

## Research Assessment 10

**Date:** January 21, 2022

**Subject:** School Management of Pediatric Asthma

### MLA Citation:

Walker, Timothy J, and Marina Reznik. "In-school asthma management and physical activity: children's perspectives." *The Journal of asthma: official journal of the Association for the Care of Asthma* vol. 51,8 (2014): 808-13. doi:10.3109/02770903.2014.920875

### Assessment:

As the final product is coming soon, for this assessment I wanted to do something which would be related to it. For the implementation of my asthma kits, I always thought that schools would be a good option because of students being easily accessible. Additionally, negatively impacting school life is one of the largest negatives which come along with the illness. To understand more about asthma in school, this article helped me see it better as it is from the point of view of students. I thought that this was interesting as so far in my research I have not seen much from the students' point of view. However, I think this is necessary for me to have because the kids with asthma should be the most important stakeholder when it comes to discussions around pediatric asthma management.

This article was mostly centered around physical activity. Although it is necessary for exercise in good asthma management, the opposite often happens in schools as kids with the illness are often allowed to sit out and not participate due to it exacerbating symptoms (Walker and Reznik). As poor asthma control in school is often tied up in misconceptions such as these, it shows how large the lack of awareness and education is over it. The article showed that even teachers and nurses played a part in advancing these by doing things such as not letting children go take their medication or not telling the students the rules on what they are allowed to do in terms of treating their asthma at school (Walker and Reznik). As all my interviews stressed, so many of the problems which surround asthma could go away with asthma education, which is what my kit is focused on.

As this article is focused on school, I was able to compare what was written to my own experiences and what aligns between the study and my own life. The school that the students from this study went to was from the Bronx and most of the children were minorities who came from low-income families, so it had a lot of differences with Frisco. However, many of the difficulties that students had in this school are things that I have also seen such as teasing, limited PE in schools, and teachers not being clear on asthma guidelines. As someone who is close to the age of the children in this article, it was cool to be able to relate a little more to what they were saying as I usually don't find a place for my input when reading medical articles.

By reading his article, I gained insight on something I really needed in order to understand pediatric asthma holistically with the students' perspective. It was nice to see that I've covered a lot of things already with my kit, such as including a good asthma management plan. From finding some of the problems that exist in schools today, I've gotten ideas for some things to include in my book. In the future, I want to be able to get more on how children with asthma view their condition and how they think would be the best way to manage it. However, this may be difficult as this is the only article I've come across which deals with the child's point

of view this year. I can maybe even implement this idea in my final product somehow to make sure that children's voices are heard.