



Managing Your Child's Asthma **An Educational Program for Parents of Children with Asthma & Other Caregivers**

A Product of the Minneapolis/St Paul Controlling Asthma in American Cities Project
Community Forums Workgroup

About the Program

"Managing Your Child's Asthma" was developed by the Controlling Asthma in American Cities Project (CAACP) staff and the CAACP Community Forums Workgroup members. The CAACP project, a program administered by the American Lung Association of Minnesota, was supported through a cooperative agreement with the Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, under program announcement 03030. The curriculum is designed to provide parents and other family members of children with asthma with the knowledge and confidence to better manage their child's asthma. The curriculum is delivered in one 60-90 minute session, covering the following content areas: what is asthma, myths & facts about asthma, asthma triggers & strategies to avoid them, zones of asthma, asthma action plans, types of asthma medicines & how to use them, and case scenarios.

Recommended Presenters

In its delivery in the Minneapolis/Saint Paul area, the presenters for this curriculum are health care professionals with experience and training in asthma, including certification by the National Asthma Education Certification Board as Certified Asthma Educators, or other professionals with significant experience providing care to children with asthma and their families. Dynamic speakers with good group discussion and facilitation skills are also recommended. It is also important to select speakers from the community of the target audience.

Target Audience

The intended audience is parents and other caregivers of children with asthma. The program has been adapted for other settings with high participant satisfaction, including community health workers and medical assistants serving patients and their families with asthma.

Recommended Setting

The curriculum has been delivered to groups of 5-30 people in clinical and non-health community settings. Community settings have drawn higher numbers of attendees on average and reach those who may not be

visiting a clinic regularly. In clinical settings, targeted invitations can select only attendees with family members with known asthma.

Evaluation Results

“Managing Your Child’s Asthma” has been pilot tested, reviewed, and modified with extensive input from health professionals working on the CAACP Community Forums Workgroup. Additionally, it was reviewed by Lynne Bausman, RRT, AE-C, a respiratory practitioner in the Twin Cities metropolitan area and long-time coordinator and volunteer with our local asthma camp. As of December 2005, the program has been delivered 28 times in the Minneapolis/St Paul area through the Controlling Asthma in American Cities Project. Based on a survey distributed to participants at the end of the training session, the program has been well-received. After the program, the majority of respondents found the session to be helpful and all the materials useful. The majority intended to use the materials to help manage their child’s asthma. Satisfaction with the class leader, location, materials, and session overall was over 90%. The program is currently undergoing outcome evaluation to measure utility of the material and actions taken by participants 4 weeks after attending. The evaluation findings for this project are specific to the setting, target audience, and content of the program as delivered by CAACP. The program may not have the same results if delivered in a different type of setting, to a different type of audience, or with modified content.

The evaluation of this program is on-going. We ask for your feedback as you deliver the program in your community. Please see attached “Program Reporting Form.”

Managing Your Child's Asthma

Program Goal: Improve the knowledge, confidence, and skills of parents and other caregivers to manage their child's asthma.

Curriculum Objectives:

1. Increase participant awareness about the components of asthma
2. Increase participant knowledge of common triggers and strategies to avoid/eliminate triggers
3. Increase participant awareness of asthma zones and the use of asthma action plans
4. Increase participant awareness of asthma medicines and the difference between controllers and relievers
5. Improve participant knowledge and confidence in using common medication delivery devices and peak flow meters
6. Through content and the use of case scenarios, improve participant confidence and skill in taking action to better manage their child's asthma

Materials included:

- Curriculum Powerpoint presentation (print notes pages for instructors' guide)
- Curriculum Evaluation form
- Medications Demonstration Guide
- Trigger Kit Guide
- Handouts (in electronic form) including:
 - 1) Asthma Signs & Symptoms
 - 2) Asthma Triggers & Avoiding Asthma Triggers (2-sided)
 - 3) Asthma Medicines
 - 4) Sample Asthma Action Plan
 - 5) HCMC's "My Asthma Guide" – available at <http://www.hcmc.org/patients/patienteducation/asthma.htm>
 - 6) Inhaler Teaching Sheets – available at <http://www.alamn.org/InfoCenter/Provider/MedicationDevices.asp>
 - 7) Community Resource Sheet (tailor this to your community setting)
- Program Reporting Form

