



MAY 2017 CLRD E-BLAST

Announcements, Events, News and Resources in your community, for people living with and serving those with Chronic Lower Respiratory Disease (CLRD)

Observances This Month

Asthma Awareness Month!

[The Asthma and Allergy Foundation of America has a variety of messages and tools you can use to educate others and call attention to this chronic disease](#)

CHECK OUT OUR NEW [“ASTHMA RESOURCES” PAGE](#) !



A page dedicated to helping you find what you need for your family, your patients, your community, your school and more.

ANNOUNCEMENTS



CAMP NOT-A-WHEEZE SPECIAL REQUEST!

Camp Not-A-Wheeze is celebrating its 31st year in 2017 once again providing Arizona children with life changing asthma management skills, an incredible summer camp experience, and increased self-esteem and confidence in being an active and happy child with asthma. Camp **STILL NEEDS 11 LICENSED MEDICAL VOLUNTEERS**. If you are licensed and want to come to Camp for 3 or 6 days we would love to have you. Medical volunteers are the heart of Camp Not-A-Wheeze. You can make a difference to a child and have a fun camp experience yourself. Please download an application [here](#). Camp starts May 27th

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### National Air Quality Flag Program Spring Challenge

Arizona Department of Environmental Quality (ADEQ) announces the [National Air Quality Flag Program Spring Challenge](#), which runs from April 15 through May 31, 2017. Each year, the Spring Challenge provides Arizona schools and other eligible organizations the opportunity to teach people about local air quality, how air pollution affects health and actions we can take to protect ourselves and improve the quality of the air we breathe. This is especially important when it comes to children including teens, whose risk of experiencing health issues from air pollution is greater.

Eligible Air Quality Flag Program participants in Arizona include organizations such as schools, community health centers, environmental education centers, parks and recreation centers, fire departments, and after-school/early-childcare facilities located in Maricopa, Pinal, Santa Cruz and Yuma counties. Register for the [Air Quality Flag Program](#) today!

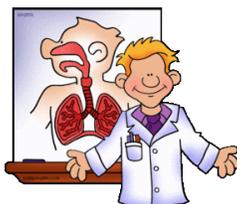
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Read All About it!

The Breathe Easy Arizona Spring/Summer newsletter “Special Asthma Edition” has just been released! See the attached PDF or visit our [website](#) to view a copy. Great information about new legislation, air quality, clinical studies, inhaler recalls and more. You won’t want to miss it.

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## **Special Advice From Our Asthma Experts**



We reached out to asthma experts who work with people with asthma on a daily basis, and asked about the most pertinent things that people living with asthma, or caring for someone who is, need to know. Here is what they said:

1. **What is one thing you want patients/families to know about good asthma management?**
  - a. Good asthma management will improve your child's life (ability to play, stay in school, sleep at night) and decrease cost to the family (less doctor visits and missed work).
  - b. Good asthma management should include lots of input from patients and their families; asthma is not a “one size fits all” disease.
  - c. Taking prescribed medications as prescribed and on a daily basis is critical in controlling asthma.
  - d. Make sure to contact their primary care doctor or pulmonologist if they are having symptoms of asthma exacerbation (coughing/wheezing/shortness of breath) more than twice a week or if they need to use their rescue inhaler more than twice a week to prevent ED visits and hospitalizations.
  - e. Managing asthma can be complicated and difficult at times. The one thing every patient and family needs to know about good asthma management is never give up and be prepared. If you have asthma that is easy to manage, keep a close eye on your symptoms. Always be prepared for a spontaneous exacerbation, we still do not often know what the “tipping point” may be that changes up your severity of disease. If you have asthma that is difficult to manage, do not give up. Never assume that your

symptoms are as “good as it gets.” There are new medications and therapies being created almost every day, so don’t give up hope that an effective treatment is possible. Always have a plan for treatment, keep learning about your disease, and make sure that your family, friends, and work/school know about it too. The American Lung Association has many resources to help educate family, school, and work about asthma on our website at <http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/>.

