



# Dealing with Asthma, Diabetes and Epilepsy in Schools

# Rights and Responsibilities

- **Laws protect the rights of students**
- **Know school policy.**

# Asthma Episodes

- **Cough**
- **Gasp for air**
- **Breathe with a wheezing, whistling noise**
- **Have no energy for play**
- **Complain of tightness or pain in the chest.**

# Common Triggers

- **Pollen, mold, animal dander**
- **Perfume or other strong odors**
- **Vigorous exercise**
- **Cold, humidity, sudden temperature changes**
- **Cigarette smoke.**

# Treatments

- **Take medications**
- **Breathe from inhaler.**

# Handling an Episode

- **Avoid drawing extra attention to student**
- **Stay calm and reassure student**
- **Don't leave student unattended**
- **Get medical assistance.**

# Diabetes: Low Blood Sugar / Hypoglycemia

- Too much insulin
- Too little food
- Too much exercise.

# Student May

- **Be lethargic**
- **Shake or sweat**
- **Have change in personality.**



# Recourse

**Have student consume:**

- **Glucose tablets**
- **Fruit juice**
- **Sugar-sweetened soda.**

# Diabetes: High Blood Sugar / Hyperglycemia

- Too little insulin
- Too much food converted to sugar.

# Student May

- **Be thirsty**
- **Vomit**
- **Have fruity smelling breath**
- **Experience dry mouth**
- **Have abdominal pains.**

# Recourse

**Have student drink:**

- **Diet soda**
- **Water.**

# Complete Epileptic Seizures

- Abruptly loses consciousness
- Falls
- Stiffens
- Jerks
- Relaxes
- Regains consciousness.

# Partial Epileptic Seizures

- **Fluttering eyelids**
- **Loss of awareness**
- **Confusion**
- **Loss of muscle tone**
- **Muscle jerks, tics, twitching**
- **Seeing, smelling, hearing things not there.**

# Recourse

- **Control scene**
- **Approach student gently**
- **Protect student**
- **Don't move student unless in danger**
- **Allow seizure to take its course**
- **Note length of seizure and movements.**

# For Any Medical Situation

- **Be familiar with daily routines**
- **Avoid undue attention on student**
- **Don't leave student alone**
- **Protect from embarrassment**
- **Report incidents.**



# When to Call 911

- **When seizure lasts more than 5 min.**
- **If student is pregnant**
- **If seizure follows head injury**
- **If student has no previous history of seizures.**