Other Materials (not provided):

- Patient Education Toolkit – small box of placebo inhalers for presenter to demonstrate proper technique
 - We recommend contacting your local pharmaceutical representatives to obtain placebos for demonstration during the session.
 - See “Medication Demonstration Guide” for contents of this toolkit

- Asthma Trigger Kit – small box containing examples of common asthma triggers to facilitate discussion and a hands-on, interactive learning environment.
 - See “Trigger Kit Guide” for contents of this toolkit

MANAGING YOUR CHILD'S ASTHMA
Participant Evaluation

Thank you for attending this presentation today. In order to make this presentation better for others, we would like you to answer a few questions. Please take a minute to fill out this form. Except where noted, please mark one choice for each of the following questions.

1. Do you live with someone who has asthma?
(Mark all that apply)
 - Self
 - Spouse
 - Child
 - Extended family member
 - None of the above
2. Do you know someone who has asthma? (Mark all that apply)
 - Immediate family member not currently living in same house (e.g. child, spouse)
 - Extended family member
 - Friend
 - Neighbor
 - None of the above
3. Which parts of the forum were most helpful?
(Mark all that apply.)
 - Anatomy of a healthy lung, What is asthma?
 - Asthma misconceptions and truths
 - Asthma triggers
 - Asthma zones & Asthma action plans
 - Asthma medications
 - Case scenarios
4. How useful was the information provided?
 - Very
 - Somewhat
 - Not at all
 - Don't know
5. Do you plan to use the information to help manage your child's asthma or another friend or family member's asthma?
 - Yes
 - No
 - Unsure
6. Does your child or another family member or friend have an asthma action plan?
 - Yes
 - No
 - Unsure
 - Not applicable
7. Are you on a controller medicine, which is a daily asthma medicine, other than Albuterol?
 - Yes
 - No
 - Unsure
 - Not applicable
8. How satisfied were you with the class leader?
 - Very
 - Somewhat
 - Not at all
 - Don't know
9. Overall, how satisfied were you with the class?
 - Very
 - Somewhat
 - Not at all
 - Don't know

If you have additional comments, please write them on the back of this paper.

Thank you!



Managing Your Child's Asthma

Medication Demonstration Kit Guide for Speakers

In a gallon-sized zip-lock bag is the *Medication Demonstration Tool Kit*. You should use the contents of this bag to demonstrate inhaler and peak flow meter technique to the audience during your presentation of *Managing Your Child's Asthma*. The slides and other instruction sheets provide details on the exact technique for each device. You will want to spend more time on those devices that are used more by the children of those in your audience.

The following are included in each kit:

- Peak flow meter
- Optichamber valved-holding chamber
- Small mask for use with a holding-chamber
- Placebo Diskus dry-powder inhaler
- Nebulizer tubing and cup

Please note that we are not able to obtain placebo metered-dose inhalers. If you have a placebo MDI, it is recommended that you demonstrate its use with the valved-holding chamber and with the valved-holding chamber and mask.



Managing Your Child's Asthma

Asthma Trigger Kit Guide for Speakers

Your *Asthma Trigger Kit* contains objects which represent common asthma triggers. It is intended as a hands-on demonstration tool for discussing triggers during the *Managing Your Child's Asthma* presentation. The items below are listed in alphabetical order, not in order of importance. Be sure to mention to parents that every child has different triggers. It is important to identify what the triggers are for each child.

Air Freshener – Use this as an example of aerosol sprays and cleaning products in general. Because of their strong smell and the spray itself, these types of products may trigger an asthma flare-up for children. If these products are a trigger for their child, encourage parents to do cleaning when the child is not around. And they should avoid using unnecessary aerosol products.

Chalk – Similar to the markers, chalk can be a trigger for children. Using chalk can send a lot of dust into the air, which may trigger a flare-up. Encourage parents to use crayons with their kids instead.

