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Children with Special Needs, need Parents with Special Skills!

Advocates for Justice and Education, Inc.

The Parent Training and Information Center for the District of Columbia

Developing an Asthma Action Plan

Policies and Procedures for Students in the District of Columbia

Asthma is the most chronic childhood illness in the United States today. Nationally, more than 10 million U.S. children under age 18 (14%) have ever been diagnosed with asthma; 6.8 million children still have asthma (9%). It is also the leading cause of missed school days due to a chronic illness, accounting for more than 14 million missed school days per year. In 2008, an estimated 13,981 children in The District of Columbia had asthma. In the District of Columbia had asthma.

With children spending a large part of their day at school, the Individuals with Disabilities Education Act of 2004 (IDEA) and Section 504 of the Rehabilitation Act of 1973 requires that schools promote the health, development, and achievement of students with disabilities, including children with chronic health illnesses. The law also requires caregivers and schools to work together as partners, to develop and implement health plans to protect the welfare of these children.

Specifically in D.C., the Student Access to Treatment Act of 2007 (DC Law 17-107) permits public, charter and private school students with a valid medication action plan to possess and self-administer lifesaving asthma medications at school. This law also allows such medications to be administered by a trained and certified school employee or agent. However, for young children who rely on adults to administer their medication, students with asthma must complete the DC Asthma Action Plan. The DC Asthma Action Plan developed by the District of Columbia's Department of Health (DOH) is a fill-in-the-blank form, and can be accessed at http://doh.dc.gov/publication/doh-asthma-action-plan.

An Asthma Action Plan provides a detailed outline of how to help a child or individual to manage asthma on a day-to-day basis and describes what to do in case of an emergency. An Asthma Action Plan should be completed by a healthcare provider in partnership with the patient and their guardian. The specific steps for managing your child's asthma at school should be written into your child's individualized asthma action plan.

The DC Asthma Action Plan uses a three-color (zone) system like that of a traffic signal green, yellow, and red. Each zone has assessment measures and tailored instructions specific to that zone. When you match the symptoms to the correct color section, you will find the steps to take.

Green Zone = Go

- NO asthma symptoms
- able to do usual activities

Reme	Date of Birth	Date	GEETIN means Gol	
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Parent/Easpuris@de Person	Parent's Phone	Exhaut	AND RESIDE PROBLEMS	
Additional Engineers Contact	Control Book	Last 4 Divisio of 1847	TO SED means EMERGED	
Additional Energency Contact	Contact Please	Last 4 Signs of 1857	Get help from a doctor ag	
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No Cough or wheeps Can work and play Can steep all right Peak Bore in this area (Now than EO's of Personal End) Personal boot peak Bore	D North	n everone, ACC	nabulizer treatment(s) times a day ake by results once daily at bettime th specer 15 minutes before exercise	
Yellow Zone: Cautio	ant - Continue	CONTROL Medicines	and <u>ADD</u> RESCUE Medicines	
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	NCVI - CONTIN	HE CONTROL & RESI	CUE Medicines and GET MELP	
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REQUIRED Healthcare Provider Signs	Freed Str.	advertibility of reason conditions (a.g., c arm Provider Dublishe		
Date:			E to self-administer the medicine (x) named above	
Color EDCLUSIO Propossilles Pursos Signa Color	tern a to	Tele atteined in good approved to unif- idesponential, presidents wordly authorize a trained solved on	oployee, if available, to administer conduction to t	

sleep without coughing, wheezing, or breathing difficulties

Yellow Zone = Caution

- symptoms may include coughing, wheezing, and mild shortness of breath
- nighttime asthma and daily activities may be disturbed
- may be more tired than usual

Red Zone = Danger or Urgent Medical Help

- frequent, severe cough,
- severe shortness of breath, wheezing,
- trouble talking, walking, and rapid breathing
- fingertips are blue, are grasping for air

By completing the asthma action plan, school officials will be more informed of your child's triggers, severity of the asthma, and common symptoms and effective treatment of your child's asthma. The plan should then be distributed to every school official who may care for your child, including the school nurse, counselor, teacher(s), and school administrators. Parents, children, physicians, and school officials must work together to keep asthma from interfering with normal school activities.

Resources:

DC Asthma Action Plan: http://doh.dc.gov/publication/doh-asthma-action-plan

DC Asthma Coalition: www.dcasthma.org

ⁱ Centers for Disease Control and Prevention (CDC). (2012) Summary of Health Statistics for U.S. Children: National Health Interview Survey. http://www.cdc.gov/nchs/data/series/sr-10/sr10-258.pdf

ⁱⁱ Centers for Disease Control and Prevention (CDC). (2008) Asthma State Profiles. http://www.cdc.gov/asthma/stateprofiles/Asthma in DC.pdf