MANAGING ASTHMA IN CHICAGO PUBLIC SCHOOLS
PRESENTATION SUMMARY

1. CPS Office of Student Health and Wellness
2. Asthma Management Policy
3. Emergency Management of Asthma at CPS
4. Gaps and Opportunities
5. Resources
ORGANIZATIONAL OVERVIEW
403,000 CPS STUDENT ENROLLMENT
NEARLY HALF OF CPS STUDENTS ARE OVERWEIGHT OR OBESE
MORE THAN 25% ARE IMPACTED BY A CHRONIC DISEASE
HEALTH STATUS OF CPS STUDENTS

» More than 25% of students are impacted by chronic conditions such as asthma, diabetes, or food allergies[1]

» Nearly 50% of CPS student are overweight or obese[2]

» Cook County ranks 1st, 2nd, and 3rd respectively for cases of gonorrhea, chlamydia and syphilis in the United States[3]

» 32.5% of CPS students felt sad or hopeless almost every day for 2 weeks or more in a row and stopped usual activities[4]

» 15.5% of CPS students seriously considered attempting suicide[4]

» Nearly 40% of CPS High School students did not see a doctor or healthcare provider in the last year[4]

OSHW MISSION AND VISION

The Office of Student Health and Wellness (OSHW) aims to remove health-related barriers to learning such that students may succeed in college and life.

OSHW works to create a Healthy CPS that serves as a national benchmark for student health and wellness.
WHAT IS HEALTHY CPS?

Healthy CPS is an initiative of *Healthy Chicago* and led by the Chicago Public Schools Office of Student Health and Wellness. Healthy CPS school supports encompass policy, direct service, partnerships, health and physical education (PE), and health promotion.
ASTHMA POLICY
ASTHMA IN CHICAGO

Asthma Prevalence

ASTHMA POLICY

» Asthma is the #1 chronic disease impacting CPS students

» Established January 2012

» Aligns with Public Act 096-1260

» Promotes the awareness and management of students with asthma in schools
ASTHMA POLICY

» Identifies the 504 plan requirements for students with asthma

» Allows students to carry and self-administer their asthma medication with only parent permission and copy of prescription

» Establishes asthma training requirements for school personnel
IDENTIFICATION OF STUDENTS WITH ASTHMA

1. Complete Student Medical Information form and return to school
2. Have doctor confirm student’s health condition
3. Provide school with student’s medication and related paperwork
4. Work with school to complete 504 Plan/IEP and/or Emergency Action Plan
EMERGENCY MANAGEMENT IN SCHOOLS

» All staff Trained on Asthma and emergency treatment

» Physician developed emergency action plan on file and distributed to all necessary school personnel

» 504 plans offered to all parents

» Students (as appropriate) allowed to carry emergency medication on person

» Second medication source (per parent request) available in classroom, Gym, or Nursing office where appropriate

» Confirmation of student knowledge of asthma (symptoms, triggers, and treatment, including emergency medical management) and reeducation as appropriate by School Nurse
# Asthma Action Plan

**Print Form** | **Submit by Email**

## 5 years above

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
<th>Effective Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doctor</td>
<td>Parent/Guardian</td>
<td></td>
</tr>
<tr>
<td>Doctor's Office Phone Number</td>
<td>Day</td>
<td>Parent's Phone</td>
</tr>
<tr>
<td>Emergency Contact After Parent</td>
<td>Contact Phone</td>
<td></td>
</tr>
</tbody>
</table>

### Student is able to self medicate

- [ ] Yes
- [ ] No

## GO (GREEN)

You have ALL of these:
- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work or play

### Use these medicines every day.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How Much to Take</th>
<th>When to Take It</th>
</tr>
</thead>
</table>

For asthma with exercise, take:

## CAUTION (YELLOW)

You have ANY of these:
- First sign of a cold
- Exposure to pollen trigger
- Cough
- Mili wheeze
- Tight chest
- Coughing at night

### Continue with green zone medicine and ADD:

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How Much to Take</th>
<th>When to Take It</th>
</tr>
</thead>
</table>

**First**
- 2 puffs or 1 vial by nebulizer
- Every 4 hours as needed

**Next**
- Call Doctor if no improvement

IF QUICK RELIEVER/YELLOW ZONE MEDICINE IS NEEDED MORE THAN 2-3 TIMES A WEEK THEN CALL YOUR DOCTOR.

## DANGER (RED)

Your asthma is getting worse fast:
- Medicine is not helping within 1-2 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Lips and/or fingernails blue
- Trouble walking and talking

### Take these medicines and call your doctor.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How Much to Take</th>
<th>When to Take It</th>
</tr>
</thead>
</table>

- 2 puffs or 1 vial by nebulizer
- Immediately - Call Doctor

### Asthma Triggers

- Chalk dust
- Cigarette smoke and second hand smoke
- Colds/flu
- Dust mites, dust, stuffed animals, carpet
- Exercise
- Sudden temperature change
- Mold

- Ozone alert days
- Peas, rodents and cockroaches
- Pets - animal dander
- Plants, flowers, cut grass, pollens
- Strong odors, perfumes
- Cleaning products
- Wood smoke

- Other

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Adapted from the original design by the Pediatrics Asthma Coalition of New Jersey
EMERGENCY MANAGEMENT IN SCHOOLS - GAPS

» Identification and verification of students with Asthma
» Student medication unavailable (not renewed, forgot, expired)
» Parent education
» Poor medical follow-up
EMERGENCY MANAGEMENT IN SCHOOLS – OPPORTUNITIES

» Better individual prevention treatment programs
» Increased student and parent education
» Access to emergency medication bags in each classroom or nursing office
» Access to physician's standing order for nebulizers
IMPROVING CHRONIC DISEASE VERIFICATION AND MEDICATION ACCESS IN CHICAGO PUBLIC SCHOOLS

Overall Purpose
To examine the effectiveness of the District’s chronic disease management policies and processes in order to improve reporting and verification

Specific Objectives
1. Determine prevalence of asthma, food allergy, and diabetes
2. Examine barriers to chronic disease reporting and verification as experienced by CPS parents and school nurses
3. Provide recommendations for increased reporting and verification
STUDY FINDINGS

Barriers to Reporting & Verification

» Lack of parental process knowledge

» Limited communication between schools and parents

» Limited school nurse resources
4 EASY STEPS FOR CHRONIC DISEASE REPORTING AND VERIFICATION – DESIGN 2

1. **FORM**
   - Complete student medical information form and return to school

2. **DOCTOR**
   - Provide school with a doctor’s note that confirms student’s health condition

3. **MEDICATION**
   - Provide school with student’s medication and related paperwork

4. **504 PLAN**
   - Work with school to complete 504 plan | IEP and/or emergency action plan

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**PARENTS/GUARDIANS**

Speak up, educate the school, and advocate for your child.
RESOURCES

The Office of Diverse Learners Supports and Services (ODLSS)

773-553-1800

- Compliance issues or violations to 504 Plans and/or IEPs
- Clinical Services like nursing, medical services, and/or treatment during the school day – Ask to speak to someone in the Clinical Department

The Office of Student Health and Wellness (OSHW)

773-553-3540

- Student/School Health and Wellness policies, protocols, and school requirements
- Health and Wellness initiatives
- Supplemental health services access at school
- Health and Wellness external and internal partner resources
CONTACT INFORMATION

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THANK YOU!