Wee Breathers™

Presented by: Kathleen Slonager, RN, AE-C, CCH
Executive Director – AAFA-MI
Asthma Educator Sharing Day – October 2014
Disclosures

- Relationships, associations, or material interests to disclose:
  - Owner/Practitioner: Transformational Health PC (homeopathic holistic healthcare)
  - President: Homeopathic Nurses Association
  - Paid Consultant: Ideomed (web & mobile based patient engagement solutions innovator)
  - Paid Consultant: Energy Foundation (a non-profit org that funds NPO’s to build the new energy economy)
  - Paid Speaker: Health Alliance Plan

- This presentation is intended for educational purposes only. It is not intended to diagnose or treat condition(s) or in any way replace the services of a qualified health care practitioner.
The Asthma & Allergy Foundation

- AAFA, a not-for-profit organization founded in 1953, is the leading patient organization for people with asthma and allergies, and the oldest asthma and allergy patient group in the world
- MISSION STATEMENT: AAFA is dedicated to improving the quality of life for people with asthma and allergic diseases through education, advocacy and research
The mission of AAFA–MI is to improve quality of life for individuals and communities affected by asthma and allergic diseases through education, training, advocacy, medical management, and environmental greening.

We’ve been serving Michigan since 1984.
Asthma is a chronic inflammatory disease of the airway with:

- Airway obstruction that may or may not be reversible either spontaneously or with medication
- Airway inflammation caused by many cellular components
- Increased airway hyperresponsiveness
- Airway remodeling
Asthma is a chronic inflammatory disease of the airway with:

- Airway obstruction that may or may not be reversible either spontaneously or with medication
- Airway inflammation caused by many cellular components
- Increased airway hyperresponsiveness
- Airway remodeling
TOOLS USED IN THE HOME

- EPA Checklist
- GHHI “Healthy Homes Questionnaire” GreenandHealthyHomes.org/downloads
- Asthma Home Visits: The Three-Visit Model Tool Kit; Washington State Department of Health’s Asthma Program
- WEE BREathers™ PROGRAM aafa.org/WeeBreathers
Designed to help health professionals educate families on asthma management
Flexible curriculum created for educating parents during a home visit
Or with a group of parents from the same child care center
7 one-hour lessons on key topics and checklists for the home and/or child-care center
Program materials are downloadable free of charge thanks to support provided under a cooperative agreement with the U.S. Centers for Disease Control and Prevention, National Center for Environmental Health, Atlanta, Georgia.

These publications were produced by the Asthma and Allergy Foundation of America and its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Centers for Disease Control and Prevention.

www.AAFA.org/WeeBreathers
WEE BREATHERS™

- Foundation from the Wee Wheezers at Home© piloted in 1998 and evaluated in controlled trial in 2002
- Development team reviewed 118 relevant home visitor programs and 44 child care programs
- Discovered lacking low-literacy, culturally appropriate content, nationwide scope with local adaptability
WEE BREATHERS™

- Designed for educators who work with families in the home and/or childcare center
- Written with low-literacy (5th grade), culturally appropriate content, nationwide scope with local adaptability in mind
- Piloted across the United States
- All materials available as PDF downloads – FREE
WEE BREATHERSTM

- Can be delivered in any order
- Intended audience: 7 y/o BUT useful for any age and audience
- Includes unique Environmental Checklist for home and child-care centers
WEE BREATHERS™: Instructor’s Guide

- Critical component of the program
- Spells out how to use each program (home or center)
- Includes useful Appendices
- Includes in-depth material on how to be an effective educator
Each Lesson plan designed with the same components:

- Getting Ready
- Objectives
- Agenda
- Materials, Equipment, Supplies needed
- Resources & Recommended Readings
- Content Outline with Notes
- After the Session
- Teaching Tools
- Handouts
Lesson 1 – Asthma Basics: What are Asthma Symptoms & Facts about Asthma

Lesson 2 – Asthma Triggers: What is an Asthma Trigger, Types of Asthma Triggers and Trigger Checklist Review

Lesson 3 – Controlling Asthma Triggers: What Triggers Your Child’s Asthma, Review of Asthma Triggers and Action Plan for Asthma Trigger Control

