Asthma Program

A Comprehensive Overview
Agenda

- What is Asthma?
- Statistics
- Common Asthma Symptoms & Triggers
- Asthma Action Plan & Peak Flow Meter
- Our Mission and Goals
- Information about our program
What is Asthma?

- Asthma is a chronic lung disease
- People who have asthma live with it every day
- With asthma, it is hard to get air in and out of the lungs
- Asthma may be triggered by many things
- The effects of asthma can be controlled and reduced
When You Have Asthma

- Bronchial tube
- Muscles - The bronchial tubes are wrapped with muscles
- Bronchiole - Smaller branches of the bronchial tubes
- Mucus lines the bronchial tubes
- Inflamed airway
- Alveoli with trapped air
- Extra mucus

Lungs
According to the CDC National Asthma Control Program:

- 34 million people have been diagnosed with asthma
- 22 million currently have asthma of which, 12 million have had an episode over the last year
- 4,000 Americans die every year from asthma related complications
- Nearly 7 million asthmatics are under the age of 18
According to the Riverside County Asthma Profile 2009:

- Approximately 366,000 children & adults have been diagnosed.
- 70.6% of asthmatics have NOT received an asthma management plan from a health care provider.
- In 2006, there were a total of 3,246 emergency room visits among children ages 0-17 years old.
- In 2006, there were a total of 626 hospitalizations due to asthma among children ages 0-17 years old.
- From 2003-2005, there have been less than 5 deaths due to asthma among children ages 0-17 years old & 30 deaths among adults ages 18-64 years old.
Common Symptoms

- Wheezing
- Feeling of chest tightness or heaviness
- Coughing
- Shortness of breath
What Can Bring On An Asthma Attack

1. TRIGGERS

2. VIRUS INFECTIONS can cause asthma attacks. It is important to get a flu shot.
Air Chamber

Peak Flow Meter
# Asthma Action Plan

## My Asthma Plan

<table>
<thead>
<tr>
<th>Provider's Name:</th>
<th>Medical Record #:</th>
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**Special instructions when I am:**
- **doing well,**
- **getting worse,**
- **having a medical alert.**

### Doing well.
- No cough, wheeze, chest tightness, or shortness of breath during the day or night.
- Can do usual activities.

- **Peak Flow:**
  - **for ages 5 and up:**
    - **OK Zone:**
      - ____ (80% of normal peak flow)
    - **Yellow Zone:**
      - ____ (60% to 79% of normal peak flow)
    - **Red Zone:**
      - ____ (59% or less of normal peak flow)
  - **Personal Best Peak Flow:** (for ages 5 and up): ____

### Getting worse.
- Cough, wheeze, chest tightness, shortness of breath, or
  - **Waking at night due to asthma symptoms, or**
  - Can do some, but not all, usual activities.

- **Peak Flow:**
  - **for ages 5 and up:**
    - **OK Zone:**
      - ____ (80% of normal peak flow)
    - **Yellow Zone:**
      - ____ (60% to 79% of normal peak flow)
    - **Red Zone:**
      - ____ (59% or less of normal peak flow)

### Medical Alert
- Very short of breath, or
- Quick relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in **Yellow Zone**
- **Peak Flow:**
  - **for ages 5 and up:**
    - **OK Zone:**
      - ____ (80% of normal peak flow)
    - **Yellow Zone:**
      - ____ (60% to 79% of normal peak flow)
    - **Red Zone:**
      - ____ (59% or less of normal peak flow)

### Danger! Get help immediately! Call 9-1-1 for emergencies.
- If I have trouble breathing or if my child has any of these,
  - **Red Zone:**
    - Call

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**Health Care Provider:**

[Signature]

[Date]
Asthma Action Plan

Who should have a copy of the AAP?

- Parent
- School Nurse
- Daycare Worker
- Grandparent
- Babysitter
- Anyone else who takes care of your child
Our Mission & Goals

To help families with children and senior adults learn how to control and manage their asthma

We aim to eliminate or reduce:

- Asthma episodes/attacks
- Emergency room visits
- Hospital stays
- Missed days from school or parents/guardians from work, and/or seniors from missed work/activities
Services

- Conduct initial home visits
- Conduct environmental assessments to reduce triggers
- One-on-one overall asthma education
- Provide spacers for clients
- Provide peak flow meters for clients over 5 years
- Provide allergen proof mattress and pillow case covers for those with persistent asthma
Requirements

- Any child 0-18 years of age or senior adult 55 years and older
- Live in Riverside County
- Have an Asthma diagnosis by a doctor
Please refer asthmatic clients to us!

Riverside County Community Health Agency
Asthma Program

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Questions