



**AMERICAN LUNG ASSOCIATION IN HAWAII
ASTHMA PROGRAMS**

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Open Airways in the Schools® (OAS) is a “Best Practices” program designed and tested by the national American Lung Association to provide asthma management and emergency skills to students with asthma.

OAS consists of 6-sessions, 40-minutes each, which covers the following:

- Lesson 1: “Basic Information/Feelings About Asthma”
- Lesson 2: “Recognizing and Managing Asthma Symptoms”
- Lesson 3: “Solving Problems with Medicines/Deciding How Bad Symptoms Are”
- Lesson 4: “Finding and Controlling Asthma Triggers”
- Lesson 5: “Keeping Your Battery Charged-How to Get Enough Exercise”
- Lesson 6: “Doing Well at School”

Open Airways Plus Providers (Asthma 101 for Schools) is designed to provide basic information about asthma and its management for all school personnel within public and private schools, day care centers, school organizations, etc.

This one-hour presentation will teach school staff:

- Early recognition of asthma symptoms
- Common asthma triggers
- Asthma medications
- How to handle an asthma emergency

Open Airways Plus Parents (Asthma 101 for Parents) is designed to provide parents with information and strategies for managing their child’s asthma.

This 90-minute presentation teaches parents/guardians:

- Basics of asthma
- Importance and proper use of medications
- How to handle medical emergencies
- Identify “triggers” (environmental conditions or personal situations that initiate an asthma episode)
- Different signs to keep their children home from school and when it is okay to go to school.