**2. What resources do you like to tell patients/families/the community about?**

- a. Phoenix Children’s Hospital’s “Breathmobile”, Camp Not-A-Wheeze, ASHLine (1-800-55-66-222), and the American Lung Association’s Lung HelpLine (1-800-586-4872)
- b. Banner Health has a [free asthma workbook](#) in English & Spanish that is applicable to adults & children located at:
- c. Banner Children’s has a free asthma support group that meets quarterly – to sign up to receive event flyers that is free for the entire family to attend send email to [azpedsasthmasupport@bannerhealth.com](mailto:azpedsasthmasupport@bannerhealth.com) or contact Kimberly Byrne, Pediatric Asthma Program Manager at 480-412-7902
- d. Every asthmatic must have an Asthma Action Plan that they create with their doctor and family. A good AAP will include a severity level, triggers, and Peak Flow personal best information. This will be used to help judge how an asthmatic’s symptoms are being managed, and if the patient is in an asthma exacerbation. A good AAP will include different levels of warnings, generally Green (doing well), Yellow (using caution), and Red (get help now) with descriptions of symptoms and brief instructions of what to do. Download an [Asthma Action Plan](#) here.
- e. The American Lung Association Medical Helpline is a free resource for every person who has questions about one of the most important organs in the body, your lungs. We answer questions about how the lungs work, disease specific questions (COPD, asthma, pulmonary fibrosis, lung cancer, and hundreds more), medications, prescription assistance, and how to get healthier. More and more people are going on the internet to look for answers, and so often they find misleading information or worse. All too often people see targeted advertising that leads to misinformation about lung health and possible “cures.” The American Lung Association Medical Helpline can help you understand what a valid resource is and what is potentially bad information.

**3. Why should Arizonans learn about asthma and focus on asthma efforts in their communities?**

- a. Asthma results in many days of missed school, loss of work days for parents, and is a major cost burden. It is the most common chronic medical condition in children.
- b. Because it will lead to higher quality of life for many people who suffer with asthma.
- c. The amount of children and adults with asthma in Arizona continue to increase.
- d. While asthma deaths and hospitalizations are decreasing, possibly from better medications and therapies; the actual rates of asthma are increasing, possibly from better detection and increasing environmental/genetic factors. The chances that you have asthma or know someone that does is extremely likely. This means that you

need to know what to do during an asthma attack, which can happen at any time. When you become involved in learning about asthma efforts in your community, you will see the massive impact this illness can have in the community. You will learn what potential triggers exist in your region, and you can learn about how to help reduce the level of triggers. The simple fact that rates of asthma are climbing indicates that we all need to work together to learn more about asthma, how to treat it, and how to reduce the triggers for asthma. Going through the free one-hour interactive online [Asthma Basics course](#) from the American Lung Association is an excellent starting point for anybody to learn more about asthma.

**4. What's the #1 thing you recommend when I feel an asthma exacerbation coming on?**

- a. Think about starting a course of oral steroids (prednisone, dexamethasone) and call your doctor.
- b. I usually recommend response to rescue inhaler and frequency of rescue inhaler use as my action point in an "Asthma Action Plan".
- c. Start using rescue medication at the first sign of an exacerbation.
- d. To remain calm while helping someone with asthma and try to help the person with asthma remain calm.
- e. Do not lay a person with an asthma attack on their back when having trouble breathing – have them sit up or hug knees.
- f. Do not hesitate to call 911 if someone is having trouble speaking, is having retractions, or if they become pale in the face/lips
- g. The American Lung Association Asthma Basic course teaches that when an asthma exacerbation is coming, stop activity immediately and use your rescue inhaler. Follow your Asthma Action Plan to determine proper treatments. Always carry your prescribed rescue inhaler, and make sure that you understand how to use it properly. [View videos](#) on proper inhaler usage.

**5. What can healthcare professionals and community organizations do to support asthma in Arizona?**

- a. Provide easy access to asthma education and medical care, and find ways to cover asthma medications, which can be expensive.
- b. Join the Arizona Asthma Coalition and/or Arizona CLRD Coalition to help fulfill our missions!
- c. Encourage your child's school to initiate the air quality flag program.
- d. All primary care providers should provide asthma action plans for every patient with asthma- they need a copy for home, school, daycare, babysitter, coach, and family members.
- e. All health care professionals and the community need to continually learn what medications are available, what triggers are in your specific area, and what to do in an emergency. Going through the Asthma Basics course is a good start, but continue to look for resources in your area. Get involved in asthma clinics, asthma camps, and other American Lung Association events in your area. Go to <http://www.lung.org/> and change your location to where you are, and you can see initiatives and resources from us in your area. There are ways to get involved at multiple levels. You can donate to asthma research, become a Freedom From Smoking Facilitator, or lead a Better Breathers Club to support all those with lung health problems

