A Distinguished Award Presented to Schools Implementing Comprehensive Approaches to Asthma Management

Mississippi Asthma Friendly Schools Award

Background and Purpose

Asthma is a chronic, life-long lung disease that is characterized by swelling of the airways. Asthma cannot be cured but can be controlled. For children with asthma, the influence of schools can be life-saving. By adopting asthma-friendly policies and procedures, coordinating care with physicians, and providing asthma education for staff and students schools create a more safe, supportive and trigger-free learning environment. Moreover, asthma is the leading cause of school absenteeism. According to 2014 Behavioral Risk Factor Surveillance System (BRFSS) data, 16.4% of children living in Mississippi reported having lifetime asthma.

The Asthma Friendly School Initiative is a comprehensive approach to asthma management designed by the American Lung Association that aligns with the Centers for Disease Control and Prevention's Strategies for Addressing Asthma within a Coordinated School Health Program. To be designated an Asthma Friendly School, schools must implement the following strategies and its components:

Strategy 1: Maximize School Health Services

- **Identify and track all students with asthma**
- **Have an asthma action plan for all students with asthma**
- **Assure immediate access to asthma medication**
- **Have a standard emergency protocols**
- **Facilitate linkages with healthcare providers**
- **Establish an asthma leadership team**

Strategy 2: Build Asthma Education

- **Educate all school staff about asthma**
- **Educate all students with asthma**
- **Educate parents of students with asthma**

Strategy 3: Provide a Healthy School Environment

- **Maintain healthy Indoor Air Quality**
- **Assure comprehensive tobacco-free building and grounds**

Strategy 4: Manage Physical Education and Activity

- **Manage physical activity for students with asthma**
- **Ensure access to pre-medication and quick relief medication**

2017- 2018 Application Packet

This packet provides a detailed checklist to assist schools applying for the Asthma Friendly Schools Award (AFSA). To apply for this award schools are to select and complete the desired level of recognition: Bronze, Silver, Gold, or Platinum. Additionally, supporting documentation must accompany the application submission. Once each section of the application has been completed, save and submit the application and documentation with the subject titled "AFSA Completed Application" to Kendreka Pipes, Health Promotions Manager at Kendreka.Pipes@lung.org.

Application submission due date: Friday, February 1, 2019

Notice of Award: Friday, February 22, 2019

AFSA Award Classification by Level			
Bronze	**Silver**	**Gold**	**Platinum**
1. Press release 2. Nurse's Gift***	1. Plaque 2. Press release 3. Banner 4. Incentives for students participating in OAS 5. Nurse's Gift***	1. Plaque 2. Banner 3. Press release 4. Incentives for students participating in OAS 5. Party for students participating in OAS 6. Nurse's Gift*** 7. Principal's Gift**	1. Plaque 2. Banner 3. Press release 4. Incentives for students participating in OAS 5. Party for students participating in OAS 6. Nurse's Gift*** 7. Principal's Gift** 8. Superintendent Gift* 9. $250.00 monetary award to the school

** Superintendent will receive only one gift regardless of the number of schools receiving the AFSA.*
*** Principal's gifts will be given only to the head principal of the school receiving the AFSA.*
**** Nurses working at multiple schools will be incentivized for each school receiving the AFSA.*

Disclaimer: The Asthma Friendly Schools Award incentives are dependent on funding. Incentives are subject to change annually.

Asthma Friendly Schools Award Criteria

The Asthma Friendly School Award criterion is based on the four strategies designed by the American Lung Association. To receive the AFSA, schools must institute the components of the desired recognition level: Bronze, Silver, Gold or Platinum Award.

