



BREATHING SPACE

Respiratory Disease Newsletter

Health Promotion & Chronic Disease Division
Chronic Disease & Environmental Epidemiology Section



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MN AAP Website Recognized!

MDH's web-based Interactive Asthma Action Plan is one of the 10 web sites recommended by the American Thoracic Society in the area of asthma action plans. As part of their "Best of the Web" series on their website, Marianna Sockrider, MD, DrPH, Associate Professor-Pediatric Pulmonology at the Department of Pediatrics in Baylor College of Medicine, conducted a review of the top 100 web-based asthma action plans.

The AAP site, developed by MDH asthma staff in consultation with an advisory group, was recognized for the high quality of its information. Minnesota received the highest score possible in each of the categories: authority, currency, accuracy, navigational ease and utility. According to ATS, "A 5-star (highest) rating is given to an outstanding site, regarded as a top resource and a 'must-bookmark'. Five-star sites stand out against their competition, often making going to other sites unnecessary."

To read more about Minnesota's or other asthma action plan websites go to the ATS website at: <http://www.thoracic.org/sections/clinical-information/best-of-the-web/pages/asthma-action-plans.html>

What's Inside?

- News About Maxair and Albuterol
- Regional Events and Stories
- Winning With Asthma is Here!
- Asthma Educator Certification Course Coming Soon!
- MAC Asthma Walk Team

Third Annual Minnesota Asthma Sharing Conference May 18, 2006

The third annual Asthma Sharing Conference is on May 18, 2006, at the Civic Center in St. Cloud, Minnesota. The conference sessions will provide a statewide forum for the exchange of ideas, programs, and current research in asthma management. This conference is designed for Certified Asthma Educators, Health Educators, Licensed School Nurses, Nurses, Pharmacists, Physician Assistants, Physicians, Respiratory Therapists, and Social Workers. CMEs and CEUs will be available. Featured will be sessions highlighting Minnesota data and research programs, complex family dynamics in youth and teen asthma management, environmental interventions, the on-line coach's program, and medical management of asthma.

This conference is scheduled for Thursday, May 18, 2006, 8 a.m. to 4 p.m., St. Cloud Civic Center, St. Cloud, MN.

Registration: \$85 - includes breakfast, lunch, refreshments, and course materials.

Contact: Glory Barduson at 651-268-7581 or glory@alamn.org, or go to www.alamn.org for more information.

May is "Asthma Awareness Month" May 2 is "World Asthma Day"

In support of Asthma Awareness Month and World Asthma Day, the Environmental Protection Agency (EPA) has developed an Event Planning Kit, an Asthma Awareness Month Web page, and Event Listing forms. All of EPA's resources are available to you at no cost at www.epa.gov/asthma/awm.html.

The Event Planning Kit is a free on-line resource for community organizers, health care providers, school nurses, teachers, and everyone who is committed to raising awareness of asthma triggers and their management. The Kit includes ideas and tips on organizing events in local schools, hospitals, clinics, libraries, and state capitols, and provides sample proclamations, letters to the editor, and other resources to make it easy for you to organize outreach events. You will find an order form with descriptions of EPA's asthma outreach products in the Kit.

Let EPA know what you plan to do during Asthma Awareness Month and they will publicize your upcoming events on their national site. A link from the Asthma Awareness Month Web page will take you to an online event listing form where you can enter information about your planned events. EPA's website also includes a map of Asthma Awareness Month activities where you can see what is planned in your state. For activities in your area, you can also go to the Minnesota Asthma Coalition website at www.mnasthma.org.



Availability of Albuterol Metered Dose Inhalers

Information quoted from: FDA

Albuterol metered dose inhalers, both HFA and CFC inhalers, are made by multiple manufacturers. Beginning in early 2006, there have been temporary outages of albuterol inhaler products from some manufacturers. However other manufacturers continue to supply the market at previous or increased levels. Therefore, albuterol inhaler products continue to be available and additional supplies are anticipated over the next several weeks.

Maxair (Pirbuterol) Availability

MDH Asthma Program staff received information from 3M company- Pharmaceutical division: Maxair Autohaler is NOT discontinued and will continue to be manufactured and sold. They have an exemption from the Montreal Protocol because they are the only Pirbuterol inhaler available. Their delivery system will remain the same with CFC's as the propellant. The shipment everyone was waiting for was released January 4 and should be available at this time.

