CCMP Guidelines for CPP: Asthma

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| **GOALS** | 1. Enhance employability by optimizing control of asthma symptoms.
2. Educate the student regarding recognition of symptoms and self-management.
3. Reduce expose to precipitants or triggers.
4. Optimize pharmacotherapy utilizing national guidelines.
5. Implement step therapy with regularly scheduled follow-up visits.
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| **Yes** | **No** | **Career Preparation Period** |
|  |  | Establish an Asthma Action Plan for student |
|  |  | Offer the student a Medical Identification bracelet/necklace/anklet |
|  |  | Visit ScheduleAt least monthly for persistent asthma – assess symptoms via standardized questionnaireAt least every 3 months for intermittent asthma |
|  |  | Availability of a personal albuterol MDI at all times on and off center |
|  |  | Clinical assessment of appropriate technique for use of MDI |
|  |  | Use of peak flow measurements for students with persistent asthma |
|  |  | Optional use of peak flow measurements for students with intermittent asthma |
|  |  | Assess vocational training match |
|  |  | Mandatory TUPP/smoking cessation enrollment (if applicable) |
|  |  | Reduce or eliminate exposure to other precipitants |
|  |  | Optimize pharmacotherapy according to national guidelines |
|  |  | Daily controller medication for students with persistent asthma |
|  |  | Availability of nebulizer in health and wellness center |
|  |  | Availability of pulse oximetry in health and wellness center |
|  |  | Availability of supplemental oxygen in health and wellness center |
|  |  | Annual seasonal influenza vaccination in October or November or upon entry |
|  |  | Emergency response plan |
|  |  | Educate student about potential asthma complications: Chronic lung diseaseRespiratory failurePneumothorax (collapsed lung)Death |
|  |  | Educate student about lifestyle choices: Limit occupational exposure to respiratory irritants Avoid smoking, second hand smoke, and illicit drug useWeight managementEncourage fruits, vegetables, low fat milk, increased fiberAvoid soda and fruit juicesEncourage aerobic physical activity (30 minutes per day, 5 days per week)Avoid sedentary lifestyle (limit TV and other screen time)Limit alcohol use |
|  |  | Educate student on asthma management as it relates to employment |