

Progress Report

My name is _____

*When I finish my lessons, I will be an expert in Asthma Management.
This is what I've learned so far:*

Lesson 1: Basic Information and Feelings About Asthma

- I know how asthma affects my lungs.
- I can do belly breathing for relaxation.

Lesson 2: Recognizing and Managing Asthma Symptoms

- I know my asthma warning signs.
- I can take my asthma medication at the right time and in the right way.
- I know when to ask an adult for help.

Lesson 3: Solving Problems with Medicines and Assessing Symptoms

- I know how to solve problems with my medicines.
- I know when I need to get medical help.

Lesson 4: Finding and Controlling Asthma Triggers

- I know what my asthma triggers are.
- I can avoid things that trigger my asthma symptoms.
- I know how to talk to parents, teachers, coaches, and friends about my asthma.

Lesson 5: Keeping Your Battery Charged and Getting Enough Exercise

- I know how to keep calm and relaxed.
- I know how to stay active.

Lesson 6: Doing Well at School

- I know when I'm OK to go to school and when I need to stay home.
- I know how to make up missed schoolwork.

Open Airways For Schools: Pre-Program Questionnaire

NAME: _____ SCHOOL: _____ DATE: _____

Below are questions about yourself. Please either write in your answer neatly, or fill in the circle that best describes you.

What grade are you in? 3rd 4th 5th 6th

How old are you? 8 9 10 11

Are you a boy or a girl? Boy Girl

Have you ever been in an Open Airways For Schools class before? No Yes

Think about when you have asthma symptoms.

1. Do you take medicine to stop your asthma symptoms?

No Sometimes All the time

2. Do you try to relax and stay calm?

No Sometimes All the time

3. Do you do belly breathing to relax?

No Sometimes All the time

4. Do you try to get away from your asthma triggers?

No Sometimes All the time

5. Do you watch to see if your symptoms get better or worse?

No Sometimes All the time

6. Do you tell an adult when you are having symptoms?

No Sometimes All the time

Open Airways For Schools: Pre-Program Questionnaire

What signs mean you should call the doctor or go to the emergency room?

7. Your wheezing or coughing gets worse after you take medicine.

No, don't go to the doctor. Yes, go to the doctor.

8. You rested and your asthma symptoms are gone.

No, don't go to the doctor. Yes, go to the doctor.

9. You have mild wheezing and you can play.

No, don't go to the doctor. Yes, go to the doctor.

10. You are having a hard time walking, talking, or playing.

No, don't go to the doctor. Yes, go to the doctor.

From the list below, circle the things that bring on your asthma. Also circle the things that can bring on asthma in other people with asthma.

