Field Trip Safety with Asthmatic Students

Ensuring a Safe and Enjoyable Field Trip Experience

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Asthma Triggers in the Field Trip Environment:

- Air pollution
- Dust
- Pollen
- Cold weather
- Exercise
- Stress
- Etc.

Field Trip Preparation

First & foremost, you have to KNOW about the field trip.

- Give your staff a reminder at the beginning of the school year to inform you ahead of time when field trips are on the calendar.
- Send reminder emails to staff through the year as needed.
- Talk to your building secretary (usually the knower of ALL things)

Field Trip Preparation

Student Medical Information:

- Identify students attending that have asthma
  (this may be running a report or looking through your inhalers/orders)

- Make a copy of Asthma Action Plans for students with one on file

Field Trip Preparation

Communication with Students, Staff & Parents:

-Discuss the field trip details: This may look different dependent on your school size.

-HS/MS, if they self carry, how can you connect with them to remind them to bring their inhaler?

- Elementary, I don't always connect with parents beforehand, however, if severe asthmatics attending, I do touch base with the parents to inform of field trip prep.

-Educate/refresh staff member(s) on inhaler use (review RESCUE protocol & disposable chamber use)

What to Pack

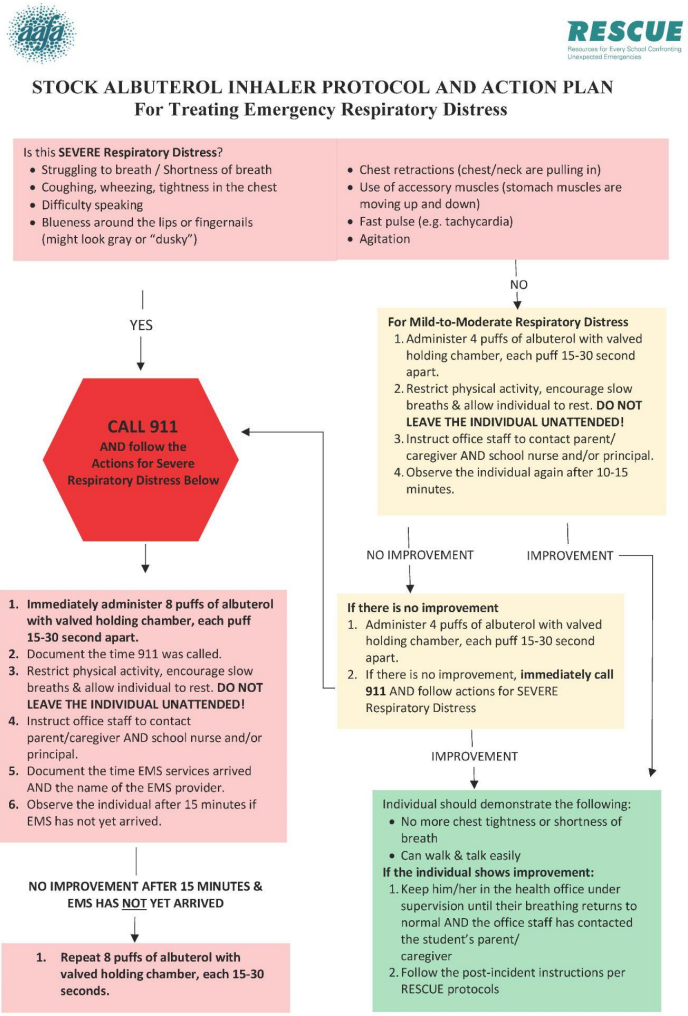
Student prescribed inhalers/spacers

Asthma Action Plans

LiteAir holding chambers

Stock albuterol protocol/action plan

Stock albuterol MDI



RESCUE
Resources for Every School Confronting Unexpected Emergencies

STOCK ALBUTEROL INHALER PROTOCOL AND ACTION PLAN
For Treating Emergency Respiratory Distress

Is this **SEVERE Respiratory Distress**?
- Struggling to breath / Shortness of breath
- Coughing, wheezing, tightness in the chest
- Difficulty speaking
- Blueness around the lips or fingernails (might look gray or "dusky")
- Chest retractions (chest/neck are pulling in)
- Use of accessory muscles (stomach muscles are moving up and down)
- Fast pulse (e.g. tachycardia)
- Agitation

YES

CALL 911
AND follow the Actions for Severe Respiratory Distress Below

1. **Immediately administer 8 puffs of albuterol with valved holding chamber, each puff 15-30 second apart.**
2. Document the time 911 was called.
3. Restrict physical activity, encourage slow breaths & allow individual to rest. **DO NOT LEAVE THE INDIVIDUAL UNATTENDED!**
4. Instruct office staff to contact parent/caregiver AND school nurse and/or principal.
5. Document the time EMS services arrived AND the name of the EMS provider.
6. Observe the individual after 15 minutes if EMS has not yet arrived.

