

September 2025

Dear Parents and Guardians,

I hope this letter finds you well. My name is Kim Zieser, and I have had the privilege of serving as the school nurse here for the past 10 years. I also have the honor of teaching Allied Health to our high school students, a role I've been in for the past year. As part of my studies toward earning a Doctorate of Nursing Practice in Leadership from Rutgers University, I am required to implement a quality improvement project. I am excited to inform you about an important initiative I am rolling out to support students with asthma.

I am implementing an asthma education program for students who are diagnosed with moderate to severe asthma, have a current asthma action plan on file, and carry a rescue inhaler. These students will be invited to participate based on these criteria.

The program will proceed in the following steps:

1. **Pre-Assessment:** Students will begin by completing three short questionnaires. These will help assess their current abilities and comfort levels with managing their asthma.
2. **Asthma Education Program:** Students will then participate in a four-week asthma education program, which will follow curriculum developed by the American Lung Association. The program will cover essential asthma management skills, such as recognizing symptoms, understanding asthma triggers, and proper inhaler use.
3. **Weekly Meetings:** For four weeks, students will meet once a week for 40 minutes in the nurse's office. These sessions will provide hands-on learning opportunities to help them manage their asthma more effectively.
4. **Post-Assessment:** At the end of the program, students will complete the same questionnaires to assess any changes in their knowledge, skills, and confidence in managing their asthma.

The goal of this program is to empower students to take control of their asthma, reducing the number of asthma-related school absences and improving their ability to participate in activities without limitations. By increasing their knowledge and self-management abilities, we aim to help them achieve better asthma control and overall health.

Thank you for supporting this important initiative, and I look forward to helping our students manage their asthma more effectively.

Sincerely,

Kim Zieser, RN, MSN, CSN  
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