
Allergy
&Asthma
NETWORK
ASTHMA HOME VISITS:
IMPROVING QUALITY OF LIFE
FEBRUARY 2, 2022

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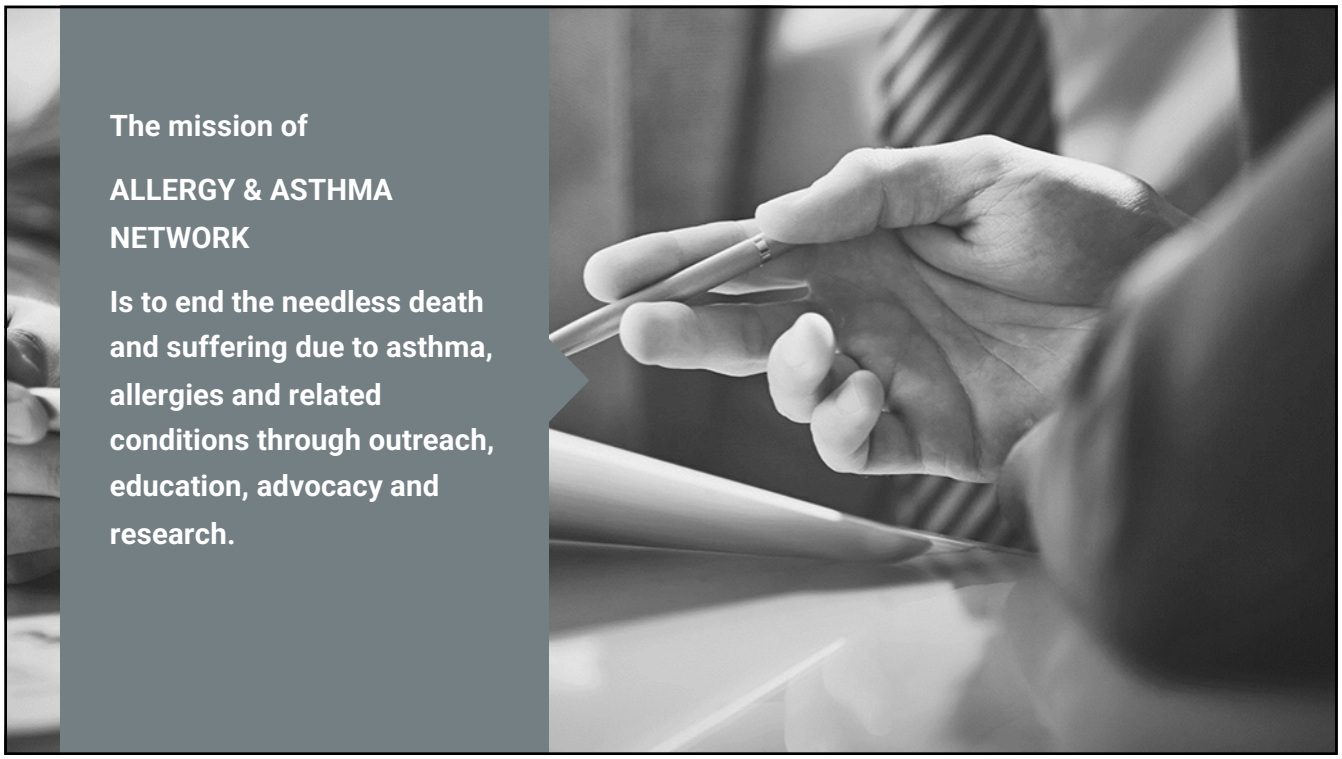
The mission of
ALLERGY & ASTHMA NETWORK
Is to end the needless death and suffering due to asthma, allergies and related conditions through outreach, education, advocacy and research.

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Meet Our Speakers

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Pediatric Nurse Practitioner
Education Plus
Philadelphia, PA