NO IMPROVEMENT AFTER 15 MINUTES & EMS HAS NOT YET ARRIVED

1. **Repeat 8 puffs of albuterol with valved holding chamber, each 15-30 seconds.**

NO

For Mild-to-Moderate Respiratory Distress
1. Administer 4 puffs of albuterol with valved holding chamber, each puff 15-30 second apart.
2. Restrict physical activity, encourage slow breaths & allow individual to rest. **DO NOT LEAVE THE INDIVIDUAL UNATTENDED!**
3. Instruct office staff to contact parent/caregiver AND school nurse and/or principal.
4. Observe the individual again after 10-15 minutes.

NO IMPROVEMENT

If there is no improvement
1. Administer 4 puffs of albuterol with valved holding chamber, each puff 15-30 second apart.
2. If there is no improvement, **immediately call 911** AND follow actions for SEVERE Respiratory Distress

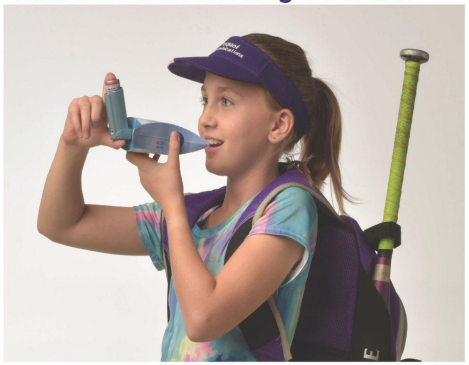
IMPROVEMENT

IMPROVEMENT

Individual should demonstrate the following:
- No more chest tightness or shortness of breath
- Can walk & talk easily

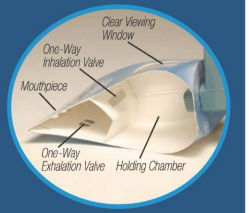
If the individual shows improvement:
1. Keep him/her in the health office under supervision until their breathing returns to normal AND the office staff has contacted the student's parent/caregiver
2. Follow the post-incident instructions per RESCUE protocols

LiteAire® MDI Holding Chamber



Collapsible MDI Holding Chamber:

* Dual Valved
* Labeled For One Week's Use
* Pop Up to Use
* Not Made With Natural Latex
* Portable/Stores Flat
* Single Patient Use
* Compatible with commonly prescribed MDI's



An Innovative Alternative

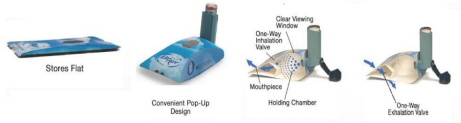
In most clinical settings, the LiteAire® MDI holding chambers can reduce costs by replacing existing rigid plastic holding chambers or inefficient spacers with a paperboard alternative. This unique paperboard design allows the LiteAire® to be reused by a patient over multiple doses while meeting, and often exceeding, the performance of plastic holding chambers.

The LiteAire® delivers true value when used in:

Emergency Rooms - For patients requiring the use of a holding chamber for immediate treatment; ideal for isolation room conditions.

Inpatient/Outpatient Pulmonary Function Testing Labs - Clean, disposable, ready to use, designed to accept most pressurized metered dose inhalers (MDIs).

Short-Term Respiratory Infections - A cost effective treatment method that meets the short-term needs of patients with acute respiratory conditions.



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“I had no idea there was a field trip!”

Keep your first aid bag stocked!

- Stock albuterol
- Stock albuterol inhaler protocol/action plan
- Lite Aire valved holding chambers

If you aren’t able to pack stock products, keeping inhalers sorted with AAP would make for a quick grab.

** Provide basic asthma education at the beginning of the school year so that your staff already have the knowledge needed to administer/assist**

Questions?

Resources

RESCUE program information :
https://weareaair.org/how-we-help/school-programs/missouri-schools/

https://drive.google.com/file/d/1wwcGszjBUulaxftPobLJ82mhO4ovO8E2/view?usp=drive_link

Asthma Action Plans:
https://allergyasthmanetwork.org/what-is-asthma/asthma-action-plan/