



## National Association of School Nurses

# Managing Asthma Triggers (MAT)

Children's exposure to indoor air pollution has increased during the last several decades and since children have a smaller body mass they are more susceptible to the effects of indoor air pollutants. Children are also at greater risk of pollutants because of the hours spent in school facilities with unsatisfactory indoor air quality. Proper maintenance of indoor air is an investment in the students and staff of our schools. School nurses can influence decisions related to indoor air quality.

### Goal

Create a healthy learning environment through improving Indoor Air Quality and Increase awareness of potential asthma triggers within the school environment to reduce asthma episodes.

### Continuing Education:

3.4 nursing contact hours provided. The National Association of School Nurses, Inc. is accredited as a *provider* of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

*(Provider approved by the California Board of Registered Nursing, Provider Number #CEP 12292 for 3.4 contact hours)*

### Course Materials:

Comprehensive course notes, numerous asthma-related resources, and voucher for *Indoor Air Quality Tools for Schools Kit*.



## Objectives

Following this course, school nurses will be able to:

1. Demonstrate an understanding of asthma, treatments and prevention.
2. Identify asthma triggers and irritants initiating asthma episodes.
3. Recognize the needs and concerns of students who have asthma.
4. Identify methods to promote optimal management of the school environment and *Indoor Air Quality Tools for Schools* to reduce asthma triggers and asthma episodes.
5. Indicate stakeholders and team members to promote *Indoor Air Quality Tools for Schools* measures in school.
6. Describe the role of school nurse in improving indoor air quality

Cost:

Free course

NASN's Programs have been written for registered nurses employed in the specialty of school nursing.

For more information about how to bring this educational offering to your area, contact NASN at 1-866-627-6767, email at [nasn@nasn.org](mailto:nasn@nasn.org), or visit the web site at [www.nasn.org](http://www.nasn.org). or contact trainer below.

This program was developed in association with the U.S. Environmental Protection Agency.

### National Trainer

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