Even though total albuterol supplies (HFA and CFC) are anticipated to meet demand, supplies of HFA albuterol metered dose inhalers are anticipated to increase relative to supplies of CFC inhalers over the next several months. Therefore, HFA inhalers may need to be substituted for CFC inhalers as the shift towards increased HFA inhalers continues to occur. Please note CFC albuterol inhalers will be completely withdrawn from the market by December 31, 2008. See <http://www.fda.gov/cder/mdi/mdifaqs.htm> for further information.

MDH Asthma Program staff have received inquires regarding current and future availability of albuterol MDI medications. Minnesota health plans are working to address potential issues surrounding the prescribing and supply of albuterol. We encourage all prescribing practitioners and pharmacists to check with health plans to determine specifically what medications are covered and what needs to be written on prescriptions in order to avoid difficulties with coverage at the pharmaceutical counter.

Walk to "Blow the Whistle on Asthma"

The first ALA Asthma Walk event will take place in Minneapolis on Boom Island on Saturday, June 3, 2006, and will cover a 3-mile course. Joining a team and participating in the walk is a wonderful way to support ALA's asthma research centers, the ALA Call Center, asthma camp programming in Minnesota, and educational opportunities that the ALAMN provides for those with asthma. To make a team donation or join a team, you can go to www.asthmawalk.org, select Minnesota, click on "Boom Island", and select "View Our Teams." There are many teams you can choose from.

The MAC is hosting a team. If you would like to join their team, register online or contact Sally Smaida at 651-222-2477 or sally.smaida@mac.com.

The Asthma Educator Certificate Course

The American Lung Association of Minnesota Asthma Educator Certificate Course is a two-day workshop for individuals wanting to improve their ability to provide asthma education for patients and families with asthma. This workshop is designed for nurses, respiratory therapists, pharmacists, physicians, and other credentialed professionals that have experience working with patients with asthma.

After completing the course, many attendees go on to take the certified asthma educator exam offered by the National Asthma Education Certification Board to become certified asthma educators.

Dates: Wednesday, April 26, 2006, from 8:00 a.m. to 5:00 p.m.

Thursday, April 27, 2006, from 7:30 a.m. to 3:45 p.m.

Location: Courtyard Marriott, Moorhead, MN, 1080 28th Ave S

Lodging: Courtyard Marriott, Moorhead MN - \$79.00 per night
A block of rooms has been reserved for this course.

Cost: Early bird special - Register before April 12, 2006 - \$250.00
Registration after April 12, 2006 - \$275.00

Cost includes course materials, patient instructional toolkit, continental breakfast, lunch and refreshments each day

Continuing Education Credits: 16 CEU credits (applied for)

For more information or to register for the course: Go to www.alamn.org or contact Glory Barduson at 651-268-7581 or glory@alamn.org



Minnesota Asthma Coalition (MAC)

The Minnesota Asthma Coalition is currently serving all 87 counties in Minnesota and has over 1000 members through the nine regional asthma coalitions. In May 2005, the MAC began its strategic planning process with a retreat that was attended by 48 MAC members, steering committee members, staff and community partners. The plan was officially completed in September. To see the current MAC Goals and Strategic Plan go to: <http://www.mnasthma.org>.

The MAC is working on a Sustainability Plan to assist in long term planning and maintenance of coalition activities. A statewide committee made up of regional coalition members, MAC staff, and Steering Committee members is leading this process. Don Uden, Chair of the MAC, is “very excited about the level of MAC member involvement in the strategic planning and sustainability process. We have the grassroots involvement needed to make a major impact on asthma in the state.” It is the goal of this statewide committee to present a draft MAC Sustainability Plan at the MAC Annual Meeting on May 17, 2006.

Regional MAC Stories

Southwest Region (SWRAC)

The pharmacist training “Asthma Interventions for Busy Pharmacists” was held on February 23 at Rice Memorial Hospital in Willmar. SWRAC was honored to have Don Uden, PharmD, a Professor with the University of Minnesota College of Pharmacy and Chair of the MAC, as the program presenter. Participants received training on the basics of asthma as well as hands-on experience with various asthma inhalers. SWRAC would like to thank the sponsors of the training- IVAX, Aventis, and Rice Memorial Hospital. And a special “thank you” to Don Uden for sharing his expertise with those in attendance and to the American Lung Association staff for their ongoing assistance.

