

## **Suggested list of Texas School Nurse Organization Asthma Resources:**

### **For school professionals:**

**Asthma Basics:** free self-paced online learning module designed to help people learn more about asthma.

[https://lung.training/courses/asthma\\_basics.html](https://lung.training/courses/asthma_basics.html)

**Asthma Management in Schools: Assessing a Child's Readiness to Carry and Use a Quick-Relief Inhaler:** a free interactive online learning module designed to assist designated school health staff assess a child's readiness to carry and use a quick-relief inhaler.

<https://lung.training/courses/readiness.html>

**Open Airways for Schools:** for children ages 8-11 to learn how to better manage their own asthma by trained facilitators

[https://lung.training/courses/open\\_airways.html](https://lung.training/courses/open_airways.html)

**Kickin' Asthma:** an asthma management program for kids ages 11 – 16 (grades 6-10) that educates and empowers them through a fun and interactive approach to asthma self-management

<https://lung.training/courses/kickin-asthma.html>

**Asthma Educator Institute:** two-day preparatory course for healthcare professionals that want to implement asthma guidelines-based care. Ask about a scholarship!

<https://www.lung.org/professional-education/training-certification/asthma-educator-institute>

**Asthma-friendly Schools Initiative:** there is a large variety of school resources with topics including: maximize school health services; build asthma education; provide a healthy school environment; manage physical ed & activity; an asthma friendly schools toolkit

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-friendly-schools-initiative>

**Four Steps for Creating an Asthma-friendly School:** a series of short interactive modules designed to help schools and school districts create a safe and healthy learning environment for students with asthma.

<https://lung.training/courses/four-steps.html>

**Managing severe asthma:** information on identifying, testing, types, and treatments

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/learn-about-asthma/severe-asthma>

**E-cigarettes and Vaping Education:** e-cigarette use among youth is a significant public health concern and steps must be taken by parents, educators and especially policymakers to

discourage use of e-cigarettes. Learn more about e-cigarettes lung health risks and get downloadable resources for parents, schools and teens.

<https://www.lung.org/quit-smoking/e-cigarettes-vaping>

**Asthma Control Test:** tool for monitoring asthma control

Ages 12 and above (pdf): [https://getastmahelp.org/documents/ACT\\_AdultEng.pdf](https://getastmahelp.org/documents/ACT_AdultEng.pdf)

Ages 4-11 (pdf): <https://www.greenhillspeds.com/wp-content/uploads/2015/12/Asthma-Control-Test-4-to-11-years.pdf>

**Take the Asthma Control Test online:** <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-control-assessment>

**Asthma delivery devices:** videos showing the correct way to use a variety of asthma medication delivery devices

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos>

**Breathing techniques:** videos for pursed lip breathing and belly breathing to help with shortness of breath

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos>

**For child/family with asthma:**

**Asthma Basics:** free self-paced online learning module designed to help people learn more about asthma.

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-basics>

**What triggers your asthma worksheet (pdf)** - see attached pdf document that can be loaded into TSNO website.

**Avoiding and controlling asthma triggers (pdf):** <https://www.lung.org/getmedia/d3bafd22-cb2c-48cb-9855-4d3b1d891a17/avoiding-and-controlling-triggers.pdf.pdf?ext=.pdf>

**Asthma Action Plan – English (pdf):** <https://www.lung.org/getmedia/dc79f142-a963-47bc-8337-afe3c3e87734/asthma-action-plan-2020.pdf>

**Asthma Action Plan - Spanish (pdf):** <https://www.lung.org/getmedia/7ce19fa1-341a-48a8-8258-d6ace3d04189/asthma-action-plan-spanish.pdf.pdf>

**Videos: What is asthma?** <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/what-is-asthma>

**Asthma medications:** <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/patient-resources-and-videos>

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**Take the Asthma Control Test online:** <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-control-assessment>

**Questions to ask your doctor:** <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/questions-to-ask-your-doctor-about-asthma>

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