

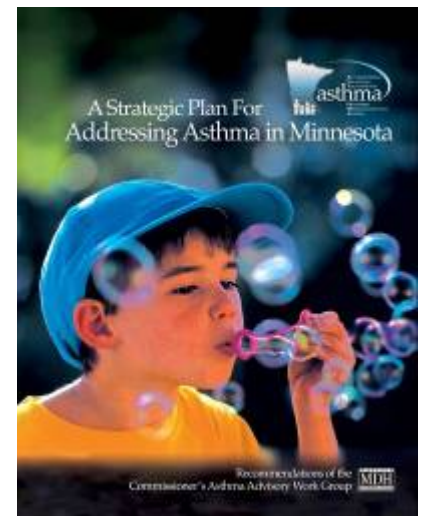
SCHSAC Meeting

May 18, 2007



MDH Asthma Program

- Totally federally funded, primarily by CDC grant, “Addressing Asthma from a Public Health Perspective”
- 5-year grant awarded October 2002
- Began implementing state plan
- Developed several resources



Healthy People 2010

- CDC's National Asthma Control Program supports the goals and objectives of Healthy People 2010 for asthma:
 - ***to reduce the number of deaths, hospitalizations, emergency department visits, school or work days missed, and limitations on activity due to asthma***

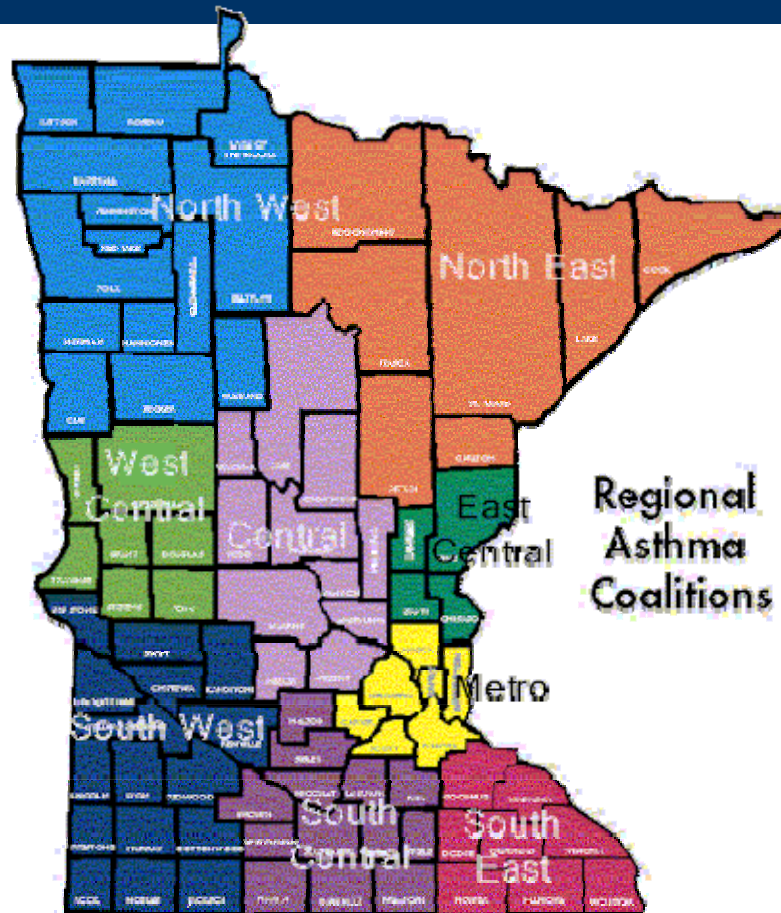
Partners

- CDC
- MDH
- MN
Asthma
Coalition
(MAC)

