

Washington State Asthma Program Email Newsletter

MAY 28, 2008

VOLUME 4, NUMBER 5

Table of Contents

Page 1

News
Partner Highlights

Page 2

Partner Highlights, cont'd.
Funding Opportunities
Resources

Page 3

Resources, cont'd.
Research

Page 4

Research, cont'd.
Events

Websites

[American Lung Association of WA](#)

[WA Asthma Initiative](#)

[Department of Health Asthma Program](#)

Manager: Reva Wittenberg
(360) 236-3851
reva.wittenberg@doh.wa.gov

Committee Meetings

WAI Steering Committee, May 28, 12:30-2:30

Inland NW Asthma Coalition, June 9, 12-1:00

Yakima Area Asthma Coalition, June 19, 4-5:00

Southwest WA Asthma Coalition, July 9, 8-9:00

WAI Community-Based Activities, July 9, 10-11:00

WAI Data & Surveillance Committee, July 28, 3-4:30

WAI Practitioner Support, August 8, 10-11:00

NEWS

Washington State Collaborative to Improve Health On May 15, the 2008-09 Washington State Collaborative to Improve Health convened 33 enrolled clinics, including 5 clinics focusing on asthma to learn evidence-based practices for enhancing chronic disease care and management. This Collaborative is a joint effort of the Washington State Department of Health and the University of Washington's Child Health Institute. Attendees received training on use of the Chronic Care Model and clinical guidelines for chronic disease management. Dr. Jim Stout and Dr. Jim Krieger, co-chairs for the Collaborative and lead faculty for the asthma portion, presented the new EPR-3 guidelines to the asthma teams. [Collaborative website](#)

American Lung Association Releases National *State of the Air Report* Based on 2004-2006 national air quality data, the ALA's new report found that 2.2 million children and 5.5 million adults with asthma live in parts of the U.S. with very high levels of ozone. Nearly 5 million adults and over 1.9 million children with asthma live in areas with high levels of short-term particle pollution. Nearly 3 million adults and over 1.2 million children with asthma live in counties with unhealthy levels of year-round particle pollution. [Report](#)

Federal Report Offers Clinical Guidelines to Reduce Tobacco Use The U.S. Public Health Service has released updated clinical practice guidelines to help providers encourage patients to quit smoking. [Executive summary](#)

New Regulations for Passengers Using Oxygen Devices on Airplanes The new U.S. Department of Transportation rule, which goes into effect on May 13, 2009, requires all flights that depart or arrive in the U.S. to allow travelers to carry ventilators, respirators, continuous positive pressure (CPAP) machines and portable oxygen concentrators on board for use during the flight as long as devices have been tested and labeled as meeting Federal Airline Administration requirements and the device can be stowed safely. [More information](#)

PARTNER HIGHLIGHTS

CLEAN AIR FOR KIDS (PIERCE COUNTY)

The Clean Air for Kids Asthma Outreach Worker Program just celebrated its 8th year in existence. This past year the program served over 100 Pierce County families that have children suffering from asthma. The program, which is grant-funded, will continue if funding is secured; several grants have been written and are pending.

A new asthma and allergy support group recently started in Pierce County. Nancy Thomson is organizing it and can be reached at 253-862-5650 (home), 253-255-7331 (cell) or nancythomson253@hotmail.com.

A very successful Puget Sound Asthma Walk was completed on Sunday May 4, 2008. Close to 900 people participated on the University of Washington campus, and so far have raised over \$200,000; it's the # 2 asthma walk in the country.

INLAND NORTHWEST ASTHMA COALITION

The Inland Northwest Asthma Coalition (INAC) has been working on three activities in support of the state Asthma Plan:

1. The Spokane Regional Health District received a grant from the WA State Department of Health to fund primary health care provider training on the new Asthma Guidelines. Members of INAC obtained approval for 3.5 Continuing Medical Education credits. The training, on April 30, covered public health implications of maternal smoking; basic tobacco intervention skills; and the EPR-3 asthma guidelines. The training was well attended, with 58 attendees on-site and seven telehealth connections in Washington and Idaho.
2. Bridget Raleigh, ARPN from Dr. McCarthy's practice attended. As a result, she provided a valuable presentation to the head nurses of Educational Service District 101 and the Spokane Public Schools addressing communication strategies between school nurses and provider offices. Currently, she is participating on a task force working on provider Offices and a task force working on a standard Asthma Action Plan to be piloted in a couple of

Eastern WA schools next fall. The goal is to get the various school districts in our area to use the same plan and to establish a communication link between school nurses and provider offices. Bridget also submitted an educational article for the school nurse newsletter. Another communications gap identified was the one between the pharmacist and patient. Many children have been leaving their pharmacies without proper education on the new inhalers being introduced. Bridget wrote an educational article for the state Pharmacy newsletter.