Pets like dogs, cats, rabbits

Strong smells like perfume,
hairspray, and cleaning products

Mold

Smoke

Pollen

Cuts

Changes in weather

Having a cold

Touching dirty things

Vitamin pills

Cockroaches

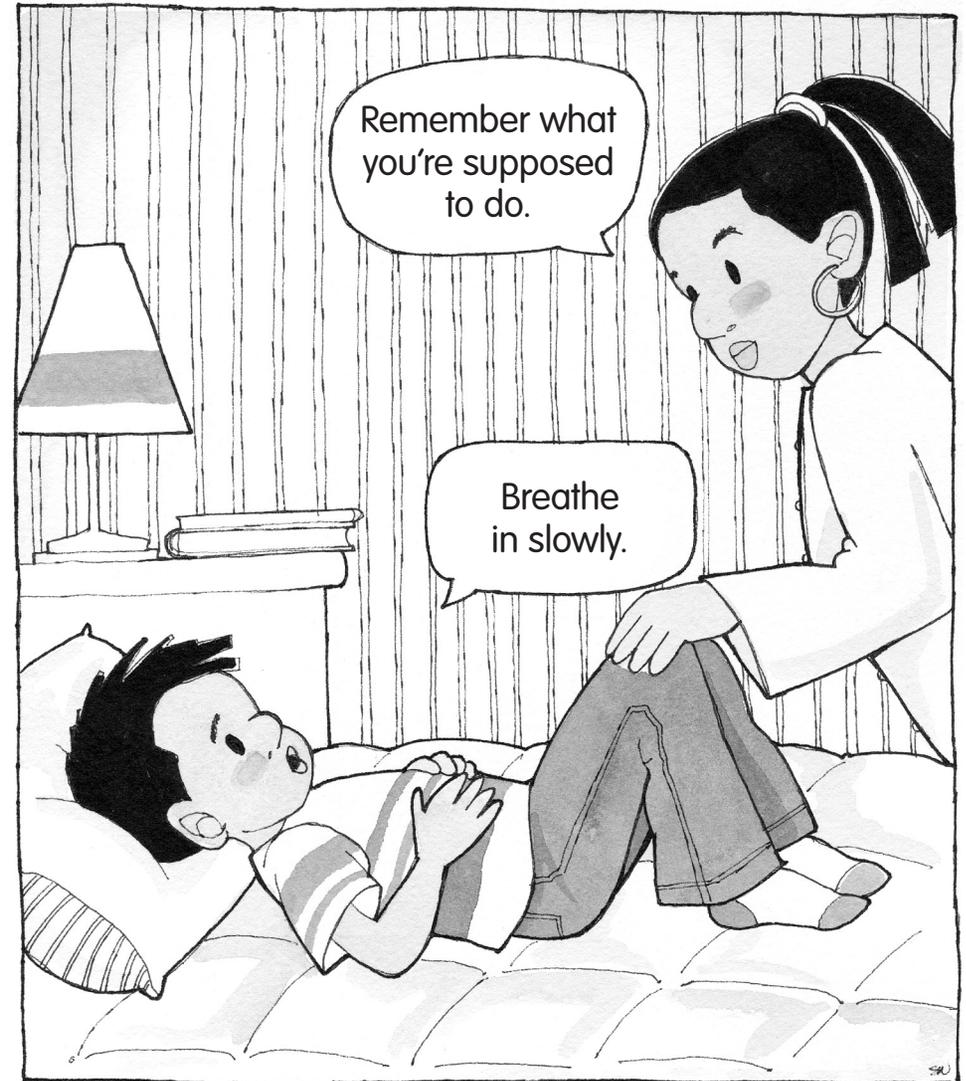
Very cold air

Physical activity like running,
swimming, or playing

Strong feelings like laughing or crying

Lesson 1: Belly Breathing for Relaxation Exercise

1. Sit up straight on a chair, or lie down on the bed, or on the floor with your knees bent.
2. Place both hands on your belly.
3. Breathe in slowly through your nose. Pretend you're filling up your belly with air. Feel it blow up big like a balloon. Keep your chest still.
4. Blow the air slowly out of your mouth, through puckered lips. Feel your belly get small.
5. Repeat this slowly 5 to 10 times. It will make you feel relaxed.



Lesson 2: My Asthma Warning Signs

Check the signs that you have before your asthma symptoms begin.



Peak flow is less than 80% of your personal best



Cold, flu, or other illness



Stuffy, runny nose



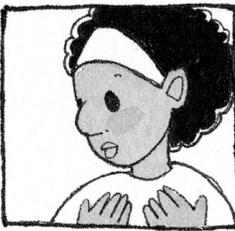
Cough



Itchy, watery eyes



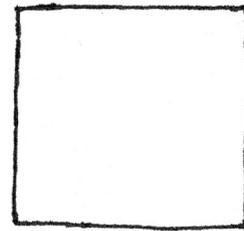
Getting tired or out of breath



Chest hurts or feels tight



Itchy, scratchy, or sore throat

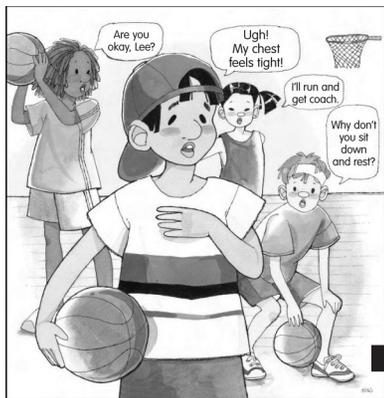


Other

Lesson 2: Four Steps to Managing Asthma Symptoms

Follow these steps when your asthma starts getting worse.

