



What is Asthma?

Asthma is a chronic lung condition that causes breathing problems such as coughing, wheezing, chest tightness, and shortness of breath. A variety of things called “triggers” can cause an attack.

Controlling asthma means knowing asthma triggers, avoiding them when possible, following an asthma control plan, and having medications available at all times.

Exercise is important for good health and should be controlled rather than avoided. Successful control means students can participate in physical activities most of the time.

Following an asthma management plan is important. It should be developed by the student, parent/guardian, and health care provider. The school staff can also play an important role in helping students with asthma.

Asthma Alliance of Indianapolis

A coalition whose mission is to arm those affected by asthma with the knowledge and skills to improve both health and the quality of life.

Additional Coalition Services

- Annual World Asthma Day Poster Contest for children in grades K–8. This is held in the month of May.
- Unique asthma referral service for Public Health Nurses, an Indoor Air specialist, Asthma Educator, Social Worker, Insurance Coverage Specialist, and Smoking Cessation Services. All services are free of charge.

For more information, please contact the Marion County Health Department at: **317.221.2473**

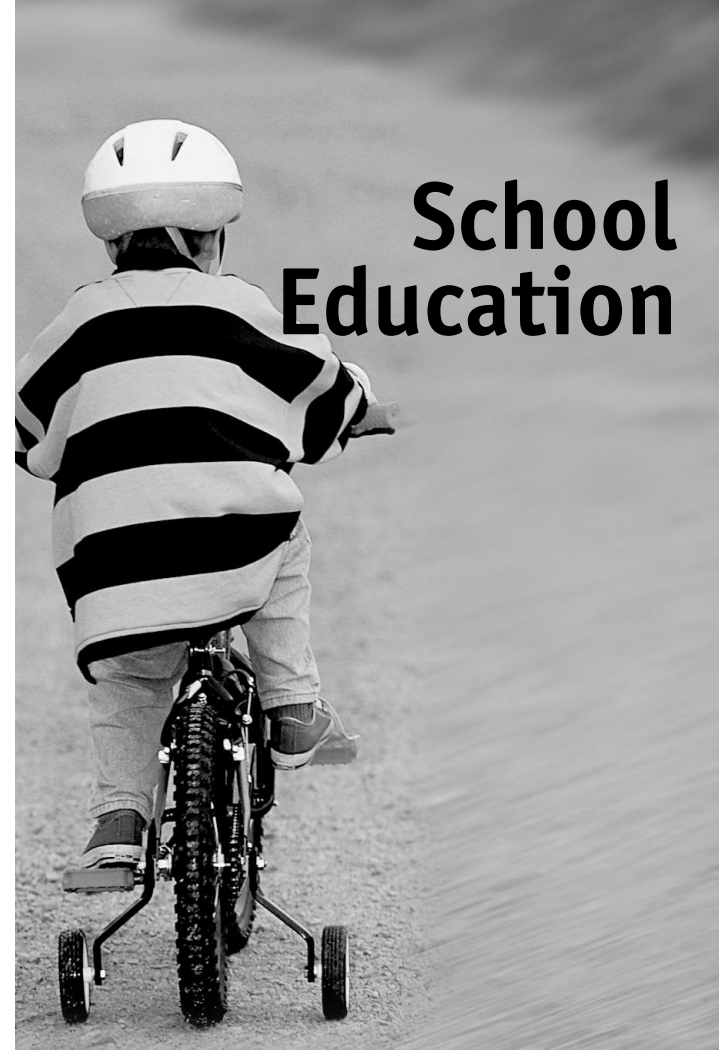


MARION COUNTY
HEALTH DEPARTMENT
Making a difference

www.mchd.com

Form #0060b (rev 7/04)

©2002, Marion County Health Department, Indianapolis



School Education

Asthma Alliance of Indianapolis
a coalition serving the needs of the Indianapolis community

our mission:

The mission of the Asthma Alliance of Indianapolis is to arm individuals affected by asthma with the knowledge and skills to improve health and quality of life.

How to schedule a free Asthma Education Workshop

1. Identify a date and time when the appropriate group can be available.
2. Plan to give two weeks notice for scheduling.
3. Call 317.221.2473 to schedule your school for the workshops.
4. Call now to ensure your participation!



Asthma Education Workshops

What is Asthma?

This 45-minute presentation for students in grades one through eight will:

- define asthma, teach how to recognize warning signs of an attack, and identify common triggers of asthma attacks.
- provide a visual learning approach to understanding lung function by demonstration of a pig lung dissection—a fun, interactive program perfect for health and science classes.

Open Airways

This 4–6 session intervention was developed by the American Lung Association to help young people with asthma develop self-management skills:

- students the opportunity to meet in small groups with a facilitator.
- the program has been shown to reduce absenteeism for children with asthma in national studies.

Parents as Asthma Managers

This program can be offered during a Parent/Teacher Group meeting and assists families living with asthma by:

- helping parents ask the right questions of their physicians and other medical staff, and
- improving communication between families, medical staff, and teachers.



School Staff Workshop

This presentation has been successfully offered for several years and equips all school staff with information on:

- common side effects of asthma medication, early warning signs of asthma attacks, and
- appropriate action to take during an attack, and how to reduce classroom triggers.

Tools for Schools

Presentations and site visits can be arranged to assist schools to utilize the EPA recommendations for improving indoor air quality. Using low-cost, common sense activities, Tools for Schools can help staff to ensure a healthy and productive learning environment.

These are free workshops