Cigarette Pack – Exposure to second-hand smoke can be a powerful asthma trigger. Even the smell of smoke on clothes can trigger an asthma episode. Family should not smoke in the home or in the car if their child has asthma. Refer participants to the QuitPlan and American Lung Association Call Center for assistance with smoking cessation.

Cockroach – Roaches are an allergen for many children and may trigger an asthma flare-up. Keeping surfaces clean and food away will reduce the available food for roaches. Also, traps and exterminators can assist in eliminating the roaches from the home.

Dog – This serves two purposes. First, animal dander can be a trigger for some children. It is best not to have any type of pet with hair or fur if dander is a trigger. At the very least, pets should be kept out of child's bedroom, or out of the house completely. Secondly, stuffed toys (such as the one in the kit) can be a reservoir for dust mites. If children have stuffed animals or toys, they should be washed weekly in very hot water.

Dust Mites – Dust mites are small microscopic bugs that feed on dust and skin particles. They infest carpet, stuffed toys, pillows, bedding. Washing these items in hot water on a weekly basis and using mattress and pillow covers can reduce exposure to dust mites. Do not allow children to lie or sleep directly on carpet or upholstered furniture.

Flowers/Pollen – In the white envelope in your trigger kit, there are a few pieces of dried plant. Use this as an example of pollen and ragweed which are triggers for many children. Children should avoid playing outside during seasons when pollen and ragweed are high, if these are triggers for them. If possible, keep window and doors closed during this season as well.

Football/Baseball/Soccer/Golf Ball – Some children with asthma experience asthma flare-ups when exercising. Use this ball as an opportunity to explain that children can be active if their asthma is controlled. If exercise is a trigger for a child, the parent should talk to the doctor about taking a dose of their reliever medication before exercising to prevent flare-ups. Warming-up well before exercising can also help.

Marker – Strong smelling markers like white-board or permanent markers may be an irritant for some children with asthma, triggering an asthma flare-up. Tell parents to avoid markers, especially those with strong smells, if these are a trigger for their child. Their children can use crayons instead of markers for coloring.

Mouse – The latest research is showing that mouse-droppings may be a trigger for some children. Keeping the house clean and food put away will reduce mouse infestation, as well as using traps to eliminate any mice in the home.

Others – Other examples of triggers mentioned in the curriculum can be added to this kit as appropriate.

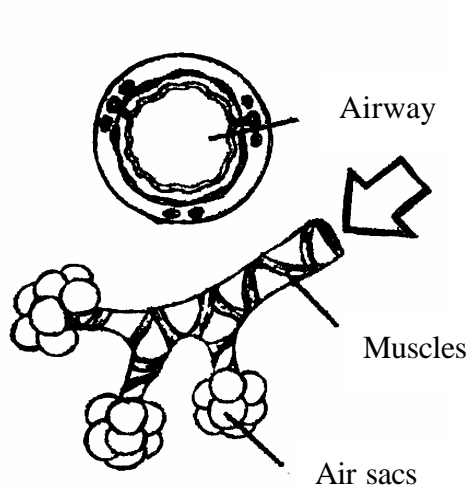
ASTHMA SIGNS & SYMPTOMS

Asthma is a life-long lung disease

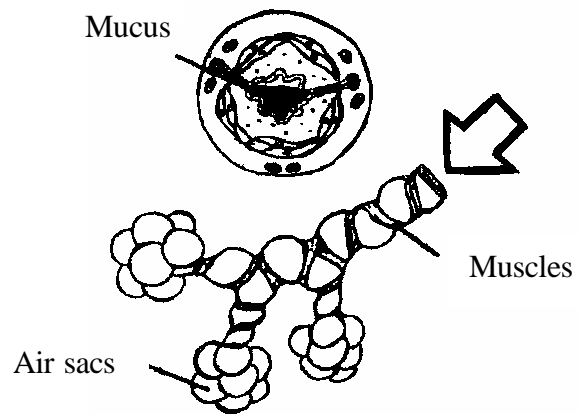
In response to a trigger:

