

Breathe Easy Arizona

American Lung Association in Arizona

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Arizona Lawmakers Take Important Steps to Help Children in Respiratory Distress



Governor Doug Ducey signed HB 2208 into law on March 24, allowing trained school staff to administer asthma medication to any child in an emergency situation, regardless if the child is known to have asthma or not.

Albuterol inhalers are prescription medication, and HB 2208 allows doctors to prescribe the medication to a school rather than to an individual student.

More than 174,000 children in Arizona live with asthma, and the disease, which constricts the lungs and causes shortness of breath and wheezing, is related to more school absences than any other illness.

“When students can’t get albuterol right away, the episode is probably not going to resolve on its own,” said Lynn Gerald, associate director for clinical research at the Asthma and Airways Disease Research Center and Canyon Ranch Endowed Chair and professor at the Mel and Enid Zuckerman College of Public Health at the University of Arizona.

“Without access to albuterol, the episode may last longer and the child may have to go to the emergency room or be admitted to the hospital and will miss school for a few days or even a week. However, with this new law, students will be able to go to a trained staff member, take a few puffs from the inhaler and then likely return to class within 20 minutes. This provision will reduce the amount of class time students miss due to asthma.”

A stock inhaler program recently piloted by the Tucson Unified School District is already proving stock inhalers help avoid costly emergency and hospital services and decreased time away from school for the students and work for the parents. For more on the pilot program and the importance of stock inhalers, turn to *Q&A: Stock Inhalers* on page 3.

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How Healthy is the Air We Breathe?

New ‘State of the Air’ Report just released

The American Lung Association’s 2017 “State of the Air” report finds that 4 in 10 Americans live in counties with unhealthy levels of air pollution, putting them at risk for premature death and other serious health effects like lung cancer, asthma attacks cardiovascular damage and developmental and reproductive harm.

How did Arizona counties do? Find out on page 4.

Pediatric Clinical Study Participants Needed

5-17 Month Olds Eligible

Do you have a child less than 18 months old? If you have ever had asthma or your child has eczema, researchers at the University of Arizona Asthma and Airway Disease Research Center may have a clinical study opportunity for you. They are conducting a study called ORBEX to see if taking an Oral Bacterial Extract can prevent or reduce wheezing illnesses in young children.

Eligible participants will be enrolled between 5 and 17 months old and receive physical exams, study medications, small toys and monetary compensation for each completed study trip.

To learn more about this clinical study or to sign up:

- visit <http://lungresearch.arizona.edu/>
- call 520-626-9543
- or email lungresearch@email.arizona.edu

Researchers at the Asthma and Airway Disease Research Center are also enrolling participants for several other pediatric and adult research studies. Visit these links for a closer look at current opportunities:

- Asthma: <http://lungresearch.arizona.edu/asthma>
- COPD: <http://lungresearch.arizona.edu/COPD>



What's Tweeting

@BreatheEasy_AZ UnitedHealthcare is holding free telephonic education sessions for caregivers in English & Spanish. Details here: <http://bit.ly/2oA2XeX>

Nearly 600,000 Albuterol Inhalers Recalled

GlaxoSmithKline (GSK) has recalled more than 590,000 albuterol inhalers. Three lots of Ventolin HFA 200D inhalers have been voluntarily recalled due to a potential defect that may cause them to deliver fewer doses of the medicine than indicated. When functioning properly, the metered-dose inhaler releases a fixed dose of medication in aerosol form.

The affected lot numbers are 6ZP0003, 6ZP9944 and 6ZP9848. The inhalers have been recalled from pharmacies, hospitals, retailers, and wholesalers in the United States.

This is not a patient-level recall, but patients whose inhalers are among the affected lots can contact GSK's customer service center at 1-888-825-5249 with questions. If the devices are not relieving symptoms, patients should seek medical treatment right away.

Save the Date: LUNG FORCE Walks

LUNG FORCE, an initiative led by the American Lung Association, will unite women to stand together against lung cancer and for lung health at two walks this year. We hope you will join us!

LUNG FORCE Walk

Tucson, AZ | Sept. 23rd | University of Arizona Mall

LUNG FORCE Walk

Mesa, AZ | Nov. 18th | Mesa Riverview Park

For more information or to register, visit <http://www.lung.org/our-initiatives/lung-force/>



Q&A: Stock Inhalers



JoAnna Strother, RWJF Fellow, Regional Director of Public Policy for American Lung Association of the Southwest, answers Breathe Easy Arizona's questions about stock inhalers and HB2208.

Why is it important to have stock medication available at schools?

One in every nine children in Arizona has asthma compared to 1:11 in the U.S. Each year in the U.S. more than half of them will experience a sudden attack that makes it difficult for them to breathe. These attacks will lead to 750,000 emergency department visits and 200,000 hospitalizations.

Because attacks can occur anytime, anywhere, without warning, children with asthma should always have access to medication that can quickly reverse the blockages in their airways. This life-saving medication, called a short-acting bronchodilator, is easy to administer, inexpensive, and very safe.