Theoretical Frameworks

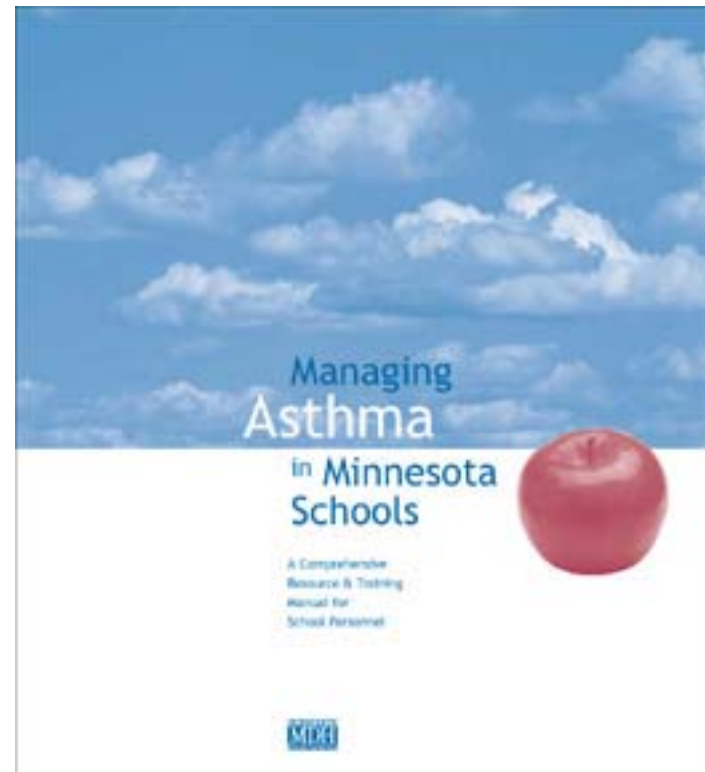
- CDC asthma program framework
- Minnesota State Asthma Plan: Strategies for Addressing Asthma in Minnesota
- Public Health Interventions Document
- Public Health Core Functions

Minnesota Asthma Coalition (MAC) Regions



Managing Asthma in Minnesota Schools

- Based on Coordinated School Health Model
- For school nurses, health assistants or anyone providing care to students
- Evaluated application to practice