Bronze

Implement all components in Strategy 1

Silver

Implement all components in Strategy 1 and Strategy 2

Gold

Implement all components in Strategy 1, Strategy 2, and Strategy 3

Platinum

Implement all components in Strategy 1, Strategy 2, Strategy 3, and Strategy 4

ASFA Criteria Checklist

Bronze	Silver	Gold	Platinum
✓ Identify and track all students with asthma ✓ Use an asthma action plan for all students ✓ Assure immediate access to asthma medication ✓ Use standard emergency protocols ✓ Facilitate linkages with healthcare providers ✓ Establish an asthma leadership team	✓ Identify and track all students with asthma ✓ Use an asthma action plan for all students with asthma ✓ Assure immediate access to asthma medication ✓ Use standard emergency protocols ✓ Facilitate linkages with healthcare providers ✓ Establish an asthma leadership team ✓ Educate all school staff ✓ Educate all students with asthma ✓ Educate parents of students with asthma	✓ Identify and track all students with asthma ✓ Use an asthma action plan for all students with asthma ✓ Assure immediate access to asthma medication ✓ Use standard emergency protocols ✓ Establish an asthma leadership team ✓ Facilitate linkages with healthcare providers ✓ Educate all school staff about asthma ✓ Educate all students with asthma ✓ Educate parents of students with asthma ✓ Maintain healthy Indoor Air Quality ✓ Assure comprehensive tobacco-free building and grounds	✓ Identify and track all students with asthma ✓ Use an asthma action plan for all students with asthma ✓ Assure immediate access to asthma medication ✓ Use standard emergency protocols ✓ Facilitate linkages with healthcare providers ✓ Establish an asthma leadership team ✓ Educate all school staff about asthma ✓ Educate all students with asthma ✓ Educate parents of students with asthma ✓ Maintain healthy Indoor Air Quality ✓ Assure comprehensive tobacco-free building and grounds ✓ Manage physical activity for students with asthma ✓ Ensure access to pre-medication and quick relief medication

Recognition Level Achieved

BRONZE LEVEL

I attest that the bronze level criteria have been achieved and the information provided on the following pages is accurate.

Principal Signature: _____ Date: _____

SILVER LEVEL

I attest that the silver level criteria have been achieved and the information provided on the following pages is accurate.

Principal Signature: _____ Date: _____

GOLD LEVEL

I attest that the gold level criteria have been achieved and the information provided on the following pages is accurate.

Principal Signature: _____ Date: _____

PLATINUM LEVEL

I attest that the platinum level criteria have been achieved and the information provided on the following pages is accurate.

Principal Signature: _____ Date: _____

General Application Form

General School Information			
Name of School:			
School District:			
Address:			
Phone Number:			
School Email:			
Name of Principal:			
Does your school provide a full-time Registered Nurse for schools served in the school district?		☐ Yes	☐ No
Name of School Nurse:			
In the absence of the school nurse or if the school does not have a school nurse, is there a lead staff person that assists students with health-related issues?		☐ Yes	☐ No
Name of health liaison or lead staff person:			
Approximate # of Students:			
Grade Level:			
Signature of Person Completing Application:		Date:	
Signature of School Nurse:		Date:	

Strategy 1: Maximizing School Health Services

Component 1: Identify and track all students with asthma Component 2: Use an asthma action plan for all students	
Number of students with asthma:	
Number of asthma action plans on file:	
Component 3: Assure immediate access to asthma medication	
Describe the school policy related to self-carry and self-administration of asthma medication. • Sample of Asthma Authorization Form	
Component 4: Use standard emergency protocols	
Describe the emergency protocol for kids with or without an asthma action plan. • Sample Emergency Response Poster	
Component 5: Facilitate linkages with healthcare providers	
The following resources have been provided to assist schools in creating a letter of referral to physicians/healthcare providers: • Sample Letter to Physician • Sample Letter to Physician when asthma affects school performance	Please attach a copy of the letter created by the school that is used to link school-based care with physicians/healthcare providers.

