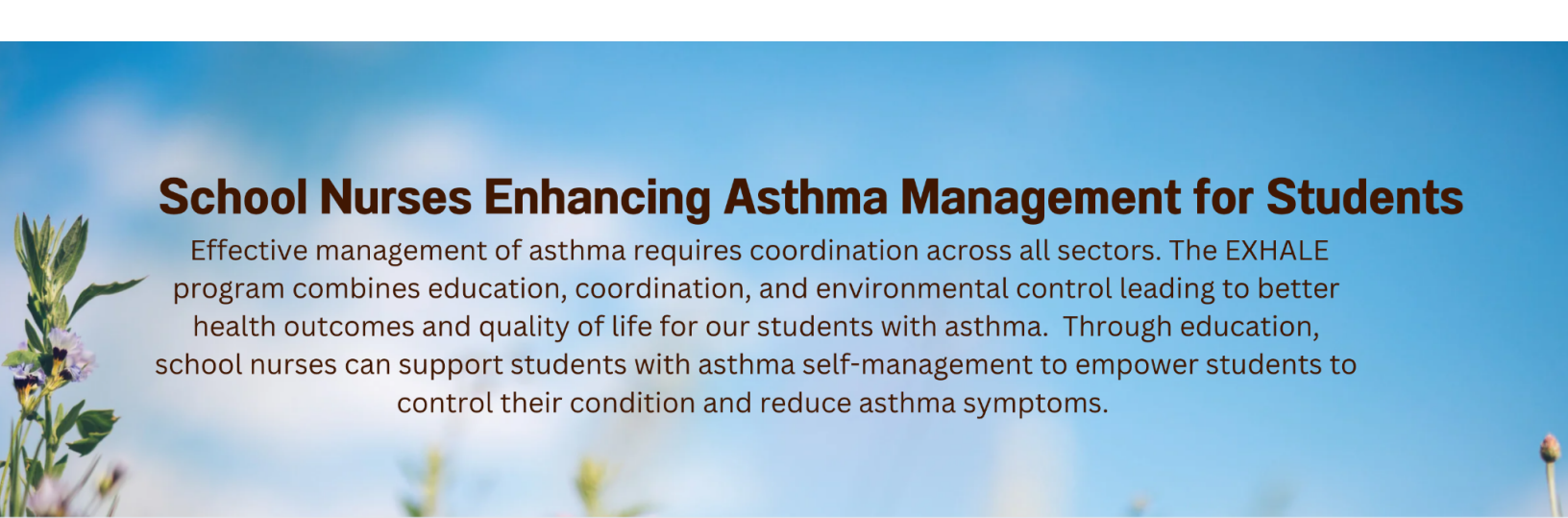




School Nurses Enhancing Asthma Management for Students

Effective management of asthma requires coordination across all sectors. The EXHALE program combines education, coordination, and environmental control leading to better health outcomes and quality of life for our students with asthma. Through education, school nurses can support students with asthma self-management to empower students to control their condition and reduce asthma symptoms.

EXHALE Program Overview

The EXHALE program offers a comprehensive range of educational courses for school nurses and SBHC aimed at improving asthma management among students and their families. For school nurses/SBHC interested in these opportunities, funding is available to support their participation.

Registration fees will be covered by the program. To register or inquire about any course, nurses can contact Beth Matthey at elizabeth.matthey@delaware.gov.

Asthma Basics

The *Asthma Basics* course is a free, one-hour interactive online learning module. It is ideal for individuals with asthma, healthcare providers, parents of children with asthma, and anyone interested in expanding their knowledge about asthma. Nurses have found this course to be particularly beneficial for updates and information. Completing this course offers 1 Continuing Nursing Education (CNE) credit.

Fees for school nurses will be supported by the EXHALE GRANT. Contact Beth Matthey to register for any course requiring a fee.

Open Airways For Schools Facilitator

- **Cost:** \$400/nurse
- **Audience:** Children ages 8-11
- **Description:** Facilitators help children manage their asthma through basic information, skill modeling, and curriculum review.
- **Contact Hours:** 6

Kickin' Asthma Facilitator

- **Cost:** \$400/nurse
- **Audience:** Kids ages 11-16
- **Description:** Focuses on asthma self-management techniques through interactive methods.
- **Contact Hours:** 4

N-O-T Facilitator

- **Cost:** \$400/nurse
- **Program:** Not On Tobacco®
- **Description:** Leads the ALA's teen smoking and vaping cessation program.
- **Contact Hours:** 7

Asthma Educator Institute

- **Cost:** \$300/nurse, with online training available
- **Description:** A professional development course that prepares participants for the National Asthma Educator Certification Board exam.
- **13.75 CNE Available**
- **Note:** Exam fee not covered by the grant

INDEPTH Facilitator

- **Cost:** Free
- **Description:** Plans and implements an educational program as an alternative to suspension for tobacco, vaping, or nicotine violations.
- **Contact Hours:** 1

NASN Asthma Clinical Guidelines

- Free for members and non-members
- Will need to sign in to NASN to access
- Emphasizes the role of the school nurse in assessing the level of control for the student with asthma, assisting them with asthma self-management, administering asthma-specific medications with various delivery systems, evaluating and managing environmental control, coordinating collaborative partnerships, and implementing asthma-specific policies in the school setting.

Contact Information

For more details or to register for any of the courses, please reach out to:

Beth Matthey

Email: elizabeth.matthey@delaware.gov

Phone: 302-379-5322

Access the full resource list from the American Lung Association (ALA) to support Delawareans with asthma and to enhance your knowledge and skills in asthma management.

The EXHALE Project is a partnership between the DE Division of Public Health, the American Lung Association of Delaware, the [DE Department of Education](#), [Sussex County Health Coalition](#) and [Nemours Children's Health](#)

[School Nurse Asthma Minute Newsletters](#)