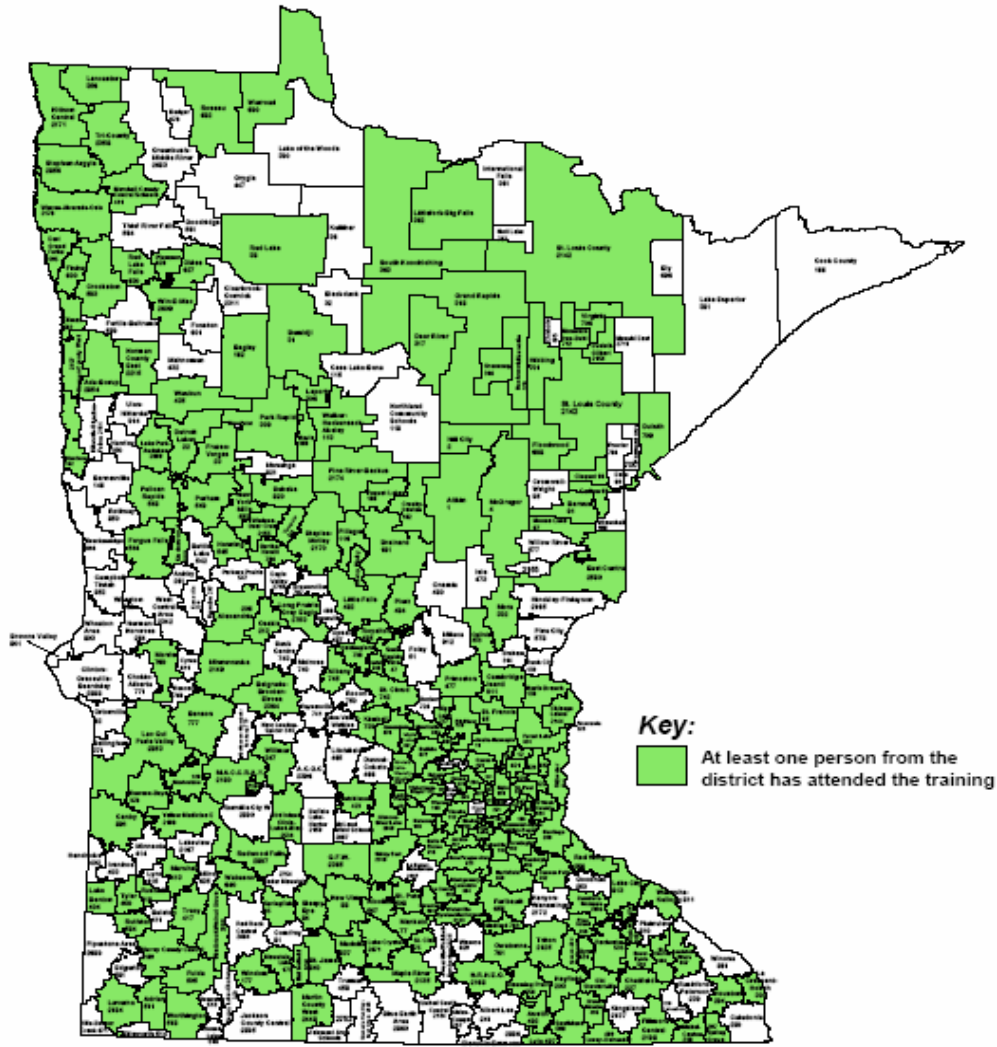


Managing Asthma in Minnesota Schools Manual and Trainings

- To date 31 trainings statewide
- More than 900 school personnel trained
- Evaluation showed changes in knowledge, attitudes, and behavior
- Participants have trained their colleagues, used forms, connected with providers
- At least 2/3 of school districts reached



"Managing Asthma in Minnesota Schools" Training Attendance by School Districts



March 2004 - March 2006

The Coach's Asthma Clipboard Online Program

- **WinningWithAsthma.org**

- A Collaborative effort of:
 - MDH Asthma Program
 - Utah Dept. of Health - Asthma Program
 - Minnesota Steps Initiative



www.WinningWithAsthma.org

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!

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The Coach's Asthma Clipboard Program



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Reducing Environmental Triggers of Asthma (RETA)

- EPA grant for in-home education & low cost interventions (RETA- Reducing Environmental Triggers of Asthma)
- Product interventions such as mattress & pillow enclosures, air cleaners, HEPA vacuum cleaners
- Asthma self-management education
- Statistically significant reductions in unscheduled office visits and missed school days
- Statistically significant improvement in Quality of Life measures

Child Care Curriculum

- Developed by Controlling Asthma in American Cities Project (CAACP)
- Shared with MN Asthma Coalition (MAC) Coordinators
- Delivered to child care workers throughout state in MAC regions

Environmental Walkthroughs in Schools

- Urban and rural schools
- Elementary, middle and high school classrooms
- Identify potential asthma triggers
- Emphasized no cost or low cost solutions
- Common problems related to buildings or occupants



Building Related

- Carpet near moisture sources such as sinks & drinking fountains
- Ceiling stains
- No walk off mats at entrances to catch dirt
- No school bus idling policy
- Location of school: outside sources such as traffic & land use

Occupant Related

- Plants: too many or no water trays
- Personal appliances such as refrigerators on carpet
- Excess clutter: dust collector & hard to clean
- Upholstered furniture especially from home

Health Provider Training

- Support for Provider Asthma Education (PACE) trainings –primary care providers
- Certified Asthma Educator Trainings (AE-C) in greater Minnesota. With 103 certified, Minnesota has most AE-C of any state in the US
- Pharmacist training



Interactive Asthma Action Plan (IAAP)

- Developed as both online and downloadable program in 2002-03
- Hundreds of disks distributed
- Approx. 350 visits to website every month
- Recognized among 10 best in world by American Thoracic Society
- Only one that has adapted national guidelines to computer algorithms

Patient Name: _____ Weight: _____ DOB: _____ Peak Flow: _____
 Primary Care Provider Name: _____ Phone: _____ **ASTHMA SEVERITY:** _____
 Primary Care Clinic Name: _____

Symptom Triggers: _____

GREEN ZONE
"GO! All Clear"

Peak Flow Range: _____ to _____
 (80-100% of personal best)



- Breathing is easy
- Can play, work, and sleep without asthma symptoms

The **GREEN ZONE** means take the following medicine(s) every day.
Controller Medicine(s) _____ **Dose** _____

Spacer Used: _____

Take the following medicine if needed 10-20 minutes before sports, exercise, or any other strenuous activity.

YELLOW ZONE
"Caution..."