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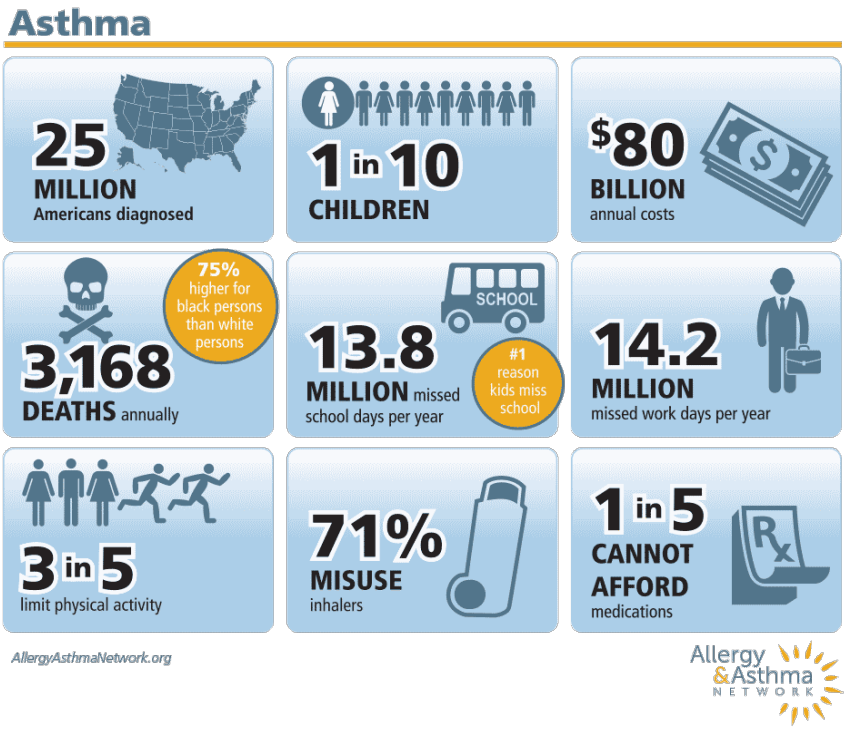

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Social Determinants of Health

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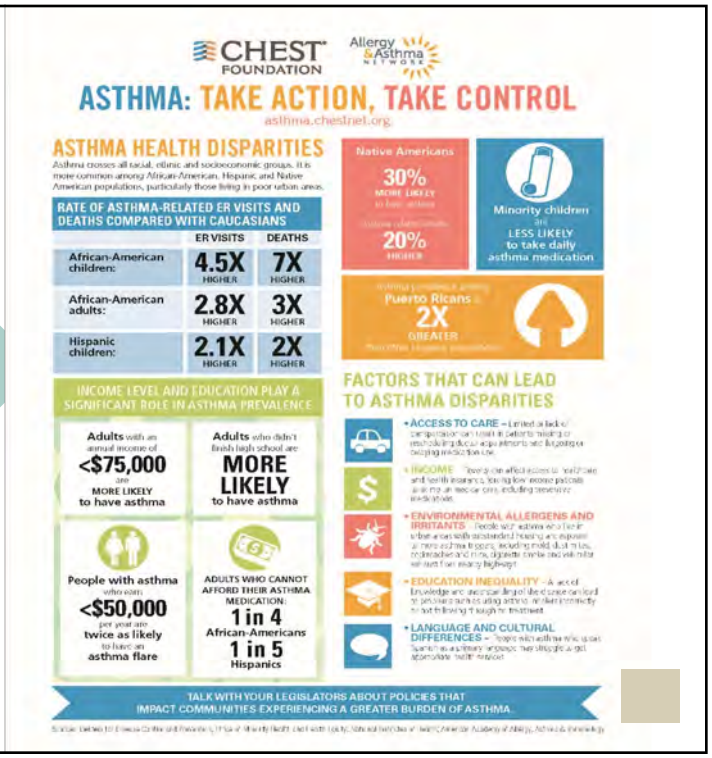
Disparities in Asthma



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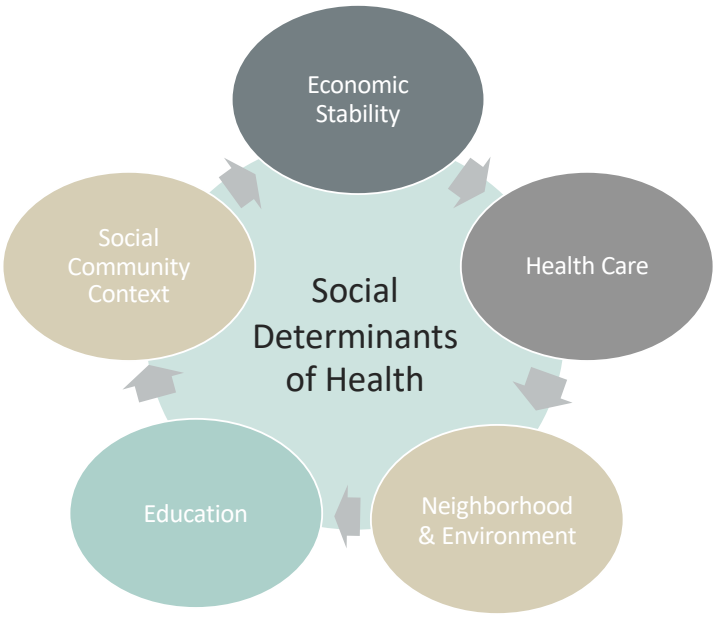

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Imagine….