## 6. Other words of advice?

- a. Emphasize that asthma is not a mild disease but is a frequent cause of ED visits, hospitalizations, and can be fatal.
- b. Don't forget about environmental factors. Stay away from cigarette and other smoke. Avoid animals if they are a trigger for you.
- c. Keep your bedroom a "safe zone" with regular cleaning and exclusion of animals.
- d. Never hesitate to contact the American Lung Association at 1-800-LUNG-USA to speak with medical professionals and advocates about what you can do in your community.
- e.

**Thanks to all of you who so willingly and quickly responded!**

### **Mark Brown, MD**

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### **Kimberly Byrne RN, BSN, CPN, AE-C**

Pediatric Asthma Program Mgr.  
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Center

### **Matthew RRT, MPA, MHA, BSB/A**

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American Lung Association Lung HelpLine

### **Ted Carter, MD**

Chair, AZ Asthma Coalition  
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Clinical Professor, Child Health,  
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### **Matthew A. Rank, M.D.**

Allergy, Asthma and Clinical Immunology  
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## EVENTS

### **Are You Ready to Be a Winner?**



Quitting smoking isn't easy – but it's easier with the right help. The American Lung Association's **Freedom From Smoking®**, program gives you options, resources and support to quit for good!

**Freedom From Smoking® 7-week in-person Group Clinic Course** is the premier smoking cessation program from the American Lung Association. It helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smoke-free for life! Check the [Breathe Easy Coalition Calendar](#) for upcoming clinics around the state.

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Save the Date

Arizona Asthma & Allergy Clinical Conference Saturday, October 7, 2017

SAVE THE DATE!!!! The Arizona Asthma Coalition will hold its 11th Annual Asthma & Allergy Clinical Conference on Saturday, October 7, 2017, from 8 a.m. to 4 p.m. at Mayo Clinic, Scottsdale Shea Campus. The conference will address:

- Opportunities to improve asthma care in Maricopa County and across Arizona
- Treatment options for different asthma phenotypes
- The correlation between asthma and allergies
- Asthma triggers at schools, and what to do about them
- An update on research, national guidelines and new cutting edge therapies

CME/CEU credits will be applied for: physicians, PAs, nurses, nurse practitioners, asthma educators and respiratory care practitioners. Watch for registration materials in July!

For further information contact Barbara Burkholder at barbburk5@msn.com

NEWS

[UA Presence at American Thoracic Society 2017 International Conference More Expansive](#)

[American Lung Association congratulates Arizona on passing bill to allow trained staff to administer asthma medication in schools](#)

ARIZONA RESOURCES

Asthma Resources

- The [Arizona Asthma Coalition](#) (AAC) is a non-profit partnership founded in 1996. It serves as a catalyst to decrease the burden of asthma in Arizona through awareness, advocacy and education. Coalition members include state and local public health departments, state and local environmental departments, the Indian Health Service, the American Lung Association of Arizona, health plans, faculty from colleges and universities, community non-profit organizations, pharmaceutical companies, individual physicians, school nurses, pharmacists, respiratory therapists, asthma educators and parents.
- [Banner Children's Asthma Support Group](#) offers free asthma education classes to learn how to breathe easier with asthma for children ages 3 years – 18 years with asthma and their parents/caregivers. This event is provided by certified asthma educators from Banner Children's at Cardon Children's Medical Center & Banner Children's Pediatric Pulmonary Free rock wall climbing for attendees after the asthma education session is complete. Must arrive at 7 p.m. Bring rescue inhaler (Albuterol) inhaler in case needed due to exercise or asthma flare-up. Wear comfortable clothing that allows for movement and tight fitting tennis shoes.
- [Phoenix Children's Hospital's Severe Asthma Clinic](#) is a multidisciplinary program with specialists in Pulmonology, Allergy, Respiratory Therapy and Nursing, who collaborate to help children with severe asthma. A severe asthma patient is defined as those experiencing pediatric intensive care unit admissions and frequent hospitalizations or Emergency Department visits, despite receiving asthma medications. The team performs a comprehensive evaluation with pulmonary function testing, including measurement of lung inflammation, and allergy skin testing to design an individualized asthma treatment plan.