Despite the need for this medication, 80% of children with asthma do not have it at school. This problem affects all children: rich or poor, private-schooled or public-schooled, urban or rural. There are many reasons why they might not have medication: they forgot it; they couldn't afford it; they unexpectedly ran out; it might have expired.

A stock inhaler policy allows schools to purchase a single inhaler containing a short-acting bronchodilator that can be used for anyone experiencing signs and symptoms of respiratory distress, sudden onset of cough, shortness-of-breath, and chest tightness that signals an asthma attack.

How does this HB2208 change what is currently being done in schools?

When children do not have medication, schools have few options. A parent may not be immediately accessible or close enough to respond promptly. Even if they can, there is a delay during which the attack often worsens. In such cases, the school must call 911. Doing so is likely to lead to an ambulance transport costing \$500 dollars or more and an emergency department visit costing thousands more. Such events also take children out of the classroom for days at a time and further impede their learning.

Albuterol inhalers are prescription medication, and HB2208 would allow doctors to prescribe the medication to a school, rather than to an individual student. Trained school staff would then be able to give the medication to any student experiencing a respiratory distress and then, depending on the severity, send the child back to the classroom with little disruption.

Is there proof that having this bill in place makes a difference?

In Tucson, Arizona, where stock inhaler policies have been studied in two school districts found, in the year following implementation, a stock inhaler was used to manage 222 asthma attacks in 55 children and 22 schools. After implementation, 911 calls fell 20% and EMS transports fell 40%. School nurses reported greater peace of mind and lower job stress. Parents and children felt their schools were safer.

When does this bill go into effect and when will I see stock inhalers at my child's school?

This legislation goes into effect on July 21, 2017. For schools that choose to implement the policy, the program cost would be approximately \$77 per year for a smaller school and \$112 a year for a larger school based on a single inhaler retail cost of \$62 and a small supply of disposable holding chambers.

How Healthy is the Air You Breathe?



STATE OF THE AIR 2017

The American Lung Association's 2017 "State of the Air" report finds that 4 in 10 Americans live in counties with unhealthful levels of air pollution and that includes some counties here in Arizona.

According to the 18th annual air quality report, Maricopa County failed for ozone and particle pollution, despite levels of pollution in the area improving. While the county's levels of annual particle pollution meet the national standard, Maricopa earned Fs for high levels of ozone and short-term particle pollution. Compared to last year's report, Phoenix bettered its ranking on the most-polluted cities in the nation for year-round and short-term particle pollution lists, coming in at 47 and 24, respectively. In ozone pollution, Phoenix kept the same ranking as last year, No. 5, but the average number of unhealthy days improved from last year's report.

Across Arizona, Tucson improved its rankings for both year-round particle and ozone pollution, tying at 80th and 71st, respectively, for most polluted. Santa Cruz County, though, received an F in short-term particle pollution and Tucson moved up in the most-polluted rankings to 26.

For a closer look at the "State of the Air" report and a breakdown of pollution county by county, click [here](#).

CONTACT US

American Lung Association in Arizona
(602) 258-7505
BreatheEasyAz.org

Preparing for Doctor Appointments

Do you know what you should be bringing to all of your healthcare appointments? Do you leave your appointments with all of the answers you wanted? Ensuring your appointments are productive can be difficult. Fortunately, Amber Porter, DNP, FNP-BC, a family nurse practitioner at Banner - University Medical Center Phoenix Family Medicine Clinic - Transitional Care Clinic, has prepared helpful checklists to use before and after your appointments. Amber's checklists and reminders can be found by visiting the following link on Breathe Easy Arizona's website: www.BreatheEasyAZ.org/healthcare-checklists/



New Asthma Resources

To kick off Asthma Awareness Month on May 1, Breathe Easy Arizona unveiled its new Asthma Resource page online to support patients and their family members, healthcare professionals, caretakers, and schools. This new page contains dozens of resources and helpful links. Check it out by visiting www.BreatheEasyAZ.org/asthma-resources.

Special Thanks

Special Thanks to Banner University Medical Center for funding stock albuterol inhalers for all Pima County Schools for the 2018 school year!



Banner
University Medical Center
Tucson Campus

Better Breathers Clubs

I N F O R M A T I O N

Better Breathers Clubs offer the opportunity to learn ways to better cope with COPD while getting the support of others who share in your struggles. These support groups give you the tools you need to live the best quality of life you can. We hope to see you at a meeting this month.