Strategy 1: Maximizing School Health Services

Component 6: Establish an asthma leadership team		
Please note the asthma leadership team may align with an existing health/wellness team. The asthma leadership team should also include an asthma Champion.		
Name of the Asthma Champion:		
Email Address of the Asthma Champion:		
Phone Number of the Asthma Champion:		
List up to three additional Asthma Leadership Team Members and their role:		
1.	**2.**	**3.**
If the Asthma Leadership Team aligns with the school wellness team or other existing school health or safety team, please provide:		
• **The name of the existing school health team/ wellness team the asthma leadership team aligned with**		
• **How often the asthma leadership team meets during the school year**		
• **Proof/supporting documentation of meetings**	Examples of acceptable attachments includes: agendas, sign-in sheets, and meeting minutes.	

--------- This ends the Strategy 1: Maximizing School Health Services section --------

Strategy 2: Build Asthma Education

Component 1: Educate all school staff	
In Mississippi, asthma education and training should be conducted at least every other year. This may include: • FREE online Asthma Management Training for Registered Nurses and Respiratory Therapist from the Asthma and Allergy Foundation of America (7 CEUs) • American Lung Association's FREE online Asthma Basics • Asthma In-service/ Asthma 101 • Asthma Educator Institute	
List the names of the school nurse (s) that have participated in either the Asthma Educator Institute, Asthma Basics, or the online Asthma Management Training: Attach supporting documentation	1. 2. 3. 4.
Total number of Faculty and staff that participated in either Asthma Basics or the Asthma In-service/Asthma 101: Attach supporting documentation	

Component 2: Educate all students with asthma	
All students with asthma should receive asthma education in the event a classmate has an asthma attack. Specifically, children with asthma should receive self-management education. Below are examples of two resources offered by the American Lung Association: • Open Airways for Schools • Lungtropolis	
Number of students with asthma that participated in Open Airways for Schools (OAS):	
Number of students with asthma that participated in Lungtropolis:	
Number of students educated by means other than OAS and Lungtropolis:	

Component 3: Provide asthma education to parents	
Please describe efforts used to educate parents and caregivers about asthma (i.e. brochure distribution, e-mail, Facebook announcements, PTO presentations). Include the total number of parents educated:	

--------This ends the Strategy 2: Builds Asthma Education section --------

Strategy 3: Provide a Healthy School Environment

Component 1: Maintain healthy indoor air quality	
Describe the policies and procedures established that support healthy indoor air quality at school. Include the date the policies were established: • Sample Fragrance Free Policy • Sample Carpet/Flooring Policy • Sample Emergency IAQ Management Plan	
Component 2: Assure comprehensive tobacco – free buildings and grounds	
Describe the policies and procedures that support a smoke-free environment: • Sample smoke-free policies	

-------- This ends Strategy 3: Provide a Healthy School Environment section --------

Strategy 4: Manage Physical Education & Activity

Component 1: Manage physical activity for students with asthma	
Physical education teachers should participate in general asthma education. Students with asthma are able to tolerate all sports when asthma is under control.	
Name of Physical Education (PE) Teacher(s):	1.
	2.
	3.
	4.
Email Address of PE Teacher(s):	1.
	2.
	3.
	4.
Date Physical Education Teacher (s) completed asthma training: • Ready? Set? Go With Asthma! Exercise-Induced Asthma • The Coach's Clipboard Program: Winning with Asthma	1.
	2.
	3.
	4.

Component 2: Ensure access to pre-medication and quick relief medication	
Describe the policies and procedures related to pre-medication and the use of quick relief medication before exercise/play:	

-------- This ends Strategy 4: Manage Physical Education & Activity section --------

