and how to remove or control such triggers. This education also included information about proper inhaler technique, use of peak flow meters, the importance of anti-inflammatory medications and when to seek help for someone having an asthma attack.

Theory: Not mentioned

Resources Required:

- **Staff/Volunteers:** Educators
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Meeting space
- **Budget:** Not mentioned
- **Intervention:** Request letters, educational materials
- **Evaluation:** Questionnaire

Evaluation:

- **Design:** Pilot study, Pre- and Post-test
- **Methods and Measures:**
 - Questionnaires gathered information on demographics, medication use and rescue treatment.

Outcomes:

- **Short Term Impact:** Sixty-five percent of the requested asthma care plans were received.
- **Long Term Impact:** There was a drastic reduction in rescue treatments.

Maintenance: The pilot project began with two schools. Two years later, it expanded to five more schools.

Lessons Learned: This intervention is feasible and effective in reducing asthma triggers among schoolchildren. Basic education of school personnel, children and parents/guardians about signs, symptoms and treatment for asthma added to the success of the program.

Citation(s):

Lwebuga-Mukasa, J. and E. Dunn-Georgiou (2002). "A school-based asthma intervention program in the Buffalo, New York, schools." *J Sch Health* 72(1): 27-32.