

Resource Handout – Asthma

Updated February 4, 2015

Pennsylvania Organizations for Asthma Education of Staff and Families

Early Childhood Education Linkage System-Healthy Child Care Pennsylvania

ECELS is the statewide program established by the PA Chapter of the American Academy of Pediatrics in 1989. The PA AAP is the organization of PA pediatricians. ECELS offers workshops and self-learning modules as well as articles, fact sheets and forms to care competently and safely for children. These include a workshop and self-learning module about asthma. To see how to access articles, fact sheets and forms available from ECELS, see the next section of this Resource Handout.

- ▶ The self-learning module draws on extensive content on the Asthma Information Packet (English and Spanish) on the California Childcare Health Program website: <http://www.ucsfchildcarehealth.org/html/training/trainingcurrmain.htm>. The packet includes three components:
 - a. The Asthma Information Handbook which provides basic information about asthma:
[Asthma Information Handbook \(PDF; 2.85M; 50 pp.\)](#)
[Manual de información sobre el asma \(PDF; 3.24M; 50 pp.\)](#)
 - b. A DVD that contains the Asthma Care Training film for Child Care Providers that was developed by the California Emergency Medical Services Authority:
[Asthma Care Training for Child Care Providers Video \(English\)](#)
[Asthma Care Training for Child Care Providers Video \(Spanish\)](#)
 - c. Posters covering Emergency Management of Asthma in Child Care and How to Reduce Asthma Triggers:
[Emergency Management of Asthma in Child Care \(PDF; 107k\)](#)
[Control de emergencia por ataques de asma en el cuidado de niños \(PDF; 123k\)](#)

[Common Asthma Triggers \(PDF; 661k\)](#)
[Desencadenantes del asma \(PDF; 724k\)](#)
[Asthma Information Packet Evaluation Form \(PDF; 22.2k\)](#)
[Asthma Information Packet Order Form \(PDF; 297k\)](#)
- ▶ The workshop draws on the materials in the self-learning module used in combination with instructor-led interactive and hands-on opportunities for learning. Use the listing of workshops in the Professional Development tab of the ECELS website at www.ecels-healthychildcarepa.org and follow the instructions there to request the workshop.

Breathe Pennsylvania (serving 10 counties in Western PA)

Breathe Pennsylvania is a non-profit organization whose mission is to help the members of our community better understand their lungs and how to keep them healthy through our educational programs and services. The educational programs include children with asthma, parents, and educational staff in schools and early learning centers. The Breathe Pennsylvania goal is to create a

better understanding of asthma to increase the quality of life for these children. A health educator provides educational sessions that cover the anatomy and function of the respiratory system, changes during an asthma flare, early warning signs, asthma triggers, proper spacer technique, how older children can and should use a Peak Flow Meter. The Breathe PA service area includes the following Southwestern PA counties:

• Allegheny County	• Armstrong County	For more information go to: www.breathepa.org or contact Jessica Schuman RN BSN 724-900-1115 Cell 724-772-1750 Office jschuman@breathepa.org
• Beaver County	• Butler County	
• Fayette County	• Greene County	
• Indiana County	• Lawrence County	
• Washington County	• Westmorland County	

American Lung Association (offers curriculum for schools called Asthma 101)

<http://www.lung.org/associations/states/georgia/educational-programs/asthma-101/asthma-101.html>

The American Lung Association works to improve lung health and prevent lung disease through Education, Advocacy and Research. National website offers a list of regional and state associations. In Pennsylvania, these include the following 4 associations:

- [American Lung Association in Pennsylvania, Harrisburg](#)
Tel: (717) 541-5864
Email: ckillinger@lunginfo.org
<http://www.lunginfo.org>
- [American Lung Association in Pennsylvania, Pittsburgh](#)
Address: 810 River Ave., Suite 140 Pittsburgh, PA 15212
Phone: 412-321-4029
Fax: 888-613-5757
Email: bmassar@lunginfo.org
Website: <http://www.lunginfo.org>
- [American Lung Association in Pennsylvania, Plymouth Meeting](#)
Address: 527 Plymouth Road Suite 415 Plymouth Meeting, PA 19462
Phone: (610) 941-9595, John Keith
Fax: (888) 496-5757
Email: pseacrist@lunginfo.org
Website: <http://www.lunginfo.org>
- [American Lung Association in Pennsylvania, Scranton](#)
Address: Marywood University
2300 Adams Avenue Scranton, PA 18509
Phone: (570) 346-1784
Fax: (570) 969-5280
Email: adelonti@lunginfo.org
Website: <http://www.lunginfo.org>

Children’s Hospital of Philadelphia (CHOP) – Community Asthma Prevention Program (CAPP)

<http://www.chop.edu/centers-programs/community-asthma-prevention-program-capp#.VLajTcVf8rY>; www.chop.edu/capp

Service area: Inner City (North, West and South) Philadelphia

The Community Asthma Prevention Program (CAPP) offers free asthma education classes schools, churches, child care centers and community centers throughout the city. Classes for caregivers and their children are group-facilitated and led by parent educators who have been trained by CAPP staff to conduct classes.