3. And finally, through a grant from the EPA and the national ALA, the Spokane Regional Office of the American Lung Association of WA was able to expand its Open Airways for Schools program into the Spokane Public Schools, Central Valley, Sunnyside, Vancouver, and Colfax School Districts. This resulted in an increase of over 15 new elementary schools receiving the OAS training for children with asthma in the 3rd, 4th and 5th grades.

In addition, INAC members continue to provide asthma management trainings to such locations as Gonzaga University, the Inland Northwest Health Services, and other venues as requested. INAC will begin a new evaluation at its June meeting of the Washington State Asthma Plan recommendations to set goals for the coming year.

SOUTHWEST WASHINGTON ASTHMA COALITION

The current goal for the Southwest Washington Asthma Coalition (SWAC) is to continue to grow in influence and size within their community. The Coalition is networking with healthcare providers and patients as partners in asthma care; striving for excellence in asthma management; and improved quality of life.

Achievements for the Coalition for the past year have included the following...

- Co-coordinator Cheryl Bailey-Horner, RN, AE-C joined Cindy Cooper, RN, AE-C, and they have had quite a fun and adventurous year!
- A summary about SWAC was completed and submitted to ALAW and is now posted on their web page.
- Committee members were provided t-shirts for wearing at local events.
- The committee developed a mission statement and mottos to be used for press releases, letterhead, and posters.
- The Coalition conducted another fall flu vaccine awareness campaign lead by Dr. Jason Friesen.

SWAC participated in the 2008 Camas Community Health & Safety Fair May 10. SWAC is also considering collaboration with the Tobacco Prevention & Education Coalition; reciprocal "get to know you" meetings will be completed this summer. In addition, SWAC is helping to promote local awareness of the new national asthma guidelines that came out fall of 2007.

SWAC remains enthusiastic and looks forward to future projects in their community promoting partnerships across the community.

FUNDING AND AWARD OPPORTUNITIES

Environmental Justice Small Grants Program This EPA grant program is intended to support and empower low-income communities that are working on local solutions to local environmental and/or public health issues. Deadline: June 30, 2008. EPA will hold an application assistance conference call on June 18, from 10:30-11:30 a.m. PST. Call in number is 1.866.299.3188, conference code 2025649843. [Link](#)

Grants for Families Struggling with Child Health-Related Expenses The UnitedHealthcare Children's Foundation has announced that new grants are available to help children who need critical health care treatment, services, or equipment not covered or not fully covered by their parents' health benefit plans. Deadline: Open. [Link](#)

Home Depot Housing Impact Grants Program Home Depot is offering small grants of to support affordable housing projects built or preserved with environmentally friendly, efficient, and durable materials that increase energy and water efficiency, improve indoor air quality, and reduce maintenance costs. Deadlines: June 15, September 15, and December 15, 2008. [Link](#)

Toyota Environmental Activities Grants Toyota grants are available to nonprofit organizations for projects aimed at environmental education activities or implementing experiment-based environmental technology at the community level. The themes this year are "Global Warming Countermeasures" and "Biodiversity Conservation". Deadline: June 20, 2008. [Link](#)

Regence Foundation to Support Health Care Reform Grants Regence is offering grants to nonprofits to address core problems in the healthcare system; improve consumer engagement in their healthcare; and transform end-of-life care. Deadline: Open. [Link](#)

Robert Wood Johnson Foundation Healthcare Quality Research Grants The RWJ Foundation is seeking proposals for projects to examine the effects of public reporting and pay-for-performance on quality of care. Deadline: June 12, 2008. [Link](#)

EPA Research Conference Grants The U.S. Environmental Protection Agency is offering grants to support conferences, workshops, and/or meetings that address the following research program areas: (1) human health; (2) ecosystems; water and security; (3) economics and sustainability; (4) air and global climate change; and (5) technology. Deadlines: June 5 and December 9, 2008. [Link](#)

RESOURCES

Indoor Air Quality Scientific Findings Resource Bank This Lawrence Berkeley National Laboratory resource provides information summarizing the state of scientific knowledge about the relationships between people's health and productivity and the IAQ conditions or associated building characteristics in which the people work or reside. [Link](#)

EPA Environmental Health Disparities Fact Sheets The U.S. Environmental Protection Agency has four new fact sheets on children's environmental health disparities available. The fact sheets address disparities in secondhand smoke exposure and asthma among African American and Hispanic American children. Each fact sheet includes actions parents can take to protect their children. [Link](#)

New Tool To Help Smokers Quit The Ex Campaign features action-oriented tools and information to help smokers prepare for quitting by developing a personalized plan, as well as a virtual community, where smokers can share stories and best practices about their quit attempt. [Link](#)