START



Step 1:
Recognize Your
Warning Signs

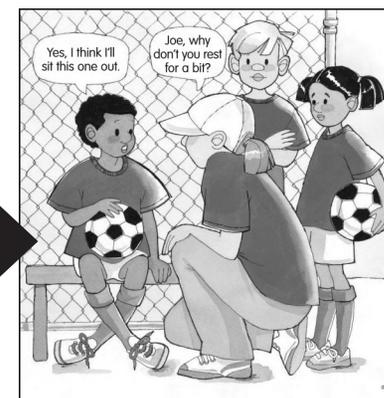


Step 2:
Tell an
Adult



Step 3:
Take Your
Asthma Medicine

FINISH



Step 4:
Rest and
Relax

Asthma Action Plan



General Information:

Name _____
 Emergency contact _____ Phone numbers _____
 Physician/healthcare provider _____ Phone numbers _____
 Physician signature _____ Date _____

Severity Classification	Triggers	Exercise
<input type="radio"/> Intermittent <input type="radio"/> Moderate Persistent <input type="radio"/> Mild Persistent <input type="radio"/> Severe Persistent	<input type="radio"/> Colds <input type="radio"/> Smoke <input type="radio"/> Weather <input type="radio"/> Exercise <input type="radio"/> Dust <input type="radio"/> Air Pollution <input type="radio"/> Animals <input type="radio"/> Food <input type="radio"/> Other _____	1. Premedication (how much and when) _____ 2. Exercise modifications _____

Green Zone: Doing Well	Peak Flow Meter Personal Best =														
Symptoms <input type="checkbox"/> Breathing is good <input type="checkbox"/> No cough or wheeze <input type="checkbox"/> Can work and play <input type="checkbox"/> Sleeps well at night	Control Medications: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: black; color: white;">Medicine</th> <th style="background-color: black; color: white;">How Much to Take</th> <th style="background-color: black; color: white;">When to Take It</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>			Medicine	How Much to Take	When to Take It									
Medicine	How Much to Take	When to Take It													
Peak Flow Meter More than 80% of personal best or _____															

Yellow Zone: Getting Worse	Contact physician if using quick relief more than 2 times per week.														
Symptoms <input type="checkbox"/> Some problems breathing <input type="checkbox"/> Cough, wheeze, or chest tight <input type="checkbox"/> Problems working or playing <input type="checkbox"/> Wake at night	Continue control medicines and add: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: black; color: white;">Medicine</th> <th style="background-color: black; color: white;">How Much to Take</th> <th style="background-color: black; color: white;">When to Take It</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>			Medicine	How Much to Take	When to Take It									
Medicine	How Much to Take	When to Take It													
Peak Flow Meter Between 50% and 80% of personal best or _____ to _____	IF your symptoms (and peak flow, if used) return to Green Zone after one hour of the quick-relief treatment, THEN <input type="radio"/> Take quick-relief medication every 4 hours for 1 to 2 days. <input type="radio"/> Change your long-term control medicine by _____ <input type="radio"/> Contact your physician for follow-up care.	IF your symptoms (and peak flow, if used) DO NOT return to Green Zone after one hour of the quick-relief treatment, THEN <input type="radio"/> Take quick-relief treatment again. <input type="radio"/> Change your long-term control medicine by _____ <input type="radio"/> Call your physician/healthcare provider within ____ hour(s) of modifying your medication routine.													

Red Zone: Medical Alert	Ambulance/Emergency Phone Number:														
Symptoms <input type="checkbox"/> Lots of problems breathing <input type="checkbox"/> Cannot work or play <input type="checkbox"/> Getting worse instead of better <input type="checkbox"/> Medicine is not helping	Continue control medicines and add: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: black; color: white;">Medicine</th> <th style="background-color: black; color: white;">How Much to Take</th> <th style="background-color: black; color: white;">When to Take It</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>			Medicine	How Much to Take	When to Take It									
Medicine	How Much to Take	When to Take It													
Peak Flow Meter Less than 50% of personal best or _____ to _____	Go to the hospital or call for an ambulance if: <input type="radio"/> Still in the Red Zone after 15 minutes. <input type="radio"/> You have not been able to reach your physician/healthcare provider for help. <input type="radio"/> _____	Call an ambulance immediately if the following danger signs are present: <input type="radio"/> Trouble walking/talking due to shortness of breath. <input type="radio"/> Lips or fingernails are blue.													