- ? The inside of your airway gets swollen (inflamed)
- ? Your airways make a thick mucus
- ? The muscles around the airways get tighter (bronchoconstriction)

Normal Airway



Airway during asthma flare-up



Common Symptoms:

- Constant or frequent cough during day or especially at night
- Difficulty breathing or shortness of breath
- Tight chest - sometimes described as chest pain
- Breathing faster than usual
- Wheezing
- Coughing or out of breath with exercise
- Long recovery time (~20-30 min. or more) after exercise

ASTHMA TRIGGERS

Asthma triggers are different for everyone. It's important to learn what your child's asthma triggers are and learn to avoid them.

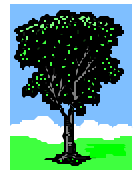
Infection = #1 Asthma Trigger

- Colds
- Bronchitis
- Tonsillitis
- Sore throats



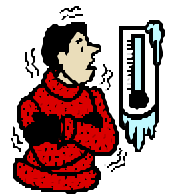
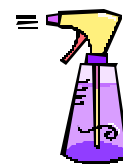
Allergies

- Pollens from grass and trees
- House dust mites
- Dander, hair, or feathers from furry or feathered animals
- Cockroaches
- Molds (indoor and outdoor)
- Foods



Irritants

- Changes in weather and temperature
- Cigarette smoke, wood smoke
- Incense, candles
- Air pollution
- Cleaning products
- Hair spray, make-up, talcum powder
- Spray deodorants
- Paints and solvents
- Strong odors (perfume, cologne)



Behaviors

- Exercise
- Showing strong feelings (crying, laughing hard, shouting)



AVOIDING COMMON ASTHMA TRIGGERS



Infection:

Get flu shot & Wash Hands Often



Smoke:

Don't smoke in home or car
Use smoking jacket when smoking outside

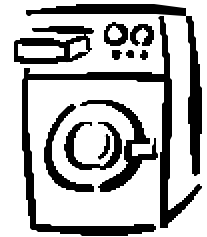


Pets:

Keep pets out of house and especially bedroom

Dust mites:

Wash bedclothes once a week in hot water
Use mattress & pillow covers



Strong Odors:

Avoid using products with strong odor
Reduce amount of products that you use

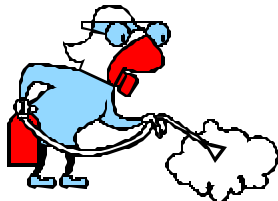
Mold:

Fix water leaks and keep humidity low



Pests:

Use traps to reduce mice and roaches
Call exterminator



For more information about how to avoid asthma triggers, look at p7 of "My Asthma Guide" included in your packet.

ASTHMA MEDICINES

CONTROLLER MEDICINES

- These medicines ***control*** asthma
- Decrease swelling and mucus
- Use them to prevent asthma flare-ups before they happen
- Should be taken ***every day***, even when your child feels well
- Do ***not*** work to relieve asthma flare-ups once symptoms begin



RELIEVER MEDICINES (Also known as Rescue or Quick Relief Medicines)

- These medicines ***relieve*** asthma symptoms
- Reliever medicines relax airway muscles
- Use when asthma symptoms appear
 - Or before exercising
 - Or when indicated by your doctor



- See the enclosed handouts for instructions on how to use these medicines.
- Follow your asthma action plan for when to use these medicines.



Managing Your Child's Asthma

Program Reporting Form

As you deliver the *Managing Your Child's Asthma* program in your community, we ask that you provide us with your feedback. After you have delivered this program, please complete this form and send it to us at the address provided below.

1. How many times have you implemented this program? In what type setting? Who was your target audience?
2. How many participants attended each session?
3. Based on your evaluation methods, please describe the success of your program.
4. What problems or issues did you encounter in delivering the program?
5. In your experience delivering this program, do you have any recommendations for changes or modifications to the curriculum? If yes, please describe.

**Send Form to: American Lung Association of Minnesota,
ATTN Jill Heins
490 Concordia Ave
St Paul, MN 55103**