Physician's Guide to Culturally Competent Care Site offers CME/CEU credit and equips physicians, nurses, pharmacists, and other providers with awareness, knowledge, and skills to better treat the increasingly diverse U.S. population they serve. [Link](#)

School Staff Asthma Education in 15 Minutes The Asthma Education in 15! tool includes a PowerPoint presentation and an accompanying handout designed to be delivered to any school staff within 15 minutes. The materials include information on asthma management and emergency information. [Link](#)

Pediatric Asthma Video in English and Spanish Kaiser Permanente has developed an online pediatric asthma video in English and Spanish. The video provides an overview of asthma, how to manage asthma at home and knowing when to call the doctor. The video also develops skills to improve asthma control and to prevent flare ups. [Link](#)

Communities in Action for Asthma-Friendly Environments Network This interactive online network provides real-time access to other registered programs and their best practices; cutting-edge Internet tools to facilitate collaboration, problem solving, and learning between leaders of asthma programs; and the most current strategies for making your program a thriving and comprehensive asthma management resource. [Link](#)

Medscape CMEs (may require setting up a free account to view):

- [Helping Patients With Asthma: Focusing on the Source](#)
- [Review of Wheezing in Infants and Children](#)
- [Cultural Competency in Healthcare: A Clinical Review and Video Vignettes From the NMA](#)
- [Educating the Health Professional for Improving Cultural Competency](#)
- [FDA Approvals: Expanded Indication for Advair and Other Approvals](#)
- [Rhinitis Often Accompanies Hard-to-Control Asthma](#)
- [Exercise-Induced Bronchospasm](#)
- [Natural Killer T Cells and Regulatory T Cells: Their Role in Asthma Pathogenesis](#)
- [Current Research Initiatives in Asthma](#)

RESEARCH

Exhaled Nitric Oxide Helps Predict Asthma Risk... A study in the *March Journal of Allergy & Clinical Immunology* found levels of nitric oxide in exhaled breath are higher in young children with frequent recurrent wheeze and these children are at higher risk for asthma, compared with young children who only wheeze occasionally. [Abstract](#)

Review of Dust Mite Control Studies A large analysis of clinical trials published in *Cochrane Database of Systematic Reviews* found no significant effect on peak flow, number of patients improved, asthma symptom scores, or medication usage related to physical or chemical dust mite control methods. [Link](#)

Teens Overestimate their Asthma Control A study conducted by Cincinnati Children's Hospital found that teens with asthma dramatically overestimate their ability to control the condition. In addition to planned care visits, researchers recommend using office visits for other reasons as additional opportunities to assess control and provide self-management education. [Article](#)

Racial/Ethnic Variation in Parent Perceptions of Asthma A study in *Ambulatory Pediatrics* comparing parent perceptions among black, Latino, and white children with asthma found disparate expectations for their children's functioning with asthma, levels of worry about their children's asthma, levels of concern about medications for asthma, and competing family priorities between minority and white families. Authors recommend that efforts to eliminate childhood asthma disparities address variation in expectations and competing priorities in minority families. [Abstract](#)

Improving Residents' Competency in Asthma Severity Classification A study assessing the effectiveness of an educational intervention to improve pediatric residents' ability to accurately classify asthma severity found significant improvement 3 months post-intervention. This case-control study used unannounced standardized patients to compare the competency of residents receiving a 90-minute didactic training and posting the criteria for asthma severity classification with a control group. [Abstract](#)

Pulmonary Patients Need More Assistance in Smoking Cessation In their "Pulmonary and Critical Care Update" series, the American College of Chest Physicians offers a lesson in smoking cessation among patients with chronic pulmonary disease. The lesson reviews information on nicotine and nicotine dependence, pharmacotherapies, behavioral support strategies, integration of cessation into clinical practice, and reimbursement. Authors stress that brief treatment for smoking cessation is not sufficient for the more dependent, high-risk patients with pulmonary disease, who may require higher doses of some pharmacotherapies, longer periods of treatment, and more frequent follow-up than smokers in general. [Link](#)

Add-On Omalizumab Improves Severe Persistent Allergic Asthma Symptoms A study of 419 asthma patients, published in *Allergy*, found omalizumab improves day-to-day symptoms in patients with inadequately controlled severe persistent allergic asthma. [Abstract](#)

Respiratory Health Effects of Air Pollution on Inner-City Children An analysis of data from the Inner-City Asthma Study published in *Journal of Allergy & Clinical Immunology* found associations between pollutant exposures and respiratory health in a large sample of urban children with asthma, despite daily pollutant concentrations that were almost all below current national guidelines. Higher concentrations of NO₂, PM_{2.5}, and SO₂ were associated with reduced pulmonary function, and higher NO₂ concentrations were also associated with more frequent asthma symptoms and asthma-related school absences. [Abstract](#)

