Asthma Management Academy
2019 Webinar Series

Asthma Self-Management Tools

Hosted by Esperanza Community Housing
in partnership with the California Department of Public Health
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<th>Date and Time</th>
<th>Topic</th>
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<td>March 12(^{th}) 11am</td>
<td>Lung Function Testing</td>
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<td>April 9(^{th}) 11am</td>
<td>Maternal Health and Asthma</td>
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<td>May 14(^{th}) 11am</td>
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<td>June 11(^{th}) 11am</td>
<td>Asthma Medication</td>
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<td>July 9(^{th}) 11am</td>
<td>Data Collection and Use in Home Visiting Programs</td>
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Agenda

- Introduction: Arden Caffrey from Esperanza Community Housing
- Self Management Tools in a clinical Setting
- Self Management Tools in a Home Visiting Setting
- Questions and Answers with the Presenters
Asthma

Different severities and types of asthma

- Severe
- Moderate
- Mild
- Exercise Induced Asthma (EIA)

- Persistent
- Intermittent
Asthma Control Test

• What is the Asthma Control Test?

• What do clinicians see when they look at a patient’s asthma control test?
  • Medication changes

• How does this help bridge the gap between clinical asthma care and home visiting models?
  • ACT shows the patients perception of their control vs what is really going on. Clinicians can use this to recommend medication changes and home visitor can focus on that difference while assessing in home triggers and spend more time with the patient/client in a comfortable atmosphere.
Other tests that Clinicians can perform that relate to the asthma control test include:

- Spirometry
- FeNo Test
Peak Flow Meter Diary

- **What is a Peak Flow Meter?**

- **What does a clinician see when they look at a peak flow meter diary?**
  - Daily numbers and trends shows the need for changes in medication.

- **How does this help bridge the gap between clinical asthma care and home visiting models?**
  - ID allergies and home visitor can help to identify the source of that allergy and how to control in-home.
  - Allows clients/patients to assess what is going on inside their lungs/airways on a daily basis. This can help clinicians with medication changes and home visitors can help to reinforce correct medication use and review diaries with clients.
Asthma Action Plan

**Green Zone:** Go!—Take these CONTROL (PREVENTION) Medicines EVERY DAY

- You have ALL of these:
  - Breath is clear
  - No cough or wheeze
  - Can work and play
  - Can sleep and sing
  - No chest tightness

**Yellow Zone:** Caution!—Continue CONTROL Medicines and ADD QUICK-RELIEF Medicines

- You have ANY of these:
  - First sign of a cold
  - Cough or wheeze
  - Tight chest
  - Problems sleeping, working, or playing

**Red Zone:** EMERGENCY—Continue CONTROL & QUICK-RELIEF Medicines and GET HELP!

- You have ANY of these:
  - Can't talk, eat, or walk well
  - Medicine not helping breathing hard and fast
  - Can't talk and/or walk well

**Peak Flow in this area:**
- Green: 600-799
- Yellow: 300-599
- Red: Less than 300

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**DHS Pediatrics (0-18) Asthma Action Plan**

**Prevent asthmatic symptoms every day:**

**SLOW DOWN & Take quick relief medicine:**

**Medical Alert:** Get help now! Call your doctor or take these medicines and then call the doctor or go to the hospital. If you are unable to reach your doctor, go directly to the Emergency Department!
Asthma Action Plan

• What is the function of the AAP?

• What does a clinician see when they look at an AAP?
  • Gives patients more control for how to manage asthma. Reinforces compliance with medications.

• How does this help bridge the gap between clinical asthma care and home visiting models?
  • Clients can use this tool at home. Helps clinicians encourage medication compliance.
Allergies and Nasal Sprays and Asthma
Other Tools
Contact

• Monica Buenrostro
• Email: mbuenrostro@dhs.lacounty.gov
Meet the Presenters

Alejandro Vazquez  
Community Health Worker

Cassandra Castro  
Community Health Worker
**CHW: Peak Flow Meter**

![Image of child using a peak flow meter]

**Asthma Diary**

A weekly journal to record your asthma symptoms, peak flows, and the amount of medicine you took.

### SYMPTOMS

Use a check mark to show when you had symptoms.

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- Cough
- Wheeze
- Breathing Problems

### PEAK FLOW READINGS

Write your peak flow readings in the corresponding color zones.

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- **Green Zone**
- **Yellow Zone**
- **Red Zone**

### MEDICINE

List your medicines and the number of times you took them each day.

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<th>Medicine Name</th>
<th>Mon</th>
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CHW: ASTHMA ACTION PLAN
Respira Sano Activity Book

- Comprehensive educational materials.
- English and Spanish.
- Topics:
  - What is normal breathing?
  - What is Spirometry?
  - What is a Peak Flow Meter?
  - Asthma Medication.
  - Asthma Triggers.
  - Asthma Action Plan.
  - School Flag Program.
  - Importance of regular doctors visits.
Home Environmental Observation

- Records possible asthma triggers and recommends solutions to avoid possible asthma triggers.
- Interpersonal relationship with patients must be established first before implementing this form.
- Cover 3 Areas:
  - Assesses the patient’s home.
  - Assesses the patient’s indoor environment.
  - Assesses the patient’s outdoor environment.
Contact CCV

• Esther Bejarano
  Email: Esther@ccvhealth.org

• Alejandro Vazquez
  Email: Alejandro@ccvhealth.org

• Cassandra Castro
  Email: Cassandra@ccvhealth.org
Q & A

Subject Matter Experts:

Monica Buenrostro, RN II
Alejandro Vazquez, CHW
Cassandra Castro, CHW
Esther Bejarano, CHW
Contact Information

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arden@esperanzacommunityhousing.org
Thank You!