

The School_Nurse Daily

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Devotional highlight

“True Change” - Ephesians 4:22-24

How many of us reading this right now, take part in online shipping? Quite a few huh? Well, in that case, many of us can relate to the anxieties we feel when a package is delayed. We have been waiting on this shoe to get here for at least 4 days now, and it is nowhere near home! At this point, we have already regretted purchasing anything online in the first place, because no one seems to be reliable these days!

We live in a world that's accustomed to instant gratification, and waiting can be VERY difficult. But, do we realize just how rewarding PATIENCE is in the spiritual realm? Just like waiting on a delivery that promised us '12 days delivery' and 16 days have passed, we must wait on our prayers to be answered - only in this instance, there is no guarantee when it will be answered. God knows we are inclined to become anxious when answers to our prayers are delayed, but the scriptures remind us to wait on God. Worrying is not a necessity when we have a God whose compassion never fails. Instead, let us be still and wait patiently for Him - and those shoes.

Extract from Our Daily Bread

Diagnosis of the Week

“Asthma”



Brand new week, brand new diagnosis! And this week, we took it down to the lungs. So, asthma right? Most of us know at least one person with this illness, some more serious than others, but really, asthma is a very common illness that is generally easier to control than most diseases of the lungs. So, let's take a look at it.

[Asthma](#) is a condition where your airways (breathing passage) become narrow (get smaller) and swollen, and it may produce extra mucus. This generally makes it difficult to breathe and it can also trigger coughing, whistling sounds (wheezing), and shortness of breath.

Asthma ranges from causing us 'minor difficulties', to being a 'major nuisance' to our everyday life. Asthma is said to have no cure, but the symptoms can be treated overtime.





The symptoms for asthma vary from person to person, and it may include:

- Shortness of breath
- Chest tightness or pain
- Wheezing when exhaling, which is a common sign in children
- Trouble sleeping caused by shortness of breath, coughing or wheezing
- Coughing or wheezing that are worsened by a cold or the flu

For some individuals, before having the actual asthma attack, there is usually a period where they experience wheezing and chest tightening for a number of hours to days - signifying an impending attack.

Asthma is always triggered by something, be it a change in temperature, cement, certain flowers, or even animals. Whatever the reason is, triggers can be placed into three main groups:

- Exercise-induced asthma - completing vigorous activities, and the symptoms may get worse when the air is cold or dry
- Occupational (job-related) asthma - triggered by workplace irritants like chemical fumes, dust, or gases
- Allergy-induced asthma - triggered by airborne substances such as pollen, animal shedding, smoke or even mold spores

What is also interesting is that asthma can also be triggered by strong emotions or even stress. So, if you are asthmatic and you have been having more asthma attacks than usual, and it isn't due to your usual triggers, it is very possible that you are highly stressed!

Nevertheless, it is important that we know the signs and symptoms of a possible asthma attack, take the appropriate actions toward the attack, and maintain optimum health. Continued asthma attacks that are not treated appropriately may lead to permanent narrowing of your airway, which in turn affects how well you breathe.

Now that we are very much educated on what asthma is, let's now learn how to manage our asthma.

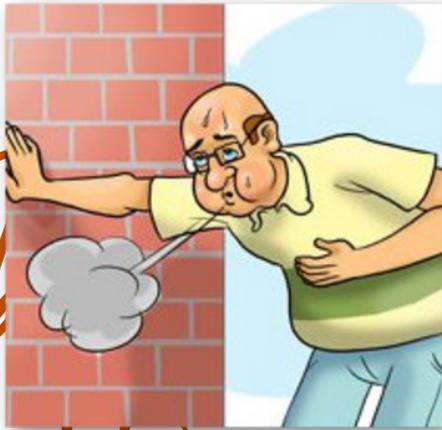
1. Learn your triggers - knowing what triggers your asthma will go a long way in preventing it.
2. Have an asthma journal - write down everything that you notice about your asthma attacks. Writing down this information also goes a long way in helping your healthcare provider caring for you more appropriately.
 - a. If you have any sign or symptom leading up to the actual attack, how long those symptoms lasted
 - b. How long does your asthma attack lasts, what sign or symptom do you experience while having the attack
 - c. What helps to ease the symptoms
 - d. What makes your attack worse
3. Ensure you always have your asthma pump with you. You can never be too safe. EVEN if you have not had an attack for over 3 years. You never know what might happen.
4. If you do have an attack and you do not have a pump, ensure that you practice taking deep breaths and try calming yourself down. Stay seated upright so your lungs maintain maximum expansion, and take your deep breaths. This will help to delay the attack, and will buy you enough time to get to your nearest health center.

