

Asthma



Introduction to Asthma



Supporting Students and Reducing Asthma Risks



Asthma Medications and Inhaler Access



Recognizing and Responding to an Asthma Emergency



Follow-Up and Key Takeaways



Knowledge Check



Conclusion

Introduction to Asthma



Click on the ► play button to listen. As you listen, continue scrolling to follow along with the content the speaker is discussing.

What Is Asthma?

Asthma is a chronic lung condition that causes the airways to become narrowed and inflamed. Common symptoms include:

- Coughing
- Wheezing
- Chest tightness
- Difficulty breathing
- Fatigue or restlessness

These can result in airway inflammation, increased mucus production and tightening of airway muscles.



Asthma affects

- Over 4.6 million Canadians
- Approximately 900,000 children and youth

Impact at school

- A leading cause of school absences
- A leading cause of emergency room visits in children
- Can affect learning, attendance, and participation

Well-managed asthma helps students participate fully in school life.

CONTINUE

Supporting Students and Reducing Asthma Risks



Click on the ► play button to listen. As you listen, continue scrolling to follow along with the content the speaker is discussing.

Every student's Plan of Care should identify

- Prevention strategies
- Daily management needs
- Asthma symptoms
- Emergency procedures
- Student accommodations
- Roles and responsibilities



Common Asthma Triggers

Allergens —

- Dust mites
- Mould
- Pollen
- Pet dander

Irritants —

- Strong scents
- Cleaning products
- Smoke and vaping
- Poor air quality

Other Triggers —

- Physical activity
- Respiratory infections
- Extreme weather
- Wildfire smoke

Reducing Asthma Triggers

Prevention strategies include:

- Keep classrooms clean and well ventilated
- Reduce strong scents and irritants
- Monitor air quality
- Encourage handwashing and illness prevention
- Adapt activities during poor air quality or extreme weather

Students with asthma should be encouraged to participate safely.

CONTINUE

Asthma Medications and Inhaler Access



Click on the ► play button to listen. As you listen, continue scrolling to follow along with the content the speaker is discussing.

Asthma Control and Medications

Controller (Maintenance) Medications —

Daily Management

- Taken daily
- Reduce airway inflammation
- Prevent symptoms

Reliever (Rescue) Medications —

Emergency Relief

- Work quickly
- Open the airways

- Used during symptoms or emergencies



Students should always have access to their rescue inhaler.

Accessing and Administering Inhalers

METERED-DOSE INHALERS (MDIS)

DRY POWDER INHALERS (DPIS)

Metered-Dose Inhalers (MDIs), also known as puffers, deliver medication using a pressurized canister. ***A spacer is recommended*** because it helps more medication reach the lungs.



METERED-DOSE INHALERS (MDIS)

DRY POWDER INHALERS (DPIS)

Deliver medication as a dry powder that is inhaled into the lungs.



CONTINUE

Recognizing and Responding to an Asthma Emergency



Click on the ► play button to listen. As you listen, continue scrolling to follow along with the content the speaker is discussing.

Recognizing to an Asthma Emergency

Asthma symptoms can progress quickly. Recognizing the signs and responding promptly can help prevent a serious emergency.

MILD TO MODERATE EPISODE

SEVERE ASTHMA EMERGENCY

Watch for the following symptoms:

- Coughing
- Wheezing
- Chest tightness
- Trouble breathing
- Fatigue

MILD TO MODERATE EPISODE

SEVERE ASTHMA EMERGENCY

Treat the situation as an emergency if the student experiences:

- Difficulty speaking
- Rapid breathing
- Bluish lips or fingernails
- Drowsiness
- No improvement after inhaler use

No improvement after inhaler use is a sign of a severe asthma emergency.

Responding to Asthma Emergencies

How to Respond

Select each step to review the appropriate response.

Step 1

Mild to Moderate

1. Prompt inhaler use
2. Monitor symptoms
3. Follow the Plan of Care

Step 2

Severe Emergency

1. Administer the rescue inhaler
2. Call for help / 911
3. Monitor closely
4. Repeat medication if directed
5. Transport to hospital

Asthma and anaphylaxis can look similar.

Both conditions may cause difficulty breathing, wheezing, and respiratory distress.



If unsure, administer epinephrine first because epinephrine can treat both severe allergic reactions and serious asthma symptoms.

CONTINUE

Follow-Up and Key Takeaways



Click on the ► play button to listen. As you listen, continue scrolling to follow along with the content the speaker is discussing.

After an asthma incident

- Document the incident
- Communicate with families
- Review the Plan of Care
- Monitor recovery
- Replace or replenish medications

Remember

- Know the student's triggers
- Ensure access to inhaler
- Recognize symptoms early
- Act quickly during emergencies

CONTINUE

Knowledge Check

Question

01/02

What are some common asthma triggers found in a school setting?

Select the correct answer.

- ☐ strong smells, physical activity, and classroom pets
- ☐ cold weather, viruses, and odours from cleaning supplies
- ☐ dust mites, air pollution, and mould
- ☐ all of the above

Question

02/02

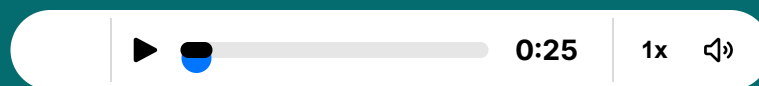
Scenario: A student named Alex, who has asthma, begins to wheeze and cough after running outside during recess on a particularly cold day. You notice Alex looks anxious and is struggling to catch their breath. Alex usually has their reliever inhaler in their backpack, but they are unable to communicate clearly at the moment.

Question: Being aware that Alex has asthma, what steps should you take to assist them in this situation?

Select the correct answer.

- ☐ Move Alex to a warmer indoor area, encourage them to sit calmly, and have them use their reliever inhaler as directed in their Plan of Care.
- ☐ Call Alex's parent(s)/guardian(s) immediately to inform them of the situation and ask if Alex should use their reliever inhaler.
- ☐ Ask Alex to take slow, deep breaths to help reduce their anxiety while monitoring their symptoms.
- ☐ Wait a few minutes to see if Alex's breathing improves on its own, as some asthma symptoms can pass with rest.

Conclusion



!IMPORTANT!

To ensure your training is marked as complete, please remember to submit the **Completion Declaration** in Brightspace. Without this step, your training will not be recorded as complete. Failure to complete the declaration may result in disciplinary action. Please take a moment to complete this final step to avoid any issues.



Overview

Bookmarks

Course Schedule

[Table of Contents](#) ✓

eLearning

Completion Declaration ✓

PDF of eLearning

1

2

Table of Contents ▾

Download

100 % 1 of 1 topics complete

eLearning

The following eLearning module will open in a new browser window. When you finished watching it, return to this page and remember to submit the Completion Declaration.

[Asthma 2026](#)
 Content Object ▾

Completion Declaration

Once you have completed and understood the eLearning, click on the [Completion Declaration](#) link below. This will open up a survey that you need to agree to and Submit to complete this course.

[Completion Declaration](#) ▾
 Survey

EXIT