Contact Information: Call 215-590-5261 or send a fax to 267-426-5774

► Crozer-Keystone Health System, Kids Asthma Management Program (KAMP)

Provides asthma education to groups in Delaware County. Able to serve any school — public, parochial or charter, child care and early learning centers teaching an enriched version of the American Lung Association ‘Open Airways’ program for students who have asthma, offering asthma education to teachers and caregivers, a parent education session. KAMP Contact: Zalika Sani, MPH, MCHS; Program Manager, 610-497-7367 or zalika.shani@crozer.org.

National Organizations Recommended by National Heart Lung and Blood Institute (NHLBI)

(Accessed and copied from the NHLBI website 1/20/2015)

- **Allergy & Asthma Network Mothers of Asthmatics** 800–878–4403 www.aanma.org
- **American Academy of Allergy, Asthma, and Immunology** 414–272–6071 www.aaaai.org
- **American Academy of Pediatrics** 847–434–4000 www.aap.org
- **American Association of Respiratory Care** 972–243–2272 www.aarc.org
- **American College of Chest Physicians** 847–498–1400 www.chestnet.org
- **American College of Allergy, Asthma & Immunology** 847–427–1200 www.acaai.org
- **American Lung Association** 800–LUNG–USA (800–586–4872) www.lungusa.org
- **American School Health Association** 800–445–2742 www.ashaweb.org
- **Asthma and Allergy Foundation of America** 800–7–ASTHMA (800–727–8462) <http://aafa.org>
- **Centers for Disease Control and Prevention** 800–CDC–INFO (800–232–4636) www.cdc.gov/asthma
- **Environmental Protection Agency/ Asthma Community Network** www.asthmacommunitynetwork.org 800–490–9198 (to order EPA publications) www.epa.gov/asthma/publications.html
- **National Association of School Nurses** 240–821–1130 www.nasn.org

HANDOUTS and FORMS

ECELS-Healthy Child Care Pennsylvania

1. To access the articles and fact sheets on the ECELS website related to asthma, use the search box on the home page. Keystroke “asthma” then click on “Go”.
2. For the most recently updated versions of applicable forms for child care programs to use for a child with asthma, review and copy or adapt the following items in *Model Child Care Health Policies*, 5th edition (*MCCHP5*). The free electronic, fill-in-the-blank tool is on the [ECELS website](#) in the Publications tab. In the subsection Manuals/Pamphlets/Policies, scroll down to *Model Child Care Health Policies*. The hard copy version is available from the American Academy of Pediatrics bookstore at www.aap.org.
 - Appendix G: Special Care Plan Forms, use the “Care Plan for a Child with Special Needs in Child Care” in conjunction with the Medication Administration Packet to collect information about how to prepare for the day-to-day care the child may need. This form should be completed in addition to the standard versions on other websites below for the “Asthma Action (or Treatment) Plan.”
 - Appendix H: carefully review the instructions about “How to Use Special Care Plans” to learn how to collect useful information from the child’s health care professionals with the Special Care Plan Forms. This explanation explains how and why the child care program should review and update the forms to provide competent, safe care for a child.
 - Appendix I: “Emergency Information Form for Children with Special Needs” is a form to keep updated and given to emergency service professionals (ambulance staff, Emergency Medical Technicians, Emergency Department hospital personnel) to inform them about the child if the child requires emergency transport and care.
 - Appendix J: “Authorization for Release of Information” is a form to document parent/legal guardian consent for sharing of information directly between the designated child care program staff members and specific health care professionals. Health care professionals may be willing to accept this documentation to directly communicate with the child’s non-parental care providers, or may prefer to use their own forms.
 - Appendix L: “Family/Teacher-Caregiver Information Exchange Form is used to record observations of the child’s daily routines and any symptoms or other issues. Consider printing this form in landscape layout to provide more room for notes.
 - Appendix M: Instructions for Daily Health Check
 - Appendix X: Medication Administration Packet
 - Appendix Y: Symptom Record

Kids Asthma Management Program (KAMP) and the Pediatric Asthma Task Force (PATF)

KAMP will send electronic versions of the following handouts via email in response to email requests sent to Zalika Shani at zalika.shani@crozer.org.