Stay safe, and stay asthma free!



A Herbal Remedy

“Breathe Easy - the asthma help”



Earlier, I mentioned that asthma has no cure, but what it does have are treatments, and it comes in many shapes and forms, and here is one of the most popular ones - herbal remedies.

I have no definite source for this treatment, but I do know from experience that it is effective, and has worked wonders for some. So, give it a try.

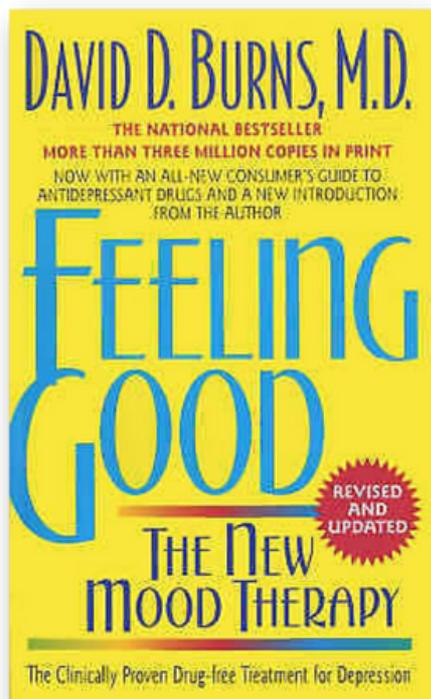
- Bring two cups of water to a boil
- Add a medium piece of turmeric
- Add a medium piece of ginger
- Add 4 cloves of garlic
- Add 5 slices of lemon (or lime)
- Add ½ dices purple onion
- Boil for 5 minutes, pour it out, add some honey if you'd like, and drink.

And just like any other herbal remedy, let's try not to drink this too often - everything is to be done in moderation.

Read a book with me!

'feeling good - the new mood therapy'

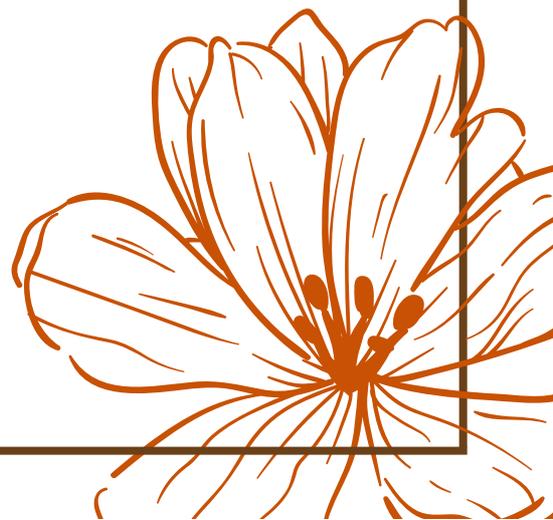
The clinically proven drug-free treatment for depression by David D. Burns, M.D



Chapter 2 - How to Diagnose Your Moods: The First Step to Cure

In the last two reviews, we went over what cognitive behavioral therapy is (CBT), as well as understanding how CBT helps us heal. For this week, we will be taking our first step to cure.

This chapter speaks to how we can appropriately self diagnose. First, by completing the Burn Depression Checklist (BDC) - a mood-measuring device that detects the presence of depression and accurately rates its severity. After completion, you can make a simple interpretation using the totaled score. Lets see if we are depressed, shall we.



Burn's Depression Checklist

Name: _____

Date: _____

Instructions: Put a check to indicate how much you have experienced each symptom during the past week, including today. Please answer all 25 items.

0 = Not At All
1 = Somewhat
2 = Moderately
3 = A Lot
4 = Extremely

Thoughts and Feelings

1	Feeling sad or down in the dumps					
2	Feeling unhappy or blue					
3	Crying spells or tearfulness					
4	Feeling discouraged					
5	Feeling hopeless					
6	Low self-esteem					
7	Feeling worthless or inadequate					
8	Guilt or shame					
9	Criticizing yourself or blaming others					
10	Difficulty making decisions					

Activities and Personal Relationships

11	Loss of interest in family, friends or colleagues					
12	Loneliness					
13	Spending less time with family or friends					
14	Loss of motivation					
15	Loss of interest in work or other activities					
16	Avoiding work or other activities					
17	Loss of pleasure or satisfaction in life					

Physical Symptoms

18	Feeling tired					
19	Difficulty sleeping or sleeping too much					
20	Decreased or increased appetite					
21	Loss of interest in sex					
22	Worrying about your health					

Suicidal Urges

23	Do you have any suicidal thoughts?					
24	Would you like to end your life?					
25	Do you have a plan for harming yourself?					

