

## Teaching an Asthma Self-Management Curriculum Checklist

### Project Goal:

Provide asthma self-management education to at least 5 students.

### Project Steps:

#### **Option #1**

1. Review the American Lung Association's Open Airways for Schools Program at <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/health-professionals-educators/open-airways-for-schools>.
2. Open Airways For Schools Certified Facilitators must complete a training coordinated by a chartered American Lung Association office. The training includes basic information about asthma, modeling of appropriate skills, a thorough review of the curriculum and tips for working with children. To become an OAS Certified Facilitator, contact your local American Lung Association by calling [1-800-LUNG-USA](tel:1-800-LUNG-USA) or [click here](#) to find your local office. The registration fee for facilitator training is \$400.
3. Complete the facilitator training and obtain free educational materials from the OAS program.
4. Identify students with asthma who you believe could benefit from asthma self-management education. Contact the parents/guardians of the students to notify them of your plans and obtain their informed consent.
5. Schedule and conduct asthma self-management education sessions.

#### **Option #2**

1. Review the American Lung Association's Kickin' Asthma Program at <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/health-professionals-educators/kickin-asthma>.
2. Kickin' Asthma Certified Facilitators must complete the online training provided by the American Lung Association. The training includes the asthma basics training module, the Kickin' Asthma Facilitator online training module, and a technical assistance meeting with ALA staff. To access the training and become a Certified Kickin' Asthma Facilitator, register online. The registration fee for the facilitator training is \$400.
3. Complete the facilitator training and obtain free educational materials from the OAS program.
4. Identify students with asthma who you believe could benefit from asthma self-management education. Contact the parents/guardians of the students to notify them of your plans and obtain their informed consent.
5. Schedule and conduct asthma self-management education sessions.

### **Option #3**

1. Using your expertise and knowledge as a school nurse or asthma educator, provide asthma self-management education to students with asthma. Applicants may partner with healthcare and/or public health partners to offer this training.
  - a. Cover the following topics, spending at least one hour per student: 1)the different types of asthma medications and their uses; 2)inhaler technique; 3)recognizing the early warning signs and symptoms of an asthma attack; 4)avoidance and/or elimination of asthma triggers; and 5)controlling exercise-induced asthma (other topics can be incorporated at your discretion)
  - b. The Montana Asthma Control Program (MACP) can provide free educational materials that may assist you. Visit the MACP website to access an asthma educational material order form, [dphhs.mt.gov/publichealth/asthma/healthcareresources](http://dphhs.mt.gov/publichealth/asthma/healthcareresources).
2. Identify students with asthma who you believe could benefit from asthma self-management education. Contact the parents/guardians of the students to notify them of your plans and obtain their informed consent.
3. Schedule and conduct asthma self-management education sessions with students.

#### Report Results:

Complete the outcomes report form and return it to the School Health Program by May 31<sup>st</sup> of the school year in which the grant is received. Email, fax, or mail outcome report forms to the School Health Program using the contact information provided on the form.

#### For More Information:

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## ***Open Airways for Schools Program***

The [Open Airways For Schools® Program](#) is available through the American Lung Association to schools and school districts, as well as organizations and individuals interested in serving as certified facilitators for the program. The Open Airways For Schools program is a recommend component of the [Asthma-Friendly Schools Initiative](#) (AFSI), a comprehensive approach to asthma management in schools.

Target Population: Children ages 8-11 with asthma

Time Required: 6 - 40 minute lessons

### **OAS Resource Materials and Support:**

- Three-year certification with an option to recertify
- Facilitator Demonstration Device Toolkit
- OAS Curriculum (Curriculum Guide, Poster Book, Child and Parent Handouts)
- Access to the OAS Facilitator Resource Center (online)
- Facilitator engagement and networking opportunities

## ***Kickin' Asthma Program***

The [Kickin' Asthma Program](#) is centered around a school-based curriculum that addresses the unique educational needs of children ages 11-16 (grades 6-10). After attending a three-part blended learning training that takes between 3-4 hours, each facilitator is provided with a facilitator guide to deliver the structured curriculum in a school or community-based small group setting.

Kickin' Asthma Facilitators lead a small group of teens (5-10 people per program) through four, 45-minute sessions taught on consecutive days or one week apart. Each session has sections that are optional, to allow the instructor the flexibility to make time adjustments along the way.

### **Kickin' Asthma Resource Materials and Support:**

- Three-year certification with an option to recertify
- Facilitator Demonstration Device Toolkit
- Kickin' Asthma Curriculum (Facilitator Guide and Participant Workbook)
- Access to the Kickin' Asthma Facilitator Resource Center (online)
- Facilitator engagement and networking opportunities