- Cold Weather Tips
- Find A Good Doctor
- Children’s Asthma Medicines
- Rules of Two Can Help (Know if using Quick Relief Medicine too much.)

- Spacers and Insurance Coverage
- Nocturnal Asthma
- Proper Technique for Spacers
- *Eight Tips to Help Your Child's Asthma* (PATF)
- *Tools Used for My Child's Asthma* (PATF)

Pediatric/Adult Asthma Coalition of New Jersey

Accessed and copied 1/14/2015 from <http://www.pacnj.org/resources.html>

Air Quality Awareness

- [Air Quality Awareness Tips - English](#)
- [Air Quality Awareness Tips - Spanish](#)

Asthma Friendly Child Care

- [Childcare Air Quality Chart - English](#)
- [Childcare Air Quality Chart - Spanish](#)
- [Daily Asthma-Allergy Communication - English](#)
- [Daily Asthma-Allergy Communication - Spanish](#)
- [Integrated Pest Management Checklist](#)
- [Integrated Pest Management Strategies for Pest Prevention in Child Care Centers](#)
- [Parenting Tips to Manage Asthma in the Child Care Setting - English](#)
- [Parenting Tips to Manage Asthma in the Child Care Setting - Spanish](#)
- [Reducing Pests in Child Care Centers: Clutter](#)
- [Steps to Follow for an Asthma Episode - English](#)
- [Steps to Follow for an Asthma Episode - Spanish](#)
- [Top Ten Actions to Reduce Asthma Triggers - English](#)
- [Top Ten Actions to Reduce Asthma Triggers - Spanish](#)

Asthma Friendly Schools

- [Tell the School Nurse-Parent Tool](#)
- [Asthma and the Laws in New Jersey](#)
- [Asthma Management in the Classroom - PowerPoint PDF](#)
- [Asthma Friendly School Award Signature Form](#)
- [Asthma Friendly School Award - Six Steps for Success](#)
- [Faculty Handout for Asthma Management in the Classroom](#)
- [NJ Air Quality Guidance for Schools on Poor Air Quality Days \(Chart\)](#)
- [NJDEP No Idling Pledge](#)
- [NJ Law on Asthma Management in the Schools \(Ch. 61\)](#)
- [Nurses Curriculum Guide for Asthma Management in the Classroom](#)
- [Parenting Tips for an Asthma Friendly School Experience- English](#)
- [Parenting Tips for an Asthma Friendly School Experience - Spanish](#)
- [Priming the MDI: Color](#)
- [Priming the MDI: Black and White](#)
- [Tips in Using an Inhaler in School - English](#)
- [Tips in Using an Inhaler in School - Spanish](#)
- [Top Ten List for Administrators for a Clean and Healthy School](#)
- [Top Ten List for Maintenance Staff for a Clean and Healthy School](#)
- [Top Ten List for Teachers for a Clean and Healthy School](#)

Asthma Education Makes a Difference

- [Your Child Has Been Diagnosed with Asthma - English](#)
- [Your Child Has Been Diagnosed with Asthma - Spanish](#)
- [Asthma Control in Early Childhood](#)
- [Child Care Story - Asthma Education Makes a Difference in Child Care](#)
- [Dads Learn how to Control Asthma - English](#)
- [Dads Learn how to Control Asthma - Spanish](#)
- [Do You Know What Makes Your Asthma Worse? - English](#)
- [Do You Know What Makes Your Asthma Worse? - Spanish](#)
- [English Peak Flow Brochure Black and White](#)
- [English Peak Flow Brochure Color](#)
- [Handwashing 101](#)
- [Help Your Child Gain Control Over Asthma - English](#)
- [Help Your Child Gain Control Over Asthma - Spanish](#)
- [Jonathan's Story - English](#)
- [Jonathan's Story - Spanish](#)
- [Raising Awareness of Asthma - English](#)
- [Raising Awareness of Asthma - Spanish](#)
- [Spanish Peak Flow Brochure Black and White](#)
- [Spanish Peak Flow Brochure Color](#)