Lesson 4 – Asthma Medicines: Types of Asthma Medicines, Review of Your Child’s Asthma Medicines, Proper Care & Use of Nebulizers, MDIs, Spacer/Holding Chambers, & DPIs

Lesson 6 – Communicating with the Asthma Team: The Asthma Team

Lesson 7 – Asthma Management Goals: Overview of Asthma Management Goals, Asthma Self-Management Skills for Children by Stages of Development, Coping in a Crisis and Seeking Medical Assistance
**Asthma-Friendly Home**

**Checklist for Families**

**Is This Your Trigger?**

- Asthma/allergy symptoms worse during the spring or fall?
  - Yes
  - Spring
  - Fall
  - No
  - Don't know/not sure

**What Is This Trigger?**

- Pollen: Tiny bits of powder from trees or plants that blow around year round.
- Dust: Tiny specks of dirt or powdery stuff
- Mold: Tiny white mold spores
- Pets: Cockroaches, cats, or mice
- Dust Mites: Tiny bugs that you can't see with your eyes
- Molds: Tiny white mold spores
- Water: Wet cloth or fabric

**Where Is It Found?**

- Pollen: Found outside most seasons, but worse in spring and fall.
- Mold: Found in bathrooms, basements, and corners.
- Cats: Found in bathrooms, basements, and corners.
- Dogs: Found in bathrooms, basements, and corners.
- Dryer sheets: Found in bathrooms, basements, and corners.
- Flowers: Found in bathrooms, basements, and corners.
- Water: Wet cloth or fabric

**How To Fix It**

- Keep windows shut if air conditioning.
- Use HEPA filters.
- Keep rooms clutter free.
- Keep rooms free of dust and mold.
- Keep rooms free of mold.
- Keep rooms free of cat/dog dander.
- Keep rooms free of mold.
- Keep rooms free of water

**Asthma-Friendly Child Care**

**Checklist for Providers**

**Avoiding or Controlling Allergens**

- Dust Mites
  - Surfaces are wiped with a damp cloth daily.
  - No aerosol "dusting" sprays are used.
  - Floors are cleaned with a damp mop daily.
  - Small area rugs are used, rather than wall-to-wall carpeting.
  - Throw rugs that can be washed in hot water are used.
  - If wall-to-wall carpeting can't be avoided, children are prevented from putting their faces, hands, or toys directly on the floor.
  - Children's bed linens, personal blankets, and toys are washed weekly in hot water.
  - Fabric items (stuffed toys or "dress-up" clothes) are washed weekly in hot water to kill dust mites.
  - Furniture surfaces are wiped with a damp cloth.
  - Soft mattresses and upholstered furniture are avoided.
  - Beds and pillows that children sleep or rest on are encased in special allergy-proof covers.
  - Curtains, drapes, fabric wall hangings, and other "dust catchers" are not hung in child care areas.
  - If light curtains are used, they are washed regularly in hot water.
  - If window shades are used, they are wiped often with a damp cloth.
  - Books, magazines, and toys are stored in bookcases with doors, closed boxes, or plastic bags.
  - Supplies and materials are stored in closed cabinets; piles of paper and other clutter are avoided.

**Animal Substances**

- Pet fur and dander, droppings, and other protein which cause allergic responses and trigger asthma symptoms
  - Cats
  - Dogs
  - Birds
  - Feather-stuffed furnishings, pillows, or toys are not used.

**Water Temperature**

- Water temperature at least 130°F/54°C kills dust mites.
BARRIERS TO ADHERENCE

Complex treatment regimens
Lack of knowledge/skills
Psychological factors
Economic factors
Chronic disease
No perception of symptoms
LEARNING STYLES

1. TELL THEM

2. SHOW THEM

Auditory: must hear or read
Visual: must see
Kinesthetic: must do

3. MAKE THEM DO IT
THE 6 Rs OF PATIENT EDUCATION

R

Regard for the patient
Recognize patient's beliefs
Reach agreement on goals
Rehearse
Repeat
Reinforce
Contact Information

Kathleen Slonager, RN, AE-C, CCH
Executive Director
Asthma and Allergy Foundation of America – Michigan Chapter
2075 Walnut Lake Road
West Bloomfield, MI 48323

#888.444.0333  aafamich@sbcglobal.net
www.aafamich.org  or  www.aaafa.org
FOLLOW US on FACEBOOK:  aafami