Resources and Tools

- How Asthma Friendly is Your School? A checklist from the National Heart Lung and Blood Institute
- American Association of School Administrators: Asthma Communication Toolkit. This site includes resources for communicating the benefits of asthma management and building partnerships with school administrators, superintendents and school boards.
- National Asthma Control Initiative: Making Asthma a Priority for Schools and Childcare Centers
- School Health Index**:** This Self-Assessment & Planning Guide enables schools to:
- Identify strengths and weaknesses of health and safety policies and programs
- Develop an action plan for improving student health, which can be incorporated into the School Improvement Plan
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health
- Centers for Disease Control and Prevention: Division of Adolescent and School Health Initiating Change: Creating an Asthma-Friendly School: This site includes pod casts and presentations to help you raise awareness about what it takes to create an asthma-friendly school.
- Asthma Control: Are You Doing YOUR Part? An Update for School Nurses in School-based Asthma Management: This webinar provides school nurses with information on the six guidelines-based priority messages from the NAEPP's Guidelines Implementation Panel (GIP) Report, as well as advances in school-based asthma management and techniques to overcome barriers to controlling asthma in the school setting
- NAEPP: Asthma Basics for Schools: These PowerPoint slides provide updated information about the problem of asthma among school-age youth, the causes, signs and symptoms of asthma, the impact of asthma on student learning, asthma triggers, the control of asthma, assessing how asthma-friendly is your school, and how to handle an asthma episode.
- The National Heart, Lung and Blood Institutes Guidelines: When Should Students with Asthma or Allergies Carry and Self-Administer Emergency Medications at School?
- Managing Allergies and Anaphylaxis in the Clinic and Beyond: This free online course provides a web-based learning experience addressing the management of allergies and anaphylaxis in the clinical, early care and education, and school settings. General practicing clinicians will build skills and efficacy in:
    - Diagnosis
    - Prescribing medication
    - Identifying environmental factors that increase risk of exposure
- Mastering the Metered Dose Inhaler - a Primer for School Health Nurses:
- Is the Asthma Action Plan Working? -- A Tool for School Nurse Assessment: This brief assessment tool offers guidance to school nurses in determining how well an asthma action plan is working for a student. It includes information about good asthma control and a checklist of assessment items. This tool can also be used by asthma educators, primary care providers and asthma specialists. This is a joint NAEPP and NASN document. It has been updated with information from EPR-3.
- Asthma and Physical Activity in the School: This document from NHLBI/NAEPP provides comprehensive guidance for physical education teachers and activity monitors.
- American Association of School Superintendents and National School Board Association Resource Sheet on Asthma and Physical Activity

- Breathing Difficulties Related to Physical Activity for Students With Asthma: Exercise-Induced Asthma, Information for coaches, physical education teachers, and trainers (ALA)
- The Coach's Clipboard Program: Winning with Asthma: This free 30-minute educational program encourages those involved in youth sports, especially coaches, to better understand how to help athletes properly manage their asthma during athletic events. It teaches proper medication management, ways to prevent exercise-induced asthma, steps to take when athletes are experiencing asthma attacks, asthma triggers – what they are and what can be done to avoid them, and guidelines specific for cold-weather sports. The program was developed as a collaborative effort of the Minnesota and Utah Departments of Health through funding from CDC asthma cooperative agreements and the Minnesota Steps Initiative.
- Ready? Set? Go With Asthma! Exercise-Induced Asthma: Defines and describes exercise-induced asthma, identifies common asthma triggers, such as exercise, and distinguishes early warning signs of asthma attacks. Based on the NAEPP's Expert Panel Report III: Guidelines for the Diagnosis and Management of Asthma. Developed by the Asthma and Allergy Foundation of America with funding from the American Legion Child Welfare Foundation, Inc.
- Nemours Kids Health: Asthma Center for Parents
- Environmental Protection Agency: This site includes multiple education resources, including free brochures and health education materials that schools may consider distributing to parents at least once per year. The following brochures can be downloaded and printed or ordered for
- Help Your Child Gain Control Over Asthma
- Dusty the Asthma Goldfish and his Asthma Triggers Fun book
- Tobacco Prevention And Cessation Resources
- Mississippi Tobacco-Free Coalition
- Mississippi Department of Health Office of Tobacco Control

-------- This ends the Resources and Tools sections --------

Citations

1. American Lung Association. *Asthma Friendly School Initiative*. [Accessed February 8, 2018]. URL: http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-friendly-schools-initiative/toolkit/
2. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2014. [Accessed Feb 16, 2018]. URL: https://www.cdc.gov/brfss/brfssprevalence/.

MISSISSIPPI STATE DEPARTMENT OF HEALTH

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