Lesson 3: Story of Sandra

It's 10:00 p.m. Sandra's parents are still up and talking about what they can do to help her feel better.

Mr. Ortiz: It sounds like Sandra's up.

Mrs. Ortiz: I'll go check on her.

Mr. Ortiz: What's happening?

Mrs. Ortiz: Her coughing and wheezing are worse. She's having trouble breathing. I can tell because her neck is sucking in with each breath. She's also having a little trouble talking.

Mr. Ortiz: When did she last take her medication?

Mrs. Ortiz: She took it at 9:00 tonight.

Mr. Ortiz: What do you think we should do? Call the doctor or take her to the emergency room now?

What clues can you use to describe how bad Sandra's symptoms are?

What should Sandra's parents do?

Lesson 4: Find My Asthma Triggers at Home

Things that trigger my asthma symptoms

Find and circle your asthma triggers in the picture.

My asthma symptoms are triggered by _____

Draw your worst trigger.



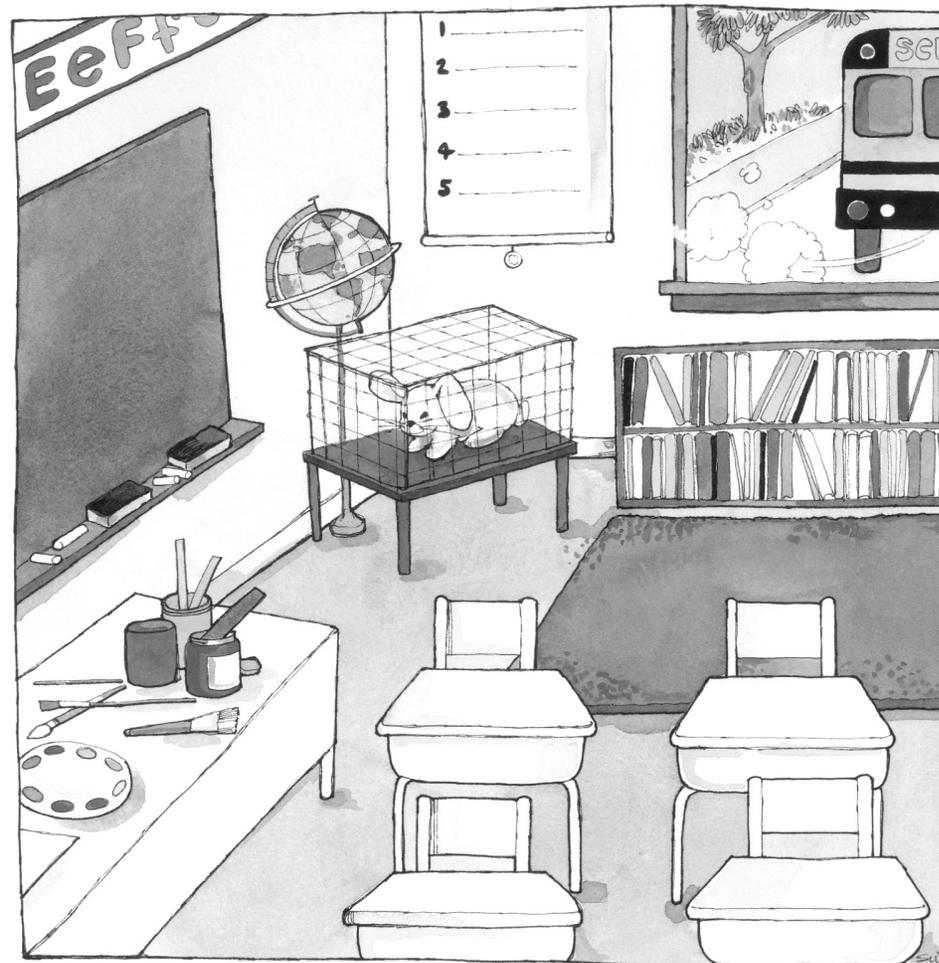
Lesson 4: Find My Asthma Triggers at School

Things that trigger my asthma symptoms

Find and circle your asthma triggers in the picture.