Southeast Region (SERAC)

The Southeast MN Asthma Coalition, Steps to Healthier Rochester, and the B.R.E.A.T.H. Youth Advisory Board/ SE MN Tobacco Initiative in Olmsted County have formed a collaborative to work closely with the Rochester Youth Soccer Association (RYSA). RYSA serves the needs of 4000 youth from Rochester and surrounding communities. Approximately 5,000 coaches, managers, and youth team members will be the recipients of awareness and education around being smoke-free, asthma, and sports nutrition. This year’s theme, “Kicking It...Smokefree,” will be on T-shirts. The SERAC, Steps and the Tobacco Grant Initiative will assist with team sponsorship. Throughout the soccer program booklet, players and family members will be able to read about hazards of secondhand smoke, the importance of addressing asthma and the value of sports nutrition and physical activity. The RYSA is committed to promoting the Rochester Parks and Recreation fields as non-smoking and will be working with the B.R.E.A.T.H youth and the Tobacco Grant Initiative to post signage at all parks and to place reminders in all print material.

Metro Region

Metro MAC member, Gretchen Moen, CPNP, delivered an asthma training in-service to over 70 teachers at the Woodbury’s Valley Crossing School in early January. Pramod Kelkar, MD, and co-chair of the Metro Mac, will be presenting a training seminar to day care providers in Blaine in early March. Metro MAC would like to thank Gretchen and Pramod for their volunteer efforts.

Regional Asthma Coalitions Upcoming Events

Central Region (CMRAC)

Coalition Meeting to finalize dates and time for Asthma Awareness Month
Wednesday, March 29, 2006 from 3:30 p.m. to 4:30 p.m.
Oak Room, St. Cloud Hospital
1406 6th Ave. No St. Cloud, MN
Please contact Kathleen Milligan for more details at 320-253-6011 or milliganala@yahoo.com.

Southwest Region (SWRAC)

Coalition Meeting
Tuesday, April 4, 2006 from 7 to 8 p.m.
Allergy & Asthma Specialty Clinic
1037 19th Avenue SW, Willmar, MN
Contact Amy Roggenbuck for more details at 320-598-7313 or aaroggen@farmerstel.net

YMCA Health Kids Day

Saturday, April 8, 2006
10 a.m. to Noon
Willmar Area YMCA
This event is for kindergarten through 2nd grade children and will focus on a variety of health topics, including asthma! If you have children of this age, this is not to be missed! Come for a couple of hours and let your children browse through all of the hands-on activities while learning about their health.
Contact Amy Roggenbuck for more details at 320-598-7313 or aaroggen@farmerstel.net

Annual Family Asthma Event

Sunday, April 30, 2006
6 to 9 p.m.
Willmar Area YMCA
In honor of World Asthma Day, this event is for families with children who have asthma. Dinner will be provided, along with children's learning activities, a parent's presentation, and open swimming. Look for more details in the future on the MAC website, on the SWRAC page at: www.mnasthma.org

Northeast Region (NERAC)

On April 6, 2006, NERAC will have an "Asthma Basics" training for parish nurses in Barnum, Minnesota. It will be a one-hour seminar for 1 CEU. Please contact Lori Saari for more details at SaariD@aol.com or 218-391-3942. You can also visit the website, www.mnasthma.org, and select "North-east Region."

West Central Region (WCRAC)

WCRAC will be hosting a day care provider asthma training in May. Please contact Doreen Hanson for more details at doreen.hanson@mail.co.douglas.mn.us or 320-763-6018.

South Central Region (SCRAC)

The 2nd Annual Nick Mueller Asthma Walk
Saturday, May 6, 2006, at 9:00 am
German Park New Ulm
To register contact Erin at 507-381-8257 or scasthma@hickorytech.net

Metro Region (MMAC)

Super Asthma Saturday
Saturday April 29, 2006
9:30 a.m. to Noon
Maple Grove Community Center, Maple Grove MN
Registration: \$5 per person; \$10 per family.
MMAC will be hosting a community asthma education event on Saturday, April 29, 2006 at the Maple Grove Community Center for 100-125 people. This seminar is for adults and children 12 years of age and over. However, no one will be turned away, regardless of their ability to pay. For more information on financial assistance for registration or event details, please call Sally Smaida at 651-222-2477 or email at sally.smaida@mac.com. Childcare will be available.