Effectiveness of early intervention with budesonide in mild persistent asthma, Data from the 5-year follow-up of the Inhaled Steroid Treatment as Regular Therapy in Early Asthma (START) study, published in *JACI*, found that early intervention with budesonide did not affect lung function but was associated with improved asthma control and the need for less additional medication among the intervention group. [Abstract](#)

Other Select Articles:

[Identifying the components of asthma health status in children with mild to moderate asthma](#) *JACI* 2008; 121(5):1175-1180

[HRV infection enhances cell production of growth factors involved in airway remodeling](#) *JACI* 2008; 121(5): 1238-1245.e4

[Early Bronchodil. Effects of Budesonide/Formoterol vs. Fluticasone/Salmeterol & Albuterol](#) *J Asthma* 2008; 45(4):265-272

[Costs & Resource Use of Mild Persistent Asthma Patients Initiated on Controller Therapy](#) *Journal of Asthma* 2008; 45(4):293-299

[Characterizing Community-Based Asthma Knowledge in Chicago & Its High Risk Neighborhoods](#) *J Asthma* 2008; 45(4):313-318

[Mediterranean Diet as a Protective Factor for Wheezing in Preschool Children](#) *Journal of Pediatrics* 2008; 152(6):823-828.e2

[Montelukast as add-on therapy to inhaled corticosteroids in the treatment of mild to moderate asthma](#) *Thorax* 2008; 63:453-462

[Evaluation of exhaled nitric oxide measurements in the ED for patients with acute asthma](#) *AnnAllergy* 2008; 100(5):415-419

[Quick Inventory of Depressive Symptomatology-Self-report: Evaluation of asthma patients](#) *AnnAllergy* 2008; 100(5):433-438

[One High Dose of Budesonide Adequate in Acute Pediatric Asthma Exacerbation](#) *AnnAllergy* 2008;100:370-376

[Lung Function During Asthma Attacks Worsened by Obesity](#) *Am J Respir Crit Care Med* 2008;177:970-975

[The Presence of Rhinovirus in Lower Airways of Patients w/ Bronchial Asthma](#) *Am J Respir Crit Care Med* 2008; 177:1082-1089

[Patient-Reported, Physician-Reported Depressive Conditions, Relation to Asthma Severity & Control](#) *Chest* 2008; 133:1142-1148

The May issue of Journal of Allergy & Clinical Immunology has 2 free CME articles:

[Asthma and obesity: Common early-life influences in the inception of disease](#)

[Obesity and asthma: Possible mechanisms](#)

EVENTS

Asthma Disparity Reduction Initiative Web-Conference – June 6, 11:30-12:30 PST

This first web conference in a series offered by CDC will feature a presentation on health literacy in the context of asthma. Participants on the web-conference will be able to discuss concerns and strategies, develop supportive networks and initiate effective, multi-intervention approaches to reducing asthma disparity. Download the required plug-in ahead of time [here](#). Log into the conference [here](#). The meeting ID is HMF6W6, attendee meeting key 06062008P. For audio, dial in at 1-866-880-0098, participant code 6409090. [More information](#)

Social Marketing in Public Health Conference – June 20-21, Clearwater, FL [Link](#)

Health Disparities Conference – June 26-27, Denver, CO

The Academy for Health Equity's "Building Capacity to Eliminate Health Disparities" conference will increase the capacity of participants to address complex health systems change, apply evidence-based findings of disease prevention and health promotion, identify gaps in knowledge of causal factors of health disparities, and apply the latest theories and practices to improve health literacy, cultural competency, and health communications. [Link](#)

Summer Institute for Public Health Practice - August 11-15, Seattle, WA [Link](#)

National Conference on Health Communication – August 12-14, Atlanta, GA

The CDC's 2nd Annual National Conference on Health Communication, Marketing and Media provides a scientific and professional forum for researchers and practitioners to share insights, research findings, and best practices to advance the fields of health communication. [Link](#)

The Washington State Department of Health Tobacco Prevention Resource Center is offering the following trainings ([Link](#)):

Thursday, May 29 – *Motivational Interviewing, Level 2* – Shelton

Thursday, Jun 5 – *Cutting Edge Youth Development* – Spokane

Wednesday, Jun 18 – *Interrupting Generational Poverty* – Renton

Thursday, Jun 26 – *Motivational Interviewing, Level 3* – Shelton

Monday, Jul 14 – *Collaborative Leadership Training* (2 days) – Lynnwood

Tuesday, Jul 29 – *Collaborative Leadership Training* (2 days) – Spokane