My worst asthma trigger is _____

Some solutions to this problem are _____



Lesson 5: Story of George, Part 1

George and his mom are walking home from the store.

George: Mom, I'll see you later. I'm going to play basketball with the guys for a while.

Mom: George, what's the matter with you? You know how basketball can bring on your asthma symptoms. You are coming home with me.

George: Oh, mom, you never let me do anything.

What can George say to his mom so that he can play basketball? What can George do?



Lesson 5: Story of George, Part 2

It's the beginning of the second half of the basketball game during P.E. class.

Coach Baker: I am taking you out now, George.

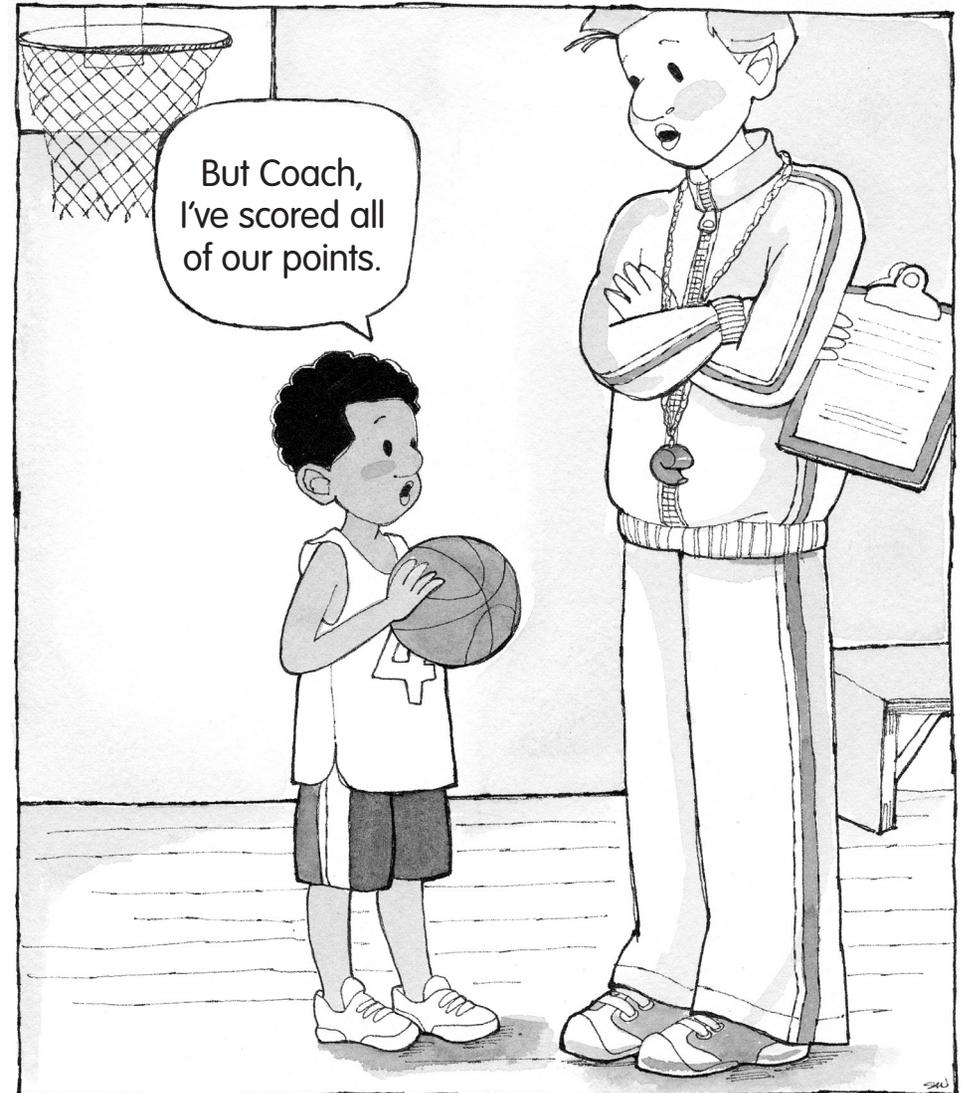
George: Why, Coach Baker?