Peak Flow Range: _____ to _____
 (50-80% of personal best)

- Wake up at night
- Cough or wheeze
- Chest is tight

The **YELLOW ZONE** means keep taking your GREEN ZONE controller medicine(s) every day and add the following medicine(s) to help keep the asthma symptoms from getting worse.



Reliever Medicine(s) _____ **Dose** _____

If beginning cold symptoms, call your doctor before starting oral steroids.

Use Quick Reliever 2-4 puffs, every 20 minutes for up to 1 hour or use nebulizer once. If your symptoms are not better or you do not return to the GREEN ZONE after 1 hour follow RED ZONE instructions.

If you are in the YELLOW ZONE for more than 12-24 hours, call your doctor. If your breathing symptoms get worse, call your doctor.

RED ZONE
"STOP!"
"Medical Alert!"

Peak Flow Range: _____ to _____
 (Below 50% of personal best)

- Medicine is not helping
- Nose opens wide to breathe
- Breathing is hard and fast
- Trouble Walking
- Trouble Talking
- Ribs show

The **RED ZONE** means start taking your RED ZONE medicine(s) AND Call Your Doctor NOW!

Take these medicines until you talk with your doctor. If your symptoms do not get better and you can't reach your doctor, go to the emergency room or call 911 immediately.

Reliever Medicine(s) _____ **Dose** _____

_____ This Asthma Action Plan provides authorization for the administration of medications described in the AAP.
 _____ This child has the knowledge and skills to self-administer rescue medication at school.