- No Health Insurance
- No family support
- Worried about money

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Add to those worries a child with asthma . . .

- Do they have their inhaler?
- Do they need to go to the ER?
- Why do they ALWAYS get sick?
- Can I find a babysitter?
- Will they be ok at school?
- Should I go to work?
- Why does this keep happening?
- Are they breathing ok?

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Asthma Visit Today

- Vital signs
- Meet with HCP
- Asthma assessment
- Refills (if needed)
- Written asthma action plan
- Sent to schedule follow up
- Lasts approximately 15 minutes

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What the Provider Sees and Hears

- A healthy looking child
- Everything is fine at home
- He takes his medicine every day
- Is anyone smoking at home? - No
- Is he coughing at night - Yes every night
- How often is he using his albuterol inhaler - Every day
- Is he using a spacer? - What's that?

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Limits of Health Care Provider

- Time limit on visits
- RVU's – need to see so many patients a day
- COVID has limited staff in office
- No time to provide education

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What is Missing?

- Time for education
- Time to review asthma triggers
- Time to ask what is happening in the home
- Address other issues that may be affecting the family

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Who Can Do That?

- Team member:
  - HCP
  - Office nurse
  - Medical assistant
  - Social work

- Community Health Worker
- Home Health Educator

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What an Ideal Visit Can Do

Help family with other issues that can impede caring for the child

Empowering the family though education

Education reinforced at each visit member

Support patient emotionally and physically

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What an Ideal Visit Takes

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Food for Thought

" The connection between health and the dwelling of the population is one of the most important that exist."

Florence Nightingale

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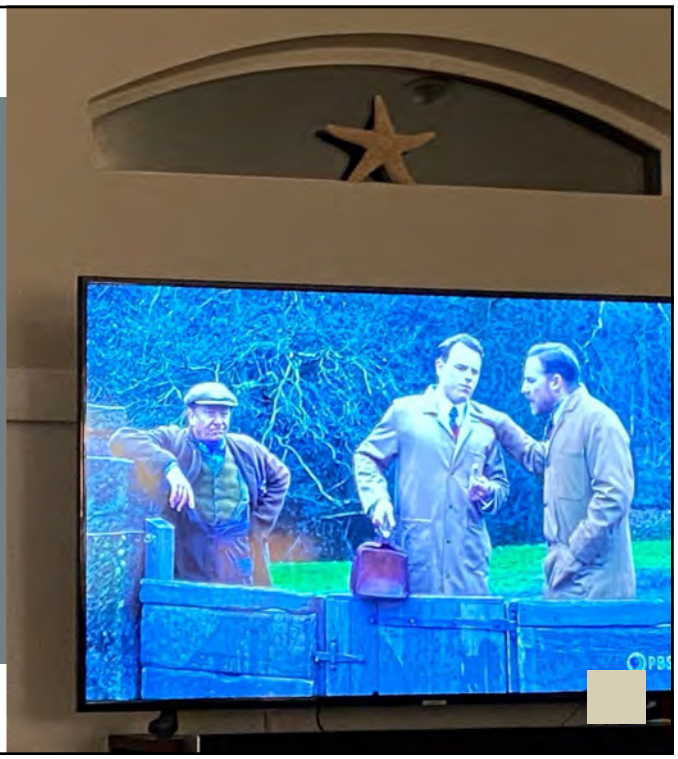
People Still Make House Calls (home visits?)



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Relationship Between the Provider & Family

- Professional Relationship
- Difficult to get parent to focus during the visit
- Parent likes the Healthcare Provider (HCP)
- Provider is wondering if the parent is saying exactly what is going on at home
- Parent not always listening to the Healthcare Provider
- Difficulty contacting HCP through office channels

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Why Are Home Visits Important in Asthma Care

- Helps provider to know what is going on in the home
- Allows the provider to refer the family to needed resources
- The home visitor/CHW acts as the eyes and ears of the provider
- The home visitor/CHW is the liaison between family and provider
- Education allows family to care for child with asthma and feel empowered
- Decrease in ED visits/hospitalizations for asthma, improved medication compliance and improved family life

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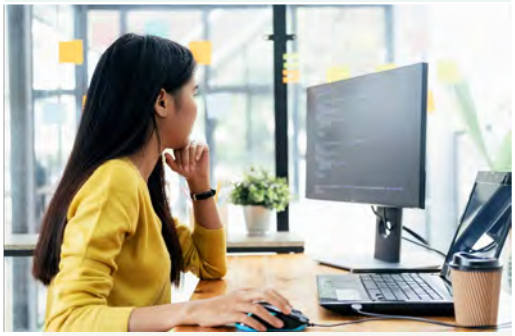
Partnerships

Provider

Diagnose & prescribe

Public Health Educator or Community Health Worker



Reinforce & Educate

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Who are Community Health Workers? (CHW's?)

