Engaging School-Based Health Centers in Reducing Environmental Asthma Triggers

October 20, 2015
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Objectives

1. Learn about common environmental asthma triggers, how they impact asthma, and how to address them.
2. Discuss five major strategies that SBHC staff can use to work with schools, families and communities to reduce environmental asthma triggers.
3. Share case studies, examples, tools, curricula and resources to help SBHC staff implement environmental trigger reduction intervention.
Today’s Presenters

Anne Kelsey Lamb, MPH

Janine Y. Saunders, MPH
Asthma Environmental Interventions for School-Based Health Centers

Anne Kelsey Lamb, MPH, Director
Regional Asthma Management & Prevention (RAMP)

Janine Y. Saunders, MPH, Senior Project Director
California School-Based Health Alliance
Asthma in children

• 7 million children under the age of 18 in the U.S. have asthma

• Most common cause of disability among children in the U.S.

• Leading cause of school absences due to chronic disease.
Asthma disparities

Current Asthma Prevalence by Age Group, Race and Ethnicity, and Poverty Status (2013)
How do we reduce the burden of asthma?

Utilize a broad and comprehensive approach that aligns with National Guidelines

– Assessment of disease severity and control
– Comprehensive pharmacologic therapy
– Patient education
– Environmental control measures to avoid or eliminate factors that contribute to asthma onset and severity
The important role of SBHCs

SBHC users are:

• Less likely to go to the ED or be hospitalized for asthma
• Less likely to have asthma-related restricted activity days
• Less likely to miss school as a result of their asthma
Underlying premise of the guide:

SBHCs provide an ideal setting in which to incorporate environmental components into chronic disease management programs, leveraging their role as a strong link between the student, school, and home.
Agenda

• Overview of environmental asthma triggers

• 5 strategies for reducing exposure to triggers:
  – Education
  – Case Management
  – Improving Indoor Air Quality in Schools
  – Improving the Students’ Home Environments
  – Improving Outdoor Air Quality around the School and Community

• Opportunities
Environmental asthma triggers

- Two categories: allergens and irritants
- Difference between exacerbation and causation
- Asthma triggers vary from one person to the next
Allergens

mold

dust mites
Allergens

cockroaches

rodents
Allergens

pets

pollen
Irritants/ pollutants

- Environmental tobacco smoke
- Chemical irritants from personal products
Irritants/ pollutants

cleaning products

pesticides
Irritants/ pollutants

gas stoves and space heaters
wood smoke
Irritants / pollutants

outdoor air pollution
Irritants/ pollutants

Outdoor air pollution
As School-Based Health Center staff, you can…

**Strategy 1: Education**
1. Conduct one-on-one education about environmental asthma triggers during patient visits.
2. Conduct, organize, or support school-based group education for students.
3. Provide education for school staff.
4. Print/order and distribute materials, tools and curricula for educating students, families and school staff.

**Strategy 2: Case Management**
1. Incorporate strategies to reduce exposure to environmental asthma triggers into your case management approach to students with asthma.
2. Facilitate connections to resources that exist, communicate with and educate other partners critical to effective asthma management (parents, school staff, etc.), and identify when direct advocacy is needed.

**Strategy 3: Improving Indoor Air Quality in Schools**
1. Increase awareness.
2. Conduct or facilitate an assessment.
3. Support or lead a comprehensive approach to improving indoor air quality.
4. Support or lead an intervention to address specific triggers or other factors (such as mold and moisture, chemical irritants from school and personal products, and ventilation.)

**Strategy 4: Improving the Students’ Home Environments**
1. Establish referral systems for in-home asthma education and environmental remediation programs in the community.
2. Educate students and families.
3. Provide supplies to students and families.
4. Utilize case management strategies to connect families with resources.

**Strategy 5: Improving Outdoor Air Quality around the School and Community**
1. Conduct an assessment of local air quality.
2. Partner with the school to implement programs and policies to reduce exposure to outdoor triggers near the school.
   - Increase awareness and protect students on high pollution days.
   - Develop anti-idling education and policies.
   - Develop approaches to reduce pollen exposure.
3. Partner with others in the community on clean air advocacy.
Strategy 1: Education

- Conduct one-on-one education about environmental asthma triggers during patient visits.
- Conduct, organize, or support school-based group education for students.
- Provide education for school staff.
- Print/order and distribute materials, tools and curricula for educating students, families and school staff.
Conduct one-on-one education

• During patient visits
  – Teach how environmental asthma triggers can make asthma worse as well as how to recognize immediate and delayed reaction.
  – Teach patients strategies for reducing exposure to things that make their asthma worse.
  – Use an Asthma Action Plan that includes trigger information
Conduct, organize, or support school-based group education for students

**Elementary schools**
- Asthma Awareness Curriculum for the Elementary Classroom
- Fight Asthma Now for Youth
- Open Airways for Schools
- Roaring Adventures of Puff
- You Can Control Asthma

**Middle and high schools**
- Adolescent Asthma Action
- Fight Asthma Now for Teens
- Kickin’ Asthma
- Power Breathing
Provide education for school staff
Print / order and distribute tools

Dusty the Asthma Goldfish and His Asthma Triggers Funbook

Why Is Coco Orange?

Dealing with asthma can be challenging. Here are some resources, games, and videos to help. Kids with asthma can lead active, healthy lives – just ask Buster!
The SBHC at West Oakland Middle School provides group education to students with asthma, led by an AmeriCorps Vista team member. The education includes information on triggers in homes, schools, and the outdoor community and what can be done to reduce exposure to those triggers.
Incorporate strategies to reduce exposure to environmental asthma triggers into your case management approach to students with asthma.

Facilitate connections to resources that exist, communicate with and educate other partners critical to effective asthma management (parents, school staff, etc.) and identify when direct advocacy is needed.
Incorporate strategies to reduce exposure to environmental asthma triggers into case management approach

• Communicate/ Educate

• Identify / Facilitate Services

• Advocate
Real World Example

CEASE— the Clinical Effort Against Secondhand Smoke Exposure— is an innovative program to reduce the burden of secondhand smoke on children by training pediatric providers to help parents quit smoking using the Ask, Assist, Connect model.
Strategy 3: Improving Indoor Air Quality in Schools

- Increase awareness.
- Conduct or facilitate an assessment.
- Support or lead a comprehensive approach to improving indoor air quality.
- Support or lead an intervention to address specific triggers or other factors (such as mold and moisture, chemical irritants from schools and personal products, and ventilation.)
Increase awareness

**EPA** United States Environmental Protection Agency

**Creating Healthy Indoor Environments in Schools**

**New!**

Retrofitting schools?
Achieve your energy savings and health objectives at the same time. Learn More.

Promote a healthy learning environment at your school to reduce absenteeism, improve test scores and enhance student and staff productivity. Read more about IAQ and Student Performance.

**Who can help improve IAQ in schools?**

School Officials, Facilities Staff Members, Teachers, Health Care Professionals and Parents or Students, find information designed specifically for you.

Develop Your Program: The Framework for Effective School IAQ Programs
Use the IAQ Tools for Schools Framework and sustain an effective and comprehensive indoor air quality (IAQ) management program or other overall health and safety Initiatives.

Get Started!

IAQ Tools for Schools
Action Kit
The