

Authorization to Carry and Self-Administer a Prescription Quick-Reliever Asthma Inhaler and Self Carry Student Agreement

OVERVIEW

The 77th Texas Legislature enacted House Bill 1688 that amended the Texas Education Code to entitle a student with asthma to possess and self-administer a prescription asthma inhaler while on school property or during a school related event. As students enter secondary schools and reach appropriate maturity, self-carry of quick reliever medication is encouraged and necessary to ensure quality of life. Due to the nature of inhaled medications, proper technique and understanding medication actions are crucial. The district has established a process to support quick reliever medication self-administration, ensure proper technique, and the student's ability to understand asthma, symptoms, and disease management. A case-by-case evaluation for each request for a student to carry and self-administer a prescription asthma inhaler will be standard practice and will be in full compliance with House Bill 1688 and North East Independent School District Policy.

In compliance with House Bill 1688, the following protocol exists to support students to self-manage their asthma, self-administer their quick reliever medication in an appropriate, effective manner while providing for the safety of all students. **Authorization to Self-Carry a Prescription Quick Reliever and Self-Carry Student Agreement** form can be obtained from your campus nurse. The school nurse will ensure NEISD students follow these tools/resources as they progress to a Self-Carry status. The guidelines to ensure successful Self-Carry status are:

- **Parent/guardian of student will:**
 - Provide a written **physician's order or Asthma Action Plan (AAP preferred)** to include the student's name; asthma diagnosis; the name and dose of the prescription asthma inhaler; the frequency of use; and special precautions. The order must also state that the physician supports the student to self-carry.
 - Provide the **prescribed asthma inhaler (spacer optional but suggested) for student use with the prescription label affixed to the inhaler**. Parents understand that **two (2) inhalers** may be requested (one for the student and one as backup in clinic-nurses discretion based on student's individual circumstances) Students participating in athletics may also be required to provide an additional inhaler to the NEISD athletic trainer/coach.
 - Review Readiness to Self-Carry Assessment score and work with student if any areas need improvement.
 - Re-inforce proper inhaler technique at home.
- **Student will participate in the Assessment for Readiness to Self-Administer – mandatory**
 - *The nurse will assess the student's readiness to self-carry using the ALA Self-Carry Assessment Tool. The purpose of this tool is to create a standardized process for designated school personnel to use in order to determine a student's readiness to self-carry a quick relief inhaler during the school day/school events. Use of this tool will help identify a student's capabilities and recognize any areas that need improvement.*
 - PDF NEISD version [Fillable Self Carry Assessment](#)
 - *Scoring:*
 - *< 70 - student is NOT READY and is lacking in key knowledge areas*
 - *70-105 - student is ALMOST READY*
 - *>105 - Student is READY*
 - To self-administer, the student will be required to effectively demonstrate the ability to properly use the prescription inhaler (using the **InCheck Dial**) correctly and consistently as indicated in the District's **Self-Carry Timeline**.
- **The Nurse will:**
 - Meet with the parent and student to review these assessments.
 - Meet with the parent and student and sign this form agreeing to comply with NEISD protocols.
 - Serve as the liaison for the parent/guardian, student, faculty, campus administrators, and physician regarding the student's care by informing the student's teachers, coaches, extracurricular activity sponsors, and other district employees that the student may possess and self-administer their prescription asthma inhaler. This will be done confidentially and only on a need-to-know basis.
 - Monitor the student and re-assess skills, as stated under student responsibilities and Self-Carry Timeline

The **Authorization to Self-Carry a Prescription Quick Reliever and Self-Carry Student Agreement** will be completed by the student, parent/guardian indicating they understand and agree to follow this protocol. The nurse will collaborate with the prescribing physician as necessary to facilitate optimal treatment for the student. Parent/guardian of student and student understand the removal of self-carry privileges may occur if the student does not follow the guidelines.