- Trusted member of the community
- Member of the health team
- Knows the communities they serve
- Are culturally sensitive

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How do Asthma Home Visit Programs Work?

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Where the Home Visitor/CHW Comes In

- Liaison between family and HCP
  Eyes and ears for the HCP
- Family confides in them
- Home visitor works with the family and HCP to see what family needs to care the child's asthma

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Relationship Between Home Visitor and Client

- Somebody they can trust
- Somebody who will listen to them
- Somebody who will help them
- Somebody who will empower them

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Home Visiting Programs Address the Barriers that Families are Facing

- Non-compliance – intentional or unintentional
- Poor perception of what happens with asthma
- Cost of prescriptions
- Home environment
- Transportation
- Language/illiteracy

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25 CDC Funded Asthma Program sites

All states in the US (except North and South Dakota) have an asthma program

They can be local, state, public health department, hospital based, coalition based

https://www.cdc.gov/asthma/contacts/default.htm

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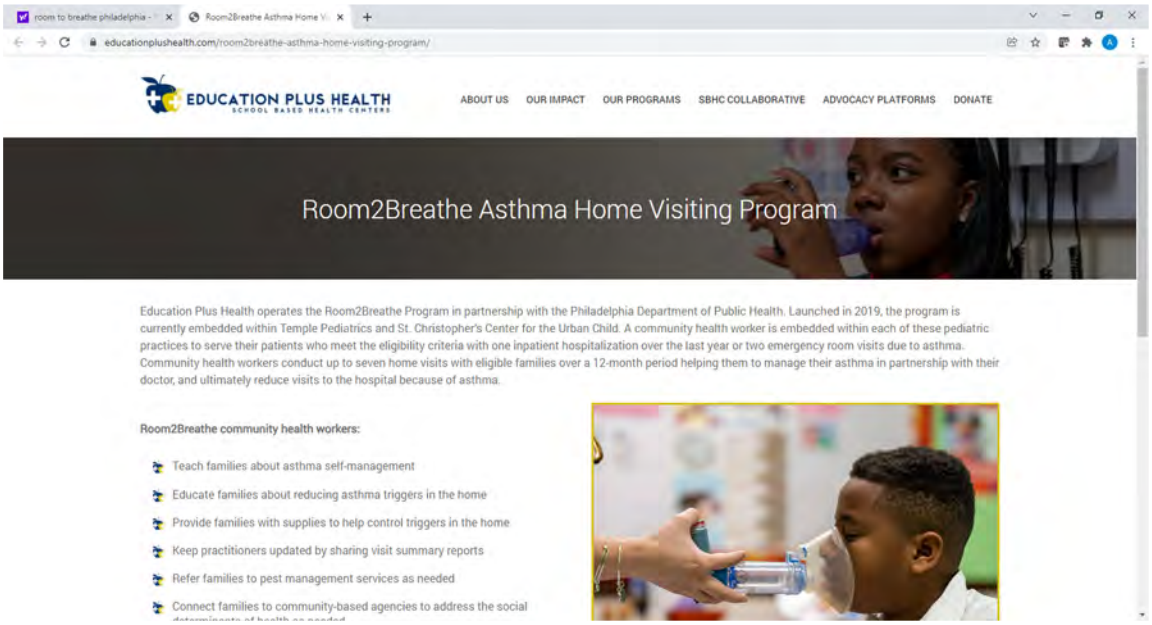

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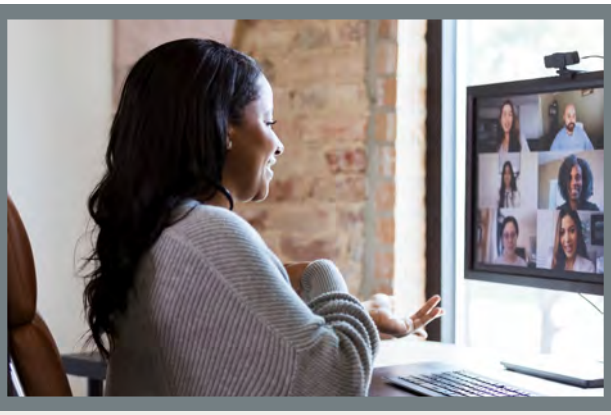
"Align services between **public health** and **health care sectors** to provide comprehensive asthma control services."