Asthma Treatment Plan in English

- [Asthma Treatment Plan Adult Form - Color](#)
- [Asthma Treatment Plan Adult Form - Black and White](#)
- [Asthma Treatment Plan Student Form - Color](#)
- [Asthma Treatment Plan Student Form - Black and White](#)
- [Fillable Asthma Treatment Plan Adult Form - Color](#)
- [Fillable Asthma Treatment Plan Adult Form - Black and White](#)
- [Fillable Asthma Treatment Plan Student Form - Color](#)
- [Fillable Asthma Treatment Plan Student Form - Black and White](#)
- [English to Spanish Fillable Asthma Treatment Plan Adult Form - Color](#)
- [English to Spanish Fillable Asthma Treatment Plan Adult Form - Black and White](#)
- [English to Spanish Fillable Asthma Treatment Plan Student Form - Color](#)
- [English to Spanish Fillable Asthma Treatment Plan Student Form - Black and White](#)

Asthma Treatment Plan in Spanish

- [Asthma Treatment Plan Adult Form - Color](#)
- [Asthma Treatment Plan Adult Form - Black and White](#)
- [Asthma Treatment Plan Student Form - Color](#)
- [Asthma Treatment Plan Student Form - Black and White](#)
- [Fillable Asthma Treatment Plan Adult Form - Color](#)
- [Fillable Asthma Treatment Plan Adult Form - Black and White](#)
- [Fillable Asthma Treatment Plan Student Form - Color](#)
- [Fillable Asthma Treatment Plan Student Form - Black and White](#)

Asthma Triggers

- [Asthma Trigger Tracker - English](#)
- [Asthma Trigger Tracker - Spanish](#)
- [Common Asthma Triggers - English](#)
- [Common Asthma Triggers - Spanish](#)
- [Top Ten Actions to Control Asthma Triggers in the Home - English](#)

- [Top Ten Actions to Control Asthma Triggers in the Home - Chinese](#)
- [Top Ten Actions to Control Asthma Triggers in the Home - French Creole](#)
- [Top Ten Actions to Control Asthma Triggers in the Home - Gujarati](#)
- [Top Ten Actions to Control Asthma Triggers in the Home - Korean](#)
- [Top Ten Actions to Control Asthma Triggers in the Home - Portuguese](#)
- [Top Ten Actions to Control Asthma Triggers in the Home - Spanish](#)
- [Top Ten Actions to Control Asthma Triggers in the Home - Tagalog](#)

Additional Patient Tools

- [Asthma and the Holidays](#)
- [Asthma Needs PAC Action Brochure - English](#)
- [Asthma Needs PAC Action Brochure - Spanish](#)
- [EPA Asthma Resources Order Form](#)
- [How to Use an Inhaler English – Color](#)
- [How to Use an Inhaler English – Black and White](#)
- [How to Use an Inhaler Spanish – Color](#)
- [How to Use an Inhaler Spanish – Black and White](#)
- [How to Use a Nebulizer English – Color](#)
- [How to Use a Nebulizer English – Black and White](#)
- [How to Use a Nebulizer Spanish – Color](#)
- [How to Use a Nebulizer Spanish – Black and White](#)
- [NJDHSS Work Related Asthma - English](#)
- [NJDHSS Work Related Asthma - Spanish](#)
- [Peak Flow Brochure - English](#)
- [Peak Flow Brochure - Spanish](#)
- [Rinsing Your Mouth English – Color](#)
- [Rinsing Your Mouth English – Black and White](#)
- [Rinsing Your Mouth Spanish – Color](#)
- [Rinsing Your Mouth Spanish – Black and White](#)
- [Tips for Using an Inhaler in School: English – Color](#)
- [Tips for Using an Inhaler in School: English – Black and White](#)
- [Tips for Using an Inhaler in School: Spanish – Color](#)
- [Tips for Using an inhaler in School: Spanish – Black and White](#)

National Heart, Lung, and Blood Institute (Accessed and copied from the NHLBI website 1/20/2015)

- Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma (EPR-3)
www.nhlbi.nih.gov/guidelines/asthma
- Physician Asthma Care Education (PACE): www.nhlbi.nih.gov/health/prof/lung/asthma/pace/
- National Asthma Control Initiative (NACI): <http://naci.nhlbi.nih.gov>

For more information contact: **NHLBI Information Center** P.O. Box 30105 Bethesda, MD 20824–0105
Phone: 301–592–8573 Fax: 301–592–8563 Web site: www.nhlbi.nih.gov