

As an elementary school nurse, I have witnessed a great deal of benefit and positive results for the students I have enrolled into the TUAC Program.

One example, a 4th grader, J.L., missed much of his 3rd grade year due to allergies and asthma issues, was enrolled during the month of November. He was not taking any ICS medications- only his Albuterol rescue inhaler as needed, and his oral 'allergy meds' *if/when* he remembered to take them. During one of the assessments, the numbers he produced that morning were just simply- bad; 66% FEV1 (Yellow Zone). Our school held a fire drill that morning, so the building was evacuated to the outside.

When we returned to the building, I called J.L. to the nurse's office and thought I'd give him another shot at some better numbers. His FEV1 and PEF were worse; 51.5 FEV1!! After only being outside- *standing still in line- for less than 15 minutes*. He really didn't complain at all, and he did 'look' any 'worse'.

Later that same day, same student, came into the nurse's office after outside recess, c/o shortness of breath, shoulders to his ears, complaining that he can't breathe very well. The outside temperature was 52 degrees with 72% humidity. His FEV1 was .93 @ 48%. He used his inhaler with a spacer (he did not have a spacer or use a spacer before the TUAC program), 2 puffs. His FEV1 went to 1.7 and 89%. His shoulders and face relaxed, he was breathing through his nose again, etc.

With this experience and result, I called mom and explained what had happened that day and how much he improved and felt better after using his inhaler with the spacer. I asked mom to consider taking J.L. to the doctor with the information was sending home- the data and print-outs of our assessments of FEV1 and PEF. The student was prescribed Pulmicort, 14 doses weekly by his physician.

The parental involvement, diligence, and consistency of adhering to the new medical regimen for the student has significantly increased and improved. The student use of rescue inhaler at school has gone from 1-2 times per day, down to 1 time per month for the last 2 months. His attendance has significantly improved and he is able to participate and enjoy PE and recess more as well.

I have witnessed this program drastically change and improve the lives of several Asthmatic children at my school this year. At the *very* least, they all now have spacers, at home and at school; they have all been instructed and have had practice with the Asma-1 and In-Check Dial so they now know the proper technique to use their inhalers and can relate how it *feels* to use their inhalers properly; and their parents have been directly given information about Asthma so chores, air quality and environments for their students may be changed and improved at home as well.

Ms. Rebecca Brown is absolutely incredible with her teaching and explaining techniques to the youngest of students. She makes it fun and easy-to-follow for the kiddos. They all enjoy seeing her when she returns to our school.

The example given is just *one* of the dramatic successes that may be attributed to the TUAC Program at my school this year. I certainly plan to continue to enroll as many of my students with Asthma into the TUAC Program that I

possibly can. The information, the teaching, and the tools provided by this valuable and unique program are truly life-changing for those students and families who suffer with Asthma.

Thank you so much for improving the lives of Missouri children.

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