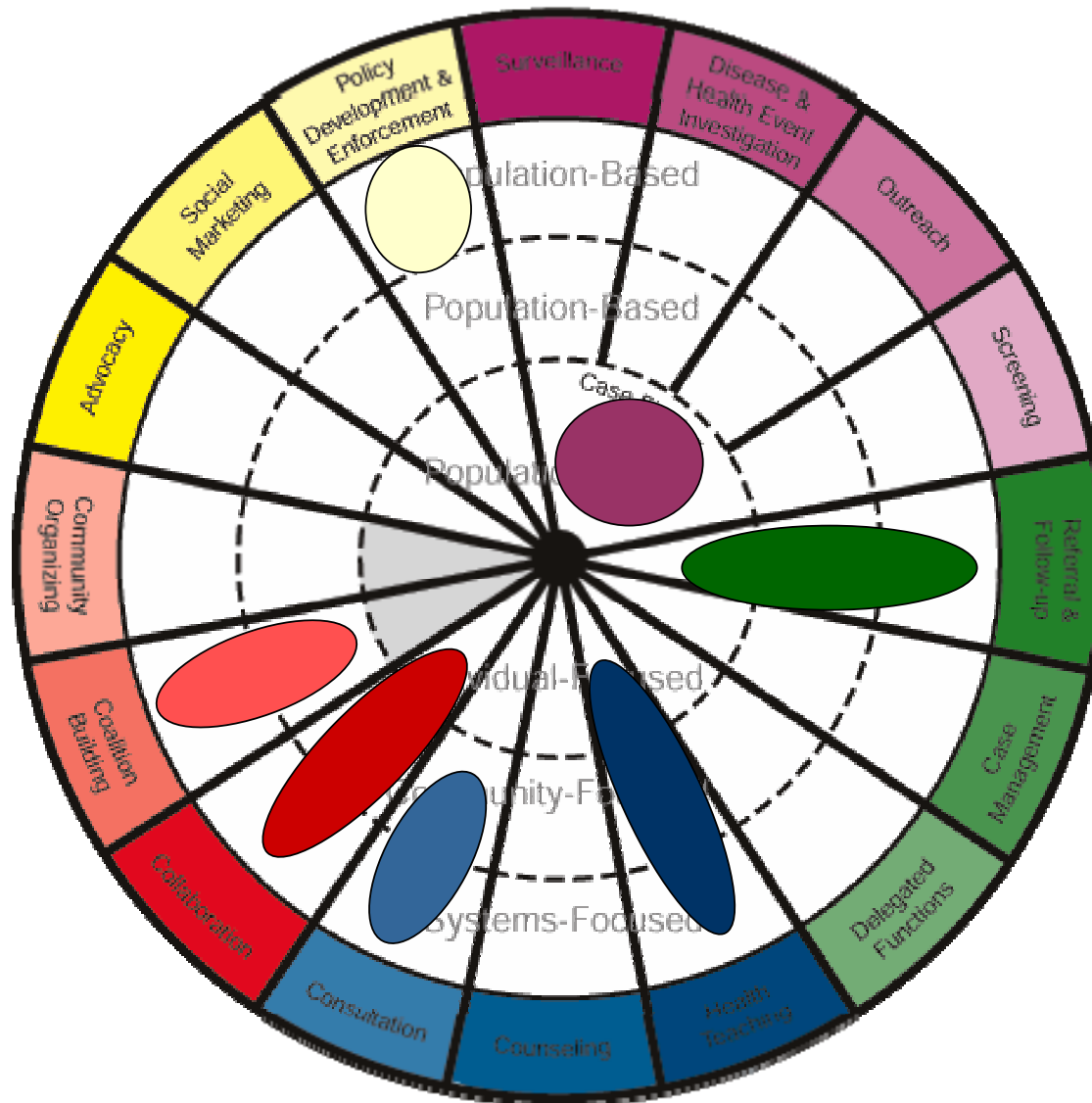
Date: _____ MD/NP/PA Signature: _____

I give my permission for this asthma action plan to be used by the following in order to share information with each other about my child's asthma. I understand this authorization is for one year, but may be revoked at anytime per my request, submitted by phone or in writing. (Add names for those that apply)

MD/NP/PA _____ School/school health office _____ Clinic/Hospital _____
 Day care provider _____ Coach _____ Other _____

This authorization may replace or supplement the school's/daycare's consent for medication administration and allows my child's medicine to be administered at school/daycare. My child (circle one) may / may not carry, self-administer and use rescue medication at school after approval by the School Nurse as appropriate.

Date: _____ Parent/Guardian Signature: _____



Public Health Intervention Wheel

Washington County Department of Public Health and Environment

- The story begins: One public health nurse with a passion for improving the quality of life for people with asthma mobilized a public health department....

Catching our Breath!
Asthma Initiative
WASHINGTON COUNTY



Where Does Asthma Fit?

- Asthma is a growing public health concern – but where does it fit in a local public health program?
- It crosses many programs:
 - family health nursing,
 - disease prevention and control,
 - elderly and disabled case management,
 - health promotion,
 - environmental health,
 - WIC, EPSDT, and administration.

ASSESSMENT

- In Nov 2005, Washington County Public Health and Environment Asthma Work Group formed to define dept's role in responding to asthma as a public health problem
- Comprised of representative from each Dept team
- Also included representation of MDH Asthma Program and the Metro Asthma Coalition

Gaps Identified and Addressed

- **Gaps** identified in:
 - general knowledge,
 - health practitioner knowledge,
 - community resources available, &
 - environmental assessment capacity.
- The department addressed these gaps using
 - existing environmental health staff,
 - community health staff, and
 - allocation of "seed" funding

Engaging Partners

- The Department engaged a broad and expanding network of partners to:
 - disseminate best practices for asthma management, and
 - leverage additional resources from public and private entities to expand the reach of these efforts.

Coalition Members

- Dept. environmental and community health staff,
- School nurses from 5 school districts,
- Lakeview Hospital Physicians,
- Pediatric Home Services,
- MDH
- MAC
- East Central Minnesota Asthma Coalition,
- MN Environmental Initiative-Project Green Fleet,
- WIC,
- Child and Teen Checkups staff,
- people with asthma or their family members

