HIGHLIGHTS

- 16 schools and 3 School Based Health Centers were trained in Easy Breathing for Schools
- 142 students participated in Easy Breathing for Schools
- On average, childhood Asthma Control Test/Asthma Control Test and Inhaler Technique Checklist scores improved over the course of the program
- Inhaler Technique Checklist was the most liked program element
- All school nurses returning next school year plan to continue Easy Breathing for Schools

OUR FIRST YEAR

Congratulations on finishing up another school year, and thank you to for helping us in our first year implementing Easy Breathing for Schools!

Hoping to continue the momentum from Building Bridges for Asthma Care, we trained 16 school nurses and 3 School Based Health Center practitioners in the streamlined Easy Breathing for Schools program. These busy nurses with minimal support were able to implement Easy Breathing for Schools and worked with over 140 individual students with asthma.

They evaluated students for their risk of adverse asthma outcomes with the Asthma Survey, assessed their level of asthma control with the Childhood Asthma Control Test or Asthma Control Test, monitored their inhaler use with the Inhaler Technique Checklist, communicated with healthcare providers using the Referral Checklist, and reviewed asthma medication and provided asthma education. After only one school year, we are impressed with the amount of work done and are hopeful that this program will be as successful as Building Bridges for Asthma Care.

SCHOOL NURSE SPOTLIGHT: ANNE-MARIE ALCIDE

All our school nurses/healthcare practitioners worked so hard this school year but we would like to especially recognize Anne-Marie Alcide from Martin Luther King School. She was trained in late November and implemented Easy Breathing for Schools with 18 individual students. Most impressively, during an already chaotic school year she was able to complete all elements of the program, including the Referral Checklist. Anne-Marie noted that she was skeptical of the Referral Checklist at first but when she received new students in April and May, she found the Referral Checklist helpful when trying to contact healthcare providers. Thank you Anne-Marie!
PRELIMINARY SUMMARY OF 2015—2016 DATA

“Should have been implemented a long time ago. It has been very helpful to my students and I have definitely seen an improvement in attendance”

- J. Howell—Smith, BreakThroughII

In our first year of Easy Breathing for Schools, 19 school nurses/healthcare practitioners were trained from September 2015 to March 2016. These RNs, APRNs, and PA-Cs worked very hard:

- Their years of experience range from 1 to 30 years with an average of 11 years as a school nurse and an average of 6 years at their current school
- 78% estimated the Easy Breathing for Schools program took an additional 16 – 30 minutes per student
- All returning school nurses said they would continue the program next year and 82% were “satisfied” or “extremely satisfied” with the program

These nurses implemented Easy Breathing for Schools with 142 individual students, aged 5 to 14 years old, across 16 different schools in Hartford. Our preliminary data shows:

- 41 of these students are at risk for adverse asthma outcomes
- The Inhaler Technique Checklist was also the most used program element with 115 individual students monitored
- 67% of school nurses listed the Inhaler Technique Checklist as the most liked element of the Easy Breathing for Schools program
- On average Childhood Asthma Control Tests/Asthma Control Test and Inhaler Technique Checklist scores improved over the course of the program

NEXT STEPS AND NEXT YEAR

We will be continuing Easy Breathing for Schools! Please feel free to use the same forms and materials you already have next school year. This is a great time to take a few minutes to reflect on this past year and think of strategies for implementing Easy Breathing for Schools next year. We will see you at the Professional Development days for the new school year in August. In the meanwhile, don’t hesitate to contact us if you have any questions or need any support. Enjoy your summer!

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