



# Back to School with Asthma - Fall 2023

This newsletter is created through the partnership of **Open Airways** and the **Department of Health School Asthma Nurse**.  
**Hoping all Students in Bermuda have a Healthy & Happy 2023/2024 School Year!**

## \*\*\* 2023/2024 BERMUDA STUDENT ASTHMA REGISTRY \*\*\*

If your child has asthma, or you suspect they might,  
add their information to the newly released 2023/2024 registry.

(NOTE: Information must be entered **EVERY YEAR** as students' health, school, grade, contact information etc. may have changed.)

The registry is accessible online and provides local asthma healthcare providers, as well as the ministries of Health and Education, the ability to track and ensure proper supports are in place for students with asthma.

## REGISTER YOUR STUDENT TODAY!

<https://bit.ly/2023BermudaStudentAsthmaRegistry>

### TIPS for PARENTS

- ⇒ Have your child see their doctor NOW for their annual asthma review and ask for a Personal Action Asthma Plan.
- ⇒ Make sure their teacher knows your child has asthma.
- ⇒ Ensure your child uses their **PREVENTER** inhaler (usually orange, brown or purple) **EVERY DAY** to keep asthma away.
- ⇒ Always have a **reliever/emergency** inhaler (Ventolin or Airomir) AND a spacer clearly marked in their school bag.
- ⇒ **Reliever/emergency** inhalers must be taken on school trips, sports day, and any other trips off campus.
- ⇒ Encourage children to eat a healthy diet and get plenty of fresh air and exercise.
- ⇒ Request a new spacer if spacer is old/lost/broken. (see *contact information below*)
- ⇒ Check your students classroom environment is asthma-friendly. (ie. windows open every day, no animals, no perfume, plug-ins, air-fresheners or diffusers.)
- ⇒ Keep an eye out for special ASTHMA PTA meetings to hear more about the newest asthma guidelines.

### DID YOU KNOW?

STUDENTS with ASTHMA should be able to participate in ALL school activities— including sports!



**WELL CONTROLLED asthma keeps kids healthy, doing sports and learning!**



### IS YOUR ASTHMA WELL CONTROLLED?

- ◆ Do you have asthma symptoms more than twice a week? (cough, wheeze, tight chest)
- ◆ Do you use your 'reliever/emergency' inhaler more than twice a week?
- ◆ Do you refill your 'reliever/emergency' inhaler more than twice a year?
- ◆ Do you wake a night with asthma more than twice a month?

*If the answer is YES to ANY of these questions - your asthma is NOT well controlled.*

**SPEAK with an Asthma Nurse TODAY!**

## MEET YOUR ASTHMA NURSES!



**Nurse Debbie Barboza**  
(Department of Health)

Nurse Debbie is available to meet with you and/or your child at school and provide individualized instruction on asthma, how to use a spacer and much more.

**Nurse Lindsay Bishop**  
(Open Airways)

Lindsay is available for one-on-one consults - in the home, at the office, zoom, over the phone etc. Lindsay can provide individualized instruction on asthma, how to use a spacer, triggers in the home environment and more!



### Contact Information for FREE consult (no referral needed)

**Department of Health  
School Asthma Nurse:**  
Debbie Barboza: 332-8910  
asthma@gov.bm



**Open Airways - Asthma Nurse:**  
Lindsay Bishop: 536-6060  
nurse@openairways.com  
www.openairways.com

