

	Responsible Person/site	Yes	No	N/A
Monitoring:				
• Can the student identify his/her early warning signs and symptoms that indicate onset of an asthma episode and need for quick-relief medicine?		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Can the student identify his/her asthma signs and symptoms that indicate the need for help or medical attention?		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Can the student correctly use a peak flow meter or asthma diary for tracking symptoms?		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Are the students' asthma signs and symptoms monitored using a Peak Flow, verbal report or diary? ○ Daily?	Home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ For response to quick-relief medication?	Home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ During physical activity?	Home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trigger Awareness:				
• Have triggers been identified?		<input type="checkbox"/>	<input type="checkbox"/>	
• Can student name his/her asthma triggers?		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Can parent/caregivers list their child's asthma triggers?		<input type="checkbox"/>	<input type="checkbox"/>	
• Are teachers, including physical educators, aware of this student's asthma triggers?		<input type="checkbox"/>	<input type="checkbox"/>	
Trigger Avoidance:				
• Are triggers removed or adequately avoided or managed?	Home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* Long-term-control medications (controllers) include inhaled corticosteroids (ICS), leukotriene receptor antagonists (LTRA), or combination medicine (long-acting B₂-agonists and ICS), cromolyn, or theophylline.

School nurses provide appropriate asthma education and health behavior intervention to students, parents, and school personnel when signs and symptoms of uncontrolled asthma and other areas of concern are identified. If there is an indication for a change in asthma medications or treatment regimen, refer the student and family to their primary care provider or asthma care specialist or help families to find such services as soon as possible.



National Asthma Education and Prevention Program