Coach Baker: I don't want you to get sick with asthma. I don't know how to take care of it.

George: But Coach Baker!

Coach Baker: On the bench, George!

What can George say to his coach so that he can play basketball? What can George do?



Lesson 5: Tensing and Relaxing Exercise

1. Sit up straight on a chair, or lie down comfortably on the bed or floor.
2. Place your hands on your legs or at your side.
3. Close your eyes and drop your chin onto your chest.
4. Tense the muscles on the top of your head as tight as you can. Hold tight, then relax.
Tense, hold, then relax your face.
Tense, hold, then relax your shoulders.
Tense, hold, then relax your arms and hands.
Tense, hold, then relax your stomach.
Tense, hold, then relax your buttocks.
Tense, hold, then relax your legs and feet.
5. Now think of the most beautiful place you have ever visited and imagine you are there for a few moments. Relax.
6. When you are ready, open your eyes and come back.



Open Airways For Schools: Post-Program Questionnaire

NAME: _____ SCHOOL: _____ DATE: _____

Below are questions about yourself. Please either write in your answer neatly, or fill in the circle that best describes you.

- What grade are you in? 3rd 4th 5th 6th
- How old are you? 8 9 10 11
- Are you a boy or a girl? Boy Girl
- Have you ever been in an Open Airways For Schools class before? No Yes

Think about when you have asthma symptoms.

1. Do you take medicine to stop your asthma symptoms?
 No Sometimes All the time
2. Do you try to relax and stay calm?
 No Sometimes All the time
3. Do you do belly breathing to relax?
 No Sometimes All the time
4. Do you try to get away from your asthma triggers?
 No Sometimes All the time
5. Do you watch to see if your symptoms get better or worse?
 No Sometimes All the time
6. Do you tell an adult when you are having symptoms?
 No Sometimes All the time

Open Airways For Schools: Post-Program Questionnaire

What signs mean you should call the doctor or go to the emergency room?

7. **Your wheezing or coughing gets worse after you take medicine.**

No, don't go to the doctor. Yes, go to the doctor.

8. **You rested and your asthma symptoms are gone.**

No, don't go to the doctor. Yes, go to the doctor.

9. **You have mild wheezing and you can play.**

No, don't go to the doctor. Yes, go to the doctor.

10. **You are having a hard time walking, talking, or playing.**

No, don't go to the doctor. Yes, go to the doctor.

From the list below, circle the things that bring on your asthma. Also circle the things that can bring on asthma in other people with asthma.

Pets like dogs, cats, rabbits

Strong smells like perfume,
hairspray, and cleaning products

Mold

Smoke

Pollen

Cuts

Changes in weather

Having a cold

Touching dirty things

Vitamin pills

Cockroaches

Very cold air

Physical activity like running,
swimming, or playing

Strong feelings like laughing or crying

Certificate of Good Asthma Management

_____ has successfully completed the *American Lung Association Open Airways For Schools* program and is now an Expert in Asthma Management.

Instructor Signature

Date of Class Completion

I am now an Expert in my own Asthma Management! This is what I know and what I can do:

- | | |
|--|---|
| <input type="checkbox"/> I know how asthma affects my lungs. | <input type="checkbox"/> I know what my asthma triggers are. |
| <input type="checkbox"/> I can do belly breathing for relaxation. | <input type="checkbox"/> I can avoid things that trigger my asthma symptoms. |
| <input type="checkbox"/> I know my asthma warning signs. | <input type="checkbox"/> I know how to talk to parents, teachers, coaches, and friends about my asthma. |
| <input type="checkbox"/> I can take my asthma medication at the right time and in the right way. | <input type="checkbox"/> I know how to keep calm and relaxed. |
| <input type="checkbox"/> I know when to ask an adult for help. | <input type="checkbox"/> I know how to stay active. |
| <input type="checkbox"/> I know how to solve problems with my medicines. | <input type="checkbox"/> I know when I'm OK to go to school and when I need to stay home. |
| <input type="checkbox"/> I know when I need to get medical help. | <input type="checkbox"/> I know how to make up missed schoolwork. |

Student Signature