Public Awareness

- Public Service Announcements
- Webpage

http://www.co.washington.mn.us/info_for_residents/public_health/asthma/

- Worksite Health Promotion flyers
- Displays – specific to audience

ASSURANCE

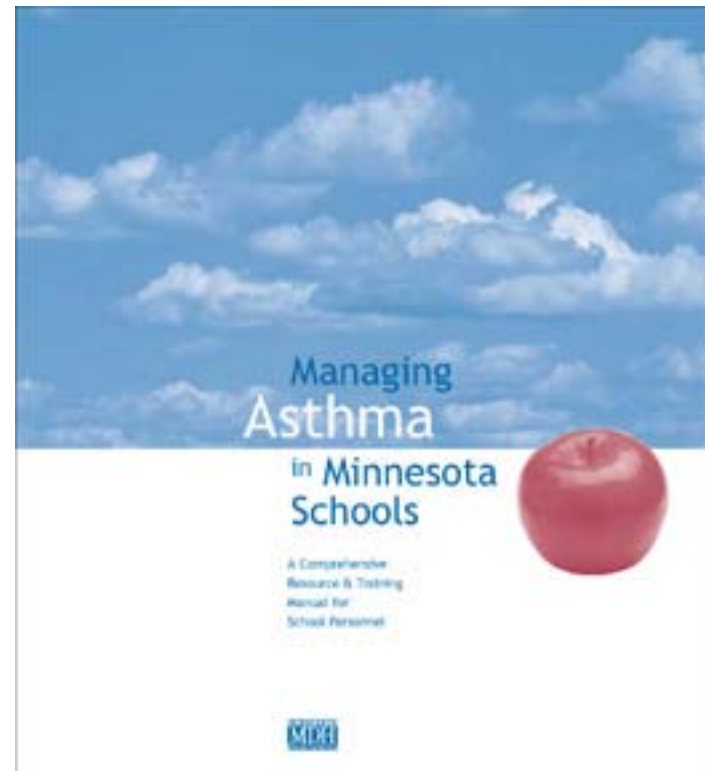
Training the Workforce

- Training for all community and environmental health staff on asthma management basics and environmental triggers
- PHN training on asthma “red flags” for home visiting
- Training on low cost environmental interventions for all staff and school providers



Managing Asthma in Minnesota School Personnel Trainings

- For school nurses, health assistants, or anyone providing asthma care to students
- Cottage Grove training on Feb. 1, 2007, included many Washington County school staff



www.winningwithasthma.org

- Promoted online asthma training to 500 coaches with Minnesota Department of Health tracking and conducting evaluation

WINNING WITH ASTHMA

COACHES

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The Coach's Asthma Clipboard Program

asthma
MDH
Steps to a Healthier MN

Professional Education

- In collaboration with MAC and ALA of Upper Midwest held an “Asthma for Busy Pharmacists” training
- Met with local physicians to make them aware of the initiative
- Provided information on asthma at provider meetings

Child Care Trainings

- Presentations to day care and foster care providers by University of Minnesota and Bethel University nursing students.



Environmental Interventions

- Home visits, education, environmental assessments, asthma action plan promotion and products to families in need;
- Supplies and education to school nurses

Struggling with Asthma?

Catching our Breath!
Asthma Initiative
WASHINGTON COUNTY

Coughing
Mucus
Wheezing
Trouble Breathing

LIMITED TIME ONLY

You may be eligible for:

- Home visit by Asthma Expert
- Supplies
- Asthma Action Plan

FREE!

Call Pediatric Home Service
(651) 642-1825
Ask for ASTHMA!

Washington County

Washington County Asthma Initiative for Washington County Residents ages 0-21.

Equal Employment Opportunity / Affirmative Action



One woman's story...



Indoor Air Quality Management Plan

- State law requires school districts to develop Indoor Air Quality (IAQ) Management plans.
- IAQ training for Environmental Health Staff
- Training and technical assistance to school districts
- Environmental Walkthroughs of all school buildings to identify potential asthma triggers

Retrofitting School Buses

- Minnesota Environmental Initiative's (MEI) Project Green Fleet retrofitting school buses to reduce diesel emissions
- 23 school buses to be retrofitted South Washington County MN School District #833
- Blue Cross Blue Shield grant to retrofit Headstart buses
- Plans to retrofit County trucks and heavy equipment



EVALUATION

- Baseline and post-intervention measures for home visits
- Participation in activities
- Penetration of outreach interventions
- Standardized pathways for community interventions

EPA Partners for asthma action award, Chicago, Illinois, Feb 2007



Moving forward

- A hopeful ending to our story:
School nurses, coaches, day care providers,
and families report that we're now
"Catching Our Breath" in Washington County!

Catching our Breath!
Asthma Initiative
WASHINGTON COUNTY

If you'd like to do something similar . . .

- Contact:

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- <http://www.health.state.mn.us/asthma>

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