1. In-depth self-management education

2. Home-based trigger reduction

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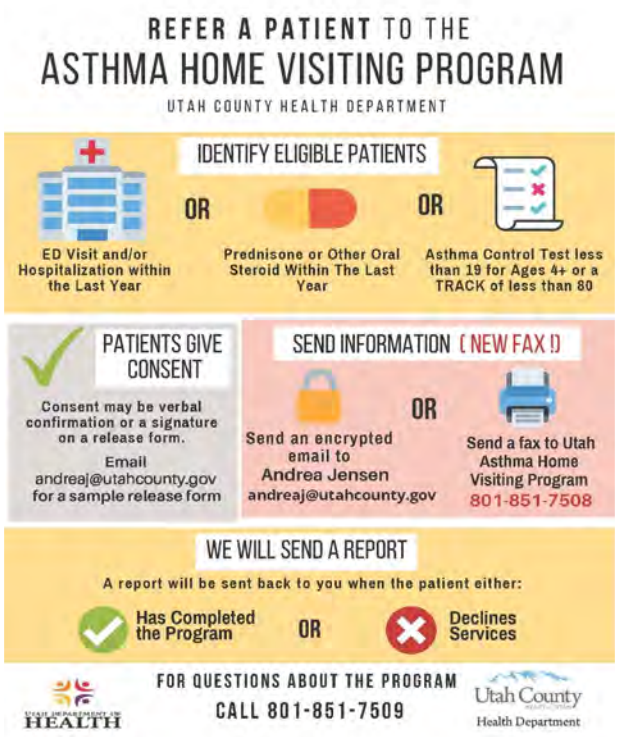

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Target Population: Persistent/Uncontrolled Asthma

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We help anyone with persistent/controlled asthma

- No income requirements
- No age limit

** Every state/program is different**

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Sending a Referral

33

Close the Referral Loop

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3 visits

2 follow up calls

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** We provide virtual “home” visits during the pandemic **

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VISIT 1

Learn about asthma symptoms, triggers, medications and inhaler techniques

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Visit 1 – In depth asthma education

Physiology

Asthma triggers (3 pages)

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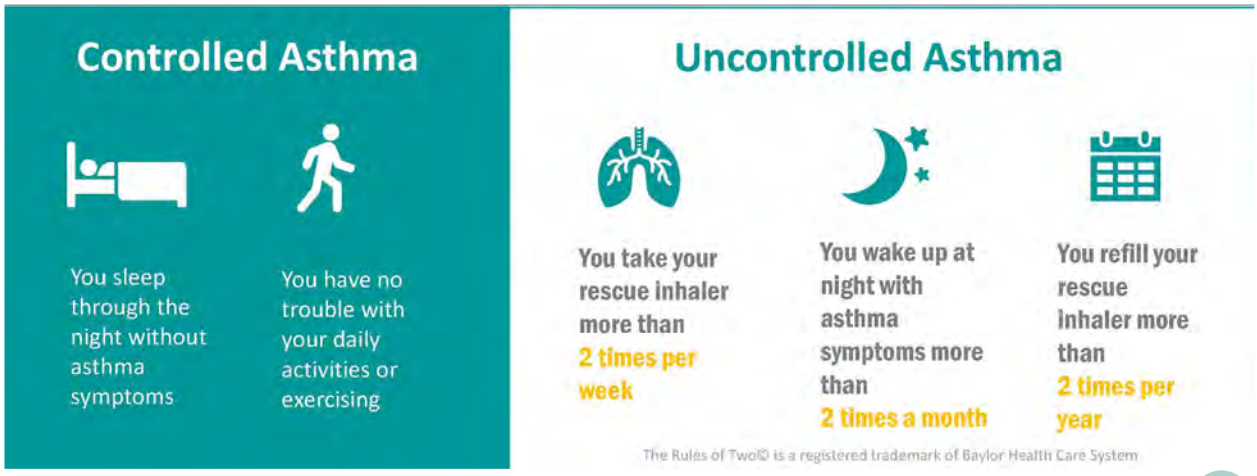
Controlled vs Uncontrolled Asthma



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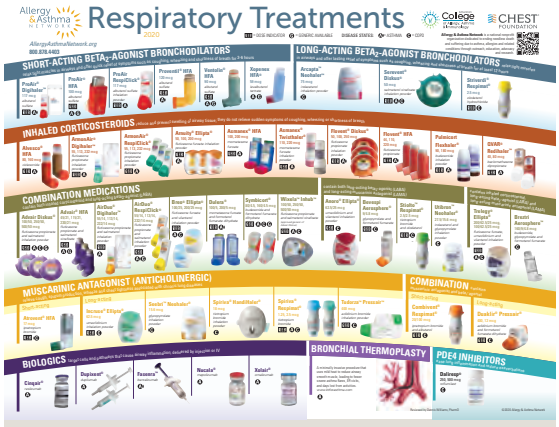
Visit 1