We are hoping to secure financial support for this event through sponsors. If you or an organization you know might be willing to be a sponsor, please contact Sally Smaida at 651-222-2477 or email at sally.smaida@mac.com.

Southeast Region (SERAC)

For Asthma Awareness Month, SERAC has engaged the services of three middle-school students from Utica, Lewiston, and Winona who have asthma. Each student will write and speak the audio portion of a radio public service announcement (PSA) on Winona Radio. A coalition member will be assigned to each student as a mentor to assist the students to share their personal stories. Their stories will also include information for the public about the hazard of secondhand smoke, irritants, and asthma triggers. The PSAs will be funded by local businesses in the community and will be aired on World Asthma Day, May 2, 2006.

Four Winona State students produced a television public service announcement for parents of children who may have undiagnosed asthma. These four health education students produced this PSA as an assignment for a Program Planning class. They assessed the need, planned, and filmed a 30-second PSA for HBC TV in the Winona viewing area. SERAC clinicians will serve as a review panel for this PSA. Winona State University Media Relations department is providing production assistance. The students hope to launch the PSA on World Asthma Day.

East Central Region (ECRAC)

The Asthma Awareness Health Fair
Saturday, May 20, 2006
10 a.m. to 1 p.m.
Fairview Wyoming Medical Center
There will be free food, free materials, fun games, giveaways and many activities in addition to asthma information including Quest for the Code ready for kids to play on laptops, a mini walk, bean bag toss, fishing game, temporary tattoos, face painting, and kite flying.
Please contact Lori Swanson for more details at lori.swanson@co.kanabec.mn.us or 320-679-6316 or Heather Steffens at 651-982-7885.

Coach's Asthma Clipboard Program "Winning With Asthma"

The MDH asthma educational program especially developed to teach coaches, referees, and physical education teachers how to help athletes manage their asthma while continuing to play their sport, was made available online on January 11, 2006. To date, more than 100 people from Minnesota have viewed the program online. All Minnesota coaches, referees, and PE teachers who complete pre- and post-tests and fill out demographic information at the end of the program will receive a specially designed "Coach's Asthma Clipboard" with urgent and 911 steps listed on the back. They will also receive a booklet that expands on information presented on the program, a certificate of completion, and a laminated urgent steps card for their first aid boxes. This unique program is a collaborative effort between the Minnesota and Utah departments of health with funding from the MN Steps initiative. To view the online program, go to www.WinningWithAsthma.org. As of March 16, 430 coaches and PE teachers have viewed the program during group presentations, including an orientation seminar for the 400 Rochester soccer association coaches.

MDH Asthma Program Clinical Advisor, Susan K. Ross, RN, AE-C, will do a poster session detailing the newly released Coach's Asthma Clipboard Program, "Winning With Asthma," at the CDC International Congress on Physical Activity and Public Health in April in Atlanta. She will also present the Coach's program at the Minnesota Asthma Sharing Conference in May 2006.

WINNING WITH ASTHMA

COACHES

98,000 Minnesota children under 17 have asthma

Chances are one or more of your players live with asthma.

Take the 25 minute online course and do your part to help athletes play their very best!

www.WinningWithAsthma.org

The Coach's Asthma Clipboard Program

asthma

Steps to a Healthier MN

Best wishes to Jessica Lundin, our student worker who contacted school health staff that completed the Managing Asthma in Minnesota Schools trainings. She has completed her MPH degree and accepted a position in Colorado. We miss her and wish her well.

BREATHING SPACE

For more information, or to request this material in another format contact: Steve Golat at 651-201-5244 or steve.golat@health.state.mn.us MN Relay Service TDD: 1-800-627-3528

To receive this newsletter electronically, go to:
<http://www.health.state.mn.us/divs/hpcd/cdee/asthma/Newsletter.html>, and click on Subscribe to Breathing Space.

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Questions about lung health?

Call 1-800-548-8252

American Lung Association Call Center

MDH Asthma Staff Contact Information:

Asthma Program Telephone Number: 651-201-5909

Toll Free Number: 1-877-925-4189

Asthma Web Site: <http://www.health.state.mn.us/asthma/>

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