



School Nurse Direct Observed Inhaled Corticosteroid Therapy

This tool assists in the collaboration between the health care provider and the school nurse to manage a student whose asthma is poorly controlled and will be taking daily controller medication (inhaled corticosteroid) at school until asthma control is demonstrated. Its use is particularly indicated for students receiving intensive case management services at school.

Signs that a student’s asthma is not under good control:

Indicate by checking the appropriate box whether any of the signs or symptoms listed below have been observed or reported by parents or children within the past 6 months. If any boxes are marked, this suggests difficulty with following the treatment plan or need for intervention with Direct Observed Inhaled Corticosteroid Therapy.

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| <input type="checkbox"/> Asthma symptoms more than twice a week that require quick- relief medicine (short-acting beta2-agonists, e.g. albuterol): | <input type="checkbox"/> Missing school or classroom time because of asthma symptoms |
| <input type="checkbox"/> Symptoms get worse even with quick relief meds | <input type="checkbox"/> Having to stop and rest at PE, recess, or during activities at home because of symptoms |
| <input type="checkbox"/> Waking up at night because of coughing or wheezing | <input type="checkbox"/> Symptoms require unscheduled visit to doctor, emergency room or hospitalization |
| <input type="checkbox"/> Frequent or irregular heartbeat, headache, upset stomach, irritability, feeling shaky or dizzy | <input type="checkbox"/> 911 call required |

Next Steps
Prescribe Medications
<ul style="list-style-type: none"> • Provide Asthma Action Plan (AAP) permitting medication to be administered at school (HISD AAP or form from provider accepted).
<ul style="list-style-type: none"> • Include orders prescribing long-term-control medication(s) (controller) on AAP or separate medication consent form clearly indicating that it is to be given during the school day.
<ul style="list-style-type: none"> • Include orders prescribing quick-relief (short-acting B2-agonist) medication on AAP or separate medication form.
Communication with the School District/School Nurse
<ul style="list-style-type: none"> • Remind parent/guardian to take this form and AAP along with all medications to the school nurse.
<ul style="list-style-type: none"> • Asthma Action Plan and other order physician order forms may be found at HISD Health and Medical Services
<ul style="list-style-type: none"> • Directory of Schools may be found under “School Search” at https://www.houstonisd.org/
<ul style="list-style-type: none"> • Directory of School Nurses may be found at HISD Health and Medical Services
<ul style="list-style-type: none"> • Director, Health and Medical Services – 713 556 7280