

## ***Creating an Asthma-Friendly School* Video Facilitator's Guide**

This guide assists you in presenting the video, *Creating an Asthma-Friendly School*, to a variety of audiences – teachers, school nurses, school administrators, school health councils, school business leaders, school board members, community leaders, community asthma coalitions, and parents. It provides a brief summary of the video, learning objectives, and pre- and post-viewing questions.

### **Summary**

The video and discussion questions are designed to be used with adult audiences. Viewers will learn what an asthma-friendly school is and how to make their school asthma-friendly. The video features success stories of students in asthma-friendly schools in Charlotte, NC, Detroit, MI, and Oregon. The video highlights how schools in these districts provided asthma action plans, nursing services, and asthma education; conducted staff training; and made environmental changes. The video also shows how these school-based services positively affected the students with asthma.

***Length of video:*** 13 minutes

### ***Learning Objectives***

After watching and discussing the video, the viewer will be able to:

- Describe an asthma-friendly school.
- Identify at least two key strategies for addressing asthma in schools.
- Describe the potential impact of asthma-friendly schools on young people with asthma.

### ***Materials needed:***

- TV and DVD player
- *Creating an Asthma-Friendly School* video (in DVD format)
- Feedback form (one copy for each participant) and pencils.

## Procedure

1. Introduce the video and ask the audience to respond to the pre-viewing questions. Discuss their answers briefly.
2. Tell the audience that they will now view a short video that will describe what an asthma-friendly school is, share key strategies for addressing asthma in schools, and explain the potential impact of asthma-friendly schools on young people with asthma.
3. After viewing the video, ask the audience to respond to the post-viewing questions.
4. Immediately following the discussion, thank the audience for attending and ask them to complete and submit the feedback form.

## Pre-viewing questions

1. What are some special needs of a student with asthma at school?  
Possible answers: A student with asthma needs—
  - Ready access to quick-relief asthma medications at school.
  - Knowledgeable and supportive school staff members and fellow students.
  - An asthma action plan at home and at school.
  - A school nurse regularly available to support students with asthma, help them improve their asthma management, and respond to asthma emergencies.
  - A safe and healthy school environment.
2. What are some characteristics of an asthma-friendly school?  
Possible answers: An asthma-friendly school provides—
  - Appropriate health and mental health services for students with asthma.
  - Asthma education and awareness programs for students and school staff.
  - A safe and healthy school environment to reduce asthma triggers.
  - Safe, enjoyable physical education and activity opportunities for students with asthma. Students have good options for fully and safely participating in physical education class and recess, and students have access to their medicine before and during exercise.
  - Improved asthma management that can result in improved attendance and subsequent improved student performance at school.

## Post-viewing questions

Now that you have seen the video . . .

1. What is an asthma-friendly school?  
Possible answers: Asthma-friendly schools—
  - Provide health services for students with asthma.
    - Schools have asthma action plans on file.
    - School nurses are available to support students with asthma and help them better manage their asthma.

- Provide asthma education and awareness programs for students and school staff.
  - Schools teach school staff about asthma, asthma management plans, and asthma medicines.
  - Schools ensure that students with asthma receive education on asthma basics, asthma management, and emergency response.
  - Encourage parents to participate in these programs.
- Provide a safe and healthy school environment to reduce asthma triggers.

2. *What are some key strategies for addressing asthma in schools?*

Possible answers: Key strategies include—

- Having a full-time school nurse at every school.
- Making sure there's an asthma action plan on file for every student with asthma.
- Ensuring that school staff members learn what asthma is and what to do when a student has an asthma episode at school.
- Including information about asthma and how to support a classmate with asthma in a comprehensive health education curriculum.
- Supporting students with asthma to receive asthma education, such as Open Airways for Schools or PowerBreathing.
- Enforcing tobacco-free schools policies. (Tobacco smoke and other irritants frequently trigger asthma episodes).
- Implementing an environmental plan and addressing any problems.

3. *What is the potential impact of asthma-friendly schools on youth with asthma?*

Possible answers: Asthma-friendly schools help students with asthma—

- Keep their asthma under good control.
- Have fewer asthma symptoms.
- Participate in physical education and physical activities.
- Miss fewer days of school.

4. *How can you help your school become more asthma-friendly?*

Possible answers:

- Learn more about asthma.
- Encourage all school staff to take annual professional development about asthma. Asthma Basics for Schools (Parts 1 and 2) in *Initiating Change: Creating an Asthma-Friendly School* provides PowerPoint® slide presentations, with script and notes for presenter, that could be used.
- Use the tools for action in *Initiating Change: Creating an Asthma-Friendly School* to plan and implement next steps.
- Call local community groups, like the American Lung Association or the Asthma and Allergy Foundation of America, to request help in implementing the asthma education programs Open Airways for Schools (for 3rd-5th graders) or PowerBreathing (for teens).
- Ask students with asthma what you could do to help them more successfully manage their asthma and fully participate in all school activities.