- [Stock Albuterol Bill: AZ HB2208/2017](#)
- [University of Arizona Asthma and Airway Disease Research Center](#) has evolved into an internationally renowned, comprehensive Center of Excellence that combines the highest caliber of research, clinical care and teaching

Additional Tools

- [Asthma Basics Course](#) - The American Lung Association's Asthma Basics course is a free one-hour interactive online learning module designed to help people learn more about asthma. This course is ideal for frontline healthcare professionals, such as school nurses or community health workers, as well as individuals with asthma, parents of children with asthma, and co-workers, friends and family who want to learn more about asthma. Asthma Basics is available in English and Spanish.
- [Asthma Burden Report](#)
- [2017 Pocket Guide For Asthma Management and Prevention](#)
- [Asthma Awareness Posters](#) – Download our new posters for use in your community!
- [Lung HelpLine](#) Registered nurses, respiratory therapists, certified tobacco treatment specialists and counselors make up our helpline staff. They are ready to assist with your lung health questions. Get detailed and accurate information about lung cancer, asthma, COPD, quitting tobacco and multiple other lung health topics. Contact Stacey Mortenson @ smortenson@lungs.org and ask about making fax referrals to the HelpLine on behalf of your clients! We'll send you fax forms to start incorporating into your work.

Breathe Easy Arizona

- [Breathe Easy Arizona](#) is a large coalition of individuals and organizations with a common interest in decreasing the impact of Chronic Lower Respiratory Disease (CLRD) among Arizona residents. Learn more about our vision, mission, and goals on our [Coalition page](#).
- Find out about upcoming community events related to CLRD on our [calendar page!](#)
- Follow us on:
[Facebook](#) [Twitter](#) [YouTube](#)
- The [Community Referral Program](#) is a **new** American Lung Association public health program that supports high quality continuity of care. The program allows direct care providers and allied health professionals to refer their patients to our staff of registered nurses and respiratory therapists for health education and disease management assistance.

Community Partners

- [The Airways Clinical Research Center](#) - has evolved into an internationally renowned, comprehensive Center of Excellence that combines the highest caliber of research, clinical care and teaching

- The [Alpha-1 Foundation](#) can help you learn about Alpha-1 Antitrypsin Deficiency. To attend the Alphazonies Support Group Meeting in your area contact: Karen Bennington, Leader 480.349.6323
- The [Arizona Community Health Outreach Worker Network](#) (AzCHOW) has supported the sustainability of the CHW workforce in Arizona for over 20 years.
- The [Arizona Living Well Institute](#) is a public-private partnership encompassing all sectors of the healthcare community. The mission of the Living Well Institute is to advance evidence-based programs for Arizona communities through structured communication, multi-level coordination and facilitator coaching.
- [American Lung Association](#) – saving lives by improving lung health and preventing lung disease – HelpLine 800-LUNGUSA.
- The [Arizona Rural Women’s Health Network](#) is an organization where healthcare professionals of varying levels can personalize health care, collaborate, receive and promote health education. We are a vertical and horizontal Network of healthcare professionals dedicated to the health of women living in rural Arizona.
- [Arizona Smoke-Free Living](#) is a group of leading health organizations and community advocates who work hard to protect every Arizonan from the dangers of secondhand smoke.
- The [ASHLine](#) allows you to talk to expert coaches who walk you through the quitting process. Call a Quit Coach now! Our services are FREE and we offer FREE medication to help you QUIT. 1-800-55-66-222
- The [COPD Foundation’s](#) mission is to prevent and cure Chronic Obstructive Pulmonary Disease and to improve the lives of all people affected by COPD.
- DignityHealth St Joseph’s Medical Center hosts [FREE 6-Week Workshop Series](#) for Adults and/or caregivers with COPD, Diabetes, Arthritis, High Blood Pressure or any other Chronic Health Condition. Weekly, 2.5 hour sessions, held at convenient locations in Chandler, Gilbert, Tempe, Mesa and the surrounding communities, are forming soon!
- [Live Well Arizona](#) – Dedicated to identifying, celebrating and connecting efforts to improving well-being in Arizona.
- [UnitedHealthcare®](#) is holding free telephonic, comprehensive caregiver education sessions throughout the year! These sessions are free to the public in English and Spanish.

HAPPY ASTHMA AWARENESS MONTH!