Please Total Your Score on Items 1-25 Here:

Total Score	Level of Depression
0-5	No Depression
6-10	Normal but Happy
11-25	Mild Depression
26-50	Moderate Depression
51-75	Severe Depression
76-100	Extreme Depression

Anyone with a persistent score above 10 may benefit from professional treatment. Anyone with suicidal feelings should seek an immediate consultation with a medical health professional.

Methods to help assess and reverse suicidal thoughts are provided later in the chapters, but you must consult a medical professional if suicide starts to look like your only way out. Your conviction that you are hopeless is the reason you need treatment, not suicide. Majority of seriously depressed individuals believe that they are hopeless beyond any shadow of a doubt. This destructive delusion is merely a symptom of the illness, NOT a fact.

Though 'Mild Depression' doesn't seem so bad, it is one of the most deadly depressions the author has faced. These individuals are often mildly depressed for years, and sometimes their entire lives. It is also referred to as 'Dysthymic Disorder' - this means this person is always gloomy and negative for most of the time.

Depression can mimic a number of disorders due to your mood swings creating a wide variety of puzzling physical symptoms. Including these few: constipation, diarrhea, pain, insomnia, or sleeping too much, fatigue, loss of interest in sexual activities, light-headedness, trembling, and numbness. As the depression improves, so will the symptoms.

Now, let's assume that you do NOT have a strong suicidal urge and don't need immediate medical consult, join us next week for chapter 3 of this text (and even if you do, still join us, just ensure that you are speaking with a professional).



Ask the Nurse!

Question: I think I have the stomach flu, should I stay home?

Response: You only stay home in extreme conditions. For example in cases where you are sneezing a lot, bringing up lots of mucus when you cough, if you have a very high temperature, and/or if you are weak.

But, if it's a case where you have the flu but you can function well in class, then you can come to school. This means, you may be stuffy but you're not sneezing too much, you're not too weak, or you're basically getting better. Only in that case should you not remain home, and alert your teachers of the issue too.

Also, remember,

- If you have a fever - wear little clothing and open the doors, to offer ventilation. You can also cut two limes and place it in some boiling water with thyme, and drink the mixture.
- If you have the cold - mix ginger and thyme tea.
- If you have an irritative cough - blend a little aloe vera (sinkle bible) with honey and drink it
- Hand washing- This is important especially whenever you are sick and handling pens, pencils or touching surfaces. This helps to protect yourself, classmates, teachers and others.



Dear Parents:

Hey there caregivers! I love how you have been showing up for your children and encouraging them! Keep up the great work!

In light of the diagnosis of the week, asthma, we will take a look at that in your Nurse-bit this week. So, asthma, am I right? It's a little scary to witness at times. The Lord alone knows what may go through your head if you see your child having an attack right now. Running like a madman trying to find their inhaler so we can make sure that they live through the night. Whew! What a relief that would be! Lol, well, here are a few tips that might get you safely through your next (or first) asthma attack:

- Stay calm. I can only imagine how frightening it is to watch your child have difficulties breathing, but they need to look at you and feel safe, not more frightened. At that point in time, you are their safe haven, ensure that you look that way too, even though you are just as terrified as them.
- Always have a backup inhaler, you never know when the primary one may go missing.
- If you worry much about your child having an attack when they are away from home, have them wear a 'Medical Alert Bracelet'. This will inform anyone around them that they have the illness asthma. You could also customise it as well where you would add your phone number. Others can call you just in case an attack takes place.
- Ensure that you stay educated about this illness. Knowledge brings power and confidence. Knowing what your child is going through will help you to better care for him\her. It will also help to keep you prepared for any surprise incidents.
- Do regular checkups with your healthcare provider. Don't wait until they have a bad asthma attack, it's better to be safe than sorry.

Den Cu Yah!

- **[Asthma](#) Can Leave and Return**

Just when you think you've outgrown your childhood asthma, suddenly it rears its wheezy head during adulthood. At least 50% of children who thought that their asthma disappeared had their asthma return during adulthood.

- **Asthma and Eczema Are Cousins**

Though it's not a given that everyone with asthma will also have eczema, there is an association between the two conditions. And if you have one condition, you might be more likely to get the other. At least half of all people with moderate-to-severe eczema also have asthma.



Reference

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