BENSON

Benson Hospital
450 S Ocotillo Ave
Benson, AZ 85602
4th Wed. of the month; 10:00 – 11:00 am
Renee Haught, RRT — (520) 586-2261 ext. 252

CASA GRANDE

Banner Casa Grande
1800 E. Florence Blvd
Casa Grande, AZ 85122
3rd Thursday of the month; 10:00 – 11:00 am
Eddie Smith Jr., RRT— (520) 381-6330

COTTONWOOD

Verde Valley Medical Center
269 S Candy Ln
Cottonwood, AZ 86326
3rd Wednesday of every other month; 6:00 – 7:00 pm (Meetings in Dec., Feb., April)
Pamela Diffin, RCP — (928) 639-5391

FLAGSTAFF

Flagstaff Regional Medical Center - West Campus
Gold Room
1200 N Beaver St
Flagstaff, AZ 86001
3rd Thursday of every other month; 3:15 – 4:45 pm
Tara Shy, RRT-NPS, ACCS, CPFT — (928) 779-3366 x 13188

KINGMAN

Kingman Regional Medical Center, Cerbat Conference Room
3269 N Stockton Hill Rd
Kingman, AZ 86409
2nd Tues. of the month; 3:30 – 4:30 pm
Tina M. Tharp, RRT and Karen Daugherty, RRT— (928) 681-8555

LAKE HAVASU CITY

Mohave County Library, Lake Havasu City Branch, Administration Room
1770 McCulloch Blvd N
Lake Havasu City, AZ 86403
3rd Tuesday of every month; 1:00 – 2:00 pm
Dixie Velner — (928) 505-0926

PHOENIX METRO LOCATIONS

Banner Boswell
10503 W Thunderbird Rd, Suite 301, Education Room
Sun City, AZ 85351
Medical office building directly west of the main hospital
2nd Thurs. of every month; 1:30 – 3:00 pm
Beverly Kramer, RRT — (623) 832-5390

Banner Del E. Webb
The Colonnade Way in Sun City
19116 Colonnade Way
Surprise, AZ 85374
2nd Mon. of the month; 2:00 – 4:00 pm
Rochelle Swenson, RRT — (623) 524-4048

Beatitudes Campus
1610 W Glendale Ave
Phoenix, AZ 85021
2nd Mon. of the month; 4:00 – 5:00 pm
Barbara Carpenter – (602) 544-8593

Cancer Treatment Centers of America
14200 W Celebrate Life Way
Goodyear, AZ 85338
2nd Thurs. of the month; 6:30 – 7:30 pm
Betti Grab – (623) 207-3094

Chandler Regional Medical Center
Morrison Building, Conference Room #1
1955 W Frye Rd
Chandler, AZ 85224
3rd Wed. of the month; 2:00 – 3:00 pm
Mack Rector, RRT, CPFT – (480) 728-3256

GateWay Community College
Arizona Center for Chest Diseases
5090 N 40th St, Ste. 122
Phoenix, AZ 85018
3rd Thurs. of the month; 5:30—7:00 pm
Kathryn Patterson, BS, RRT – (602) 286-8507

HealthSouth Scottsdale
9630 E Shea Blvd
Scottsdale, AZ 85260
2nd Tues. of the month; 11:30 – 1:00 pm
Debra Knotts, RRT — (480) 551-5400, ext. 5488

Mayo Clinic Hospital
5777 E Mayo Blvd
Phoenix, AZ 85054
Room 1-212
2nd Wed. of the month; 10:30 – 11:30 am
Amelia Lowell, BS, RRT — (480) 342-2348

Tanner Terrace
7138 N 45th Ave
Glendale, AZ 85301
3rd Monday of the month; 1:00 – 2:00 pm
Susan Bergquist – (602) 405-3676

PRESCOTT
Yavapai Regional Medical Center
Spruce Room
1003 Willow Creek
Prescott, AZ 86301
2nd Mon. of the month; 1:00 – 2:00 pm
Jennifer Smith, RRT — (928) 771-5264

TUCSON
The Forum
2500 N Rosemont Blvd
Tucson, AZ 85712
Last Monday of the month; 1:00-2:00 pm
Liesen Clemons – (520) 325-4800

Banner University Medical Center
1501 N Campbell Ave, Respiratory Science
Building, Room 2343
Tucson, AZ 85724
3rd Wed. of the month; 3:00-4:30 pm
Linda Bohlin-Barber, RRT — (520) 694-0919

WICKENBURG
Wickenburg Community Hospital
520 Rose Ln
Wickenburg, AZ 85390
2nd Monday of the month; 2:00-3:00 pm
Stephen Bond, RCP — (928) 684-5421

Join a Better Breathers Club Online or By Phone

Can't make it to a Better Breathers Club, but wish you could still participate? The Better Breathers Club at Cancer Treatment Centers of America (CTCA) in Goodyear has you covered. CTCA's Better Breathers Club has opened up their meetings to anyone who wants to join by phone or online. CTCA's Better Breathers Club meets the second Thursday of every month from 6:30 - 7:30 pm.

To join by phone:
Call (563) 999-2090 and enter access code 493467

To watch the presentation online:
Search for "Better Breathers Club @ WRMC" on Facebook. Once you're on the page, click the green "Join Group" button. The administrator of the group's Facebook page will receive your request and grant you access.



Join this group to see the discussion, post and comment. [+ Join Group](#)

For more information about joining CTCA's Better Breathers Club, call (623) 207-3094.



Spring/Summer 2017