Controller vs rescue/reliever



Inhaler poster

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Spacers and nebulizers

Evaluate inhaler technique

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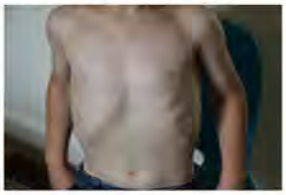
When To Go To the ER/Call 911

Emergency Symptoms

- Retractions
- Lips or fingernails become a purple/blue color
- Can't say more than a short phrase because of shortness of breath
- No improvement after using rescue inhaler
- Head bobbing in infants

Face becomes a pale, gray color



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Trained through the National Center for Healthy Housing

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Homework!

Home Assessment for Asthma Triggers

Look for the following asthma triggers in your home. Check the box if the statement is true.

Dust Mites
- ☐ The home is dusted at least weekly.
- ☐ The home is vacuumed at least twice per week.
- ☐ Home is kept free of excess clutter and stuffed animals.
- ☐ Mattress and pillow covers are used.
- ☐ Bedding is washed weekly in hot water.
- ☐ Carpets, rugs, curtains, and fabric furniture are cleaned regularly.

Heating
- ☐ Any gas appliances or stoves in the home are vented.
- ☐ Wood is not burned in the home.
- ☐ The heating system is inspected each year.
- ☐ Air filters are changed according to manufacturer's instructions.

Mold
- ☐ Exhaust fan or open window is used to ventilate the kitchen.
- ☐ Exhaust fan or open window is used to ventilate the bathroom.
- ☐ There is no evidence of excess moisture or mold in the home (e.g. mildew, moist walls or ceilings, water stains, etc.)
- ☐ There are no plumbing leaks.

Pests
- ☐ Trash is removed regularly.
- ☐ Food is only eaten in the kitchen or dining room.
- ☐ Floors are swept at least twice per week.
- ☐ Dirty dishes, food, or crumbs are cleaned regularly and not left overnight.
- ☐ There is no evidence of insects and rodents in the home.

Tobacco Smoke
- ☐ Smoking is not allowed in the home.
- ☐ Smoking is not allowed in the car.

Pets
- ☐ Warm-blooded pets (e.g. dog, cat) are not allowed in the home.
- ☐ Warm-blooded pets are not allowed in the bedroom.
- ☐ Warm-blooded pets are not allowed on furniture or in the bed.
- ☐ Pet hair is regularly removed from carpet, furniture, and beds.
- ☐ Pets are washed regularly.

Pollen
- ☐ Shoes are not worn in the house.
- ☐ Family members with asthma shower before bed during pollen season.
- ☐ Doors and windows are kept closed during pollen season.

Strong Odors
- ☐ Candles, scented oils, incense, or air fresheners are not used in the home.
- ☐ There is limited use of hair products, aerosol sprays, perfume/cologne, body spray, nail polish, scented lotion, or other fragrant products in the home.
- ☐ Protective measures are taken when chemicals, cleaners, or paints are used in the home (e.g. ventilating the area, wearing a mask, cleaning when those with asthma are out of the house).

Plan to reduce asthma triggers in my home:

What I would like to do:	Steps I will take to do that (include when/how often):

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Visit 2

Where to find dust mites

45

Visit 2

Strong Odors

Are you exposed to any smokers or vapers?

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Furnace filter

Car Cabin Filter

Do you know the MERV rating on your filter?

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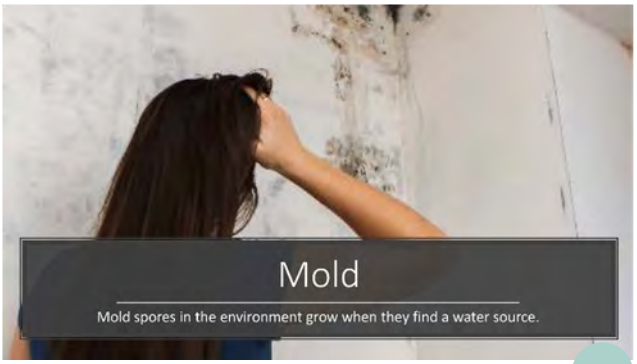
Visit 2

Pets

Allergens found in: Skin flakes or dander, Hair, Urine, Saliva



Mold

Mold spores in the environment grow when they find a water source.

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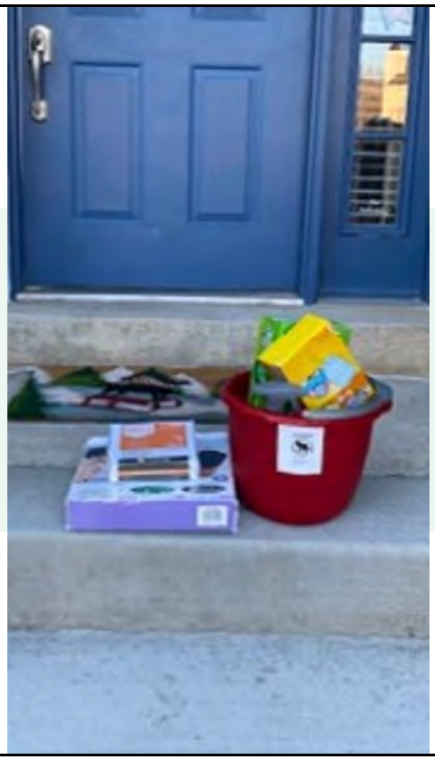

Deliver the supplies and run!

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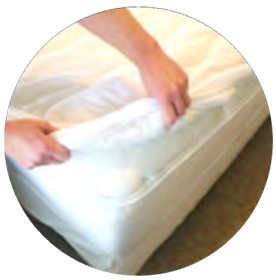
Trigger Reduction Incentives (grant funded)

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Partner with Housing Agencies

Habitat for Humanity® of Utah County

Housing Authority of Utah County

Green & Healthy Homes Initiative™ | Salt Lake

HUD EXCHANGE

CRITICAL HOME REPAIR & HOUSING REHABILITATION PROGRAM

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- Change inhalers?
- Start a biologic?
- Make home repairs?
- Review inhaler technique

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CALL 1

You will get a phone call 6 months after Visit 3 to talk about questions or concerns

CALL 2

You will get a phone call 1 year after Visit 3 to talk about questions or concerns

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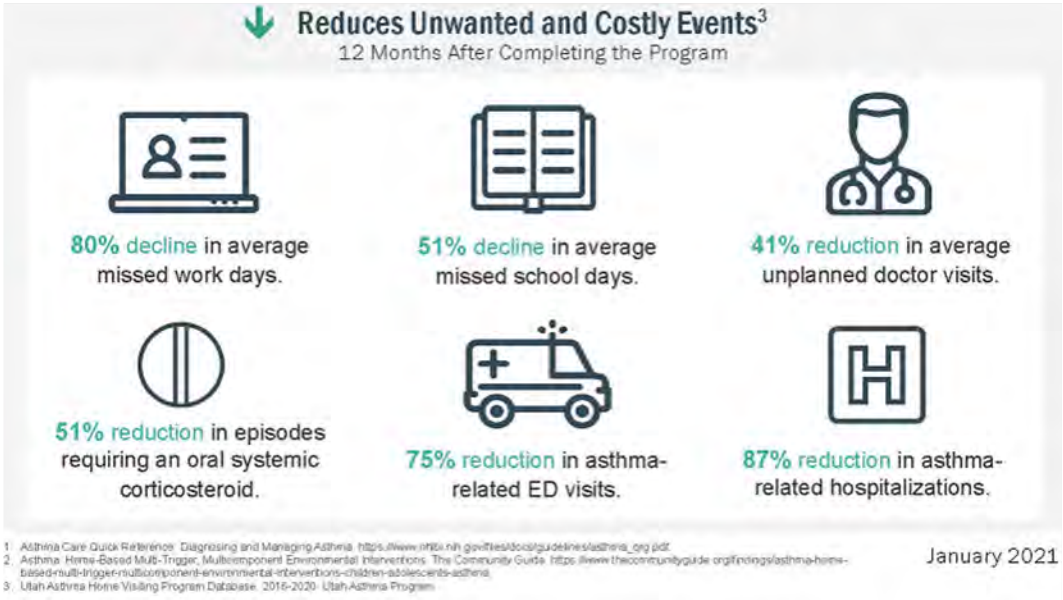
Outcomes



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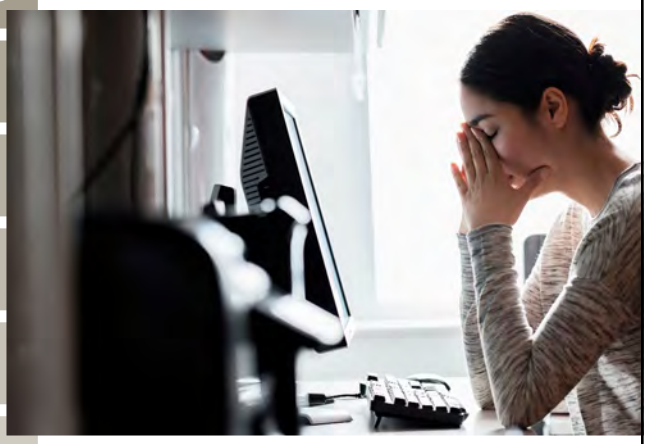
Administrative Problems

- Exceeding budget for mileage, time
- Need more funding, more staff
- Last minute cancellations
- No-shows
- Just want free incentives
- Virtual visits during pandemic



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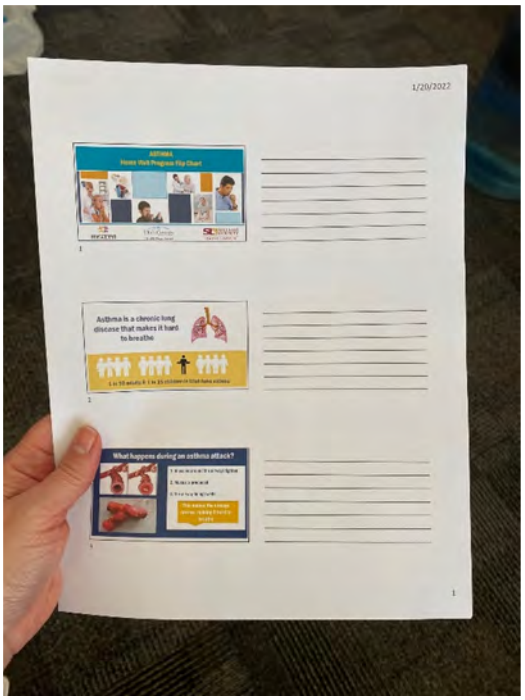

Barriers

- No tablet/laptop
- Client moved
- Phone is disconnected
- No response to contact attempts

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Potential Barriers

- Crime/violent neighborhoods
- Having asthma attacks in homes with triggers
- Outside of house matches inside
- Need to pre-medicate
- Getting sick from families

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Partnerships

Local schools

Colleges

State/local asthma programs

- Commercial Insurances

Medicaid

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Asthma and Allergy Foundation of America

American College of Allergy, Asthma & Immunology

Allergy & Asthma Network

American Lung Association.

AAAAI

AsthmaCommunityNetwork.org
Communities in Action
Share • Learn • Connect

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National Center for HEALTHY HOUSING

NEEF

UNITED STATES ENVIRONMENTAL PROTECTION AGENCY

Green & Healthy Homes Initiative®

Health Departments

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References

Journal of Asthma, March 2021, 58(3):360-369 Julie L Swann, Paul M Griffin, Pinar Kesknocak, Ian Bieder, Fatma Melike Yildirim, Tyrsynbek Nurmageambetov,Joy Hsu, Laura Seeff, Chrita-Marie Singleton - Return on investment of self -management education and home visits for children with asthma

Home Visits for Children with Asthma Reduce Medicaid Costs
Preventing Chronic Disease, 2020:17: E11
Erica T Marshall MPH, Jing Guo, PHD, Elizabeth Flood MPH, Megan T Sandel, MPH MD, Matthew Sador, MD, Jean M Zotter JD

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We'll get to as many questions as we can!

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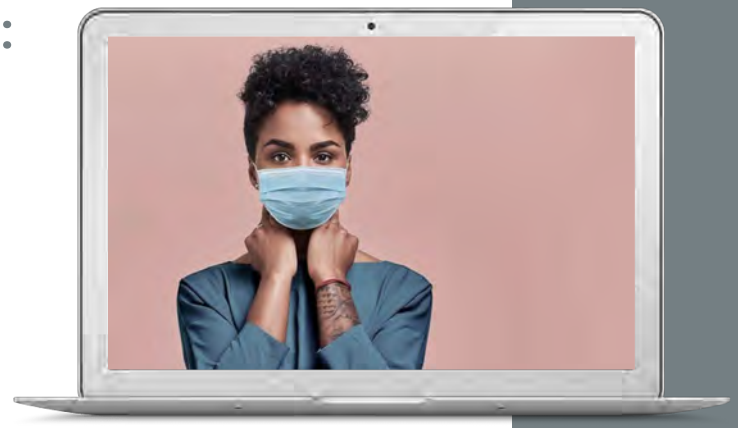
Join us for our next webinar –

Vaccines & COVID-19:
Science-based Thoughts on the Long Haul



FEBRUARY 17, 2022
4:00 PM ET
Dr. Purvi Parikh
Dr. Doug Jones
Tonya Winders

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Breathe Better Together

Allergy & Asthma NETWORK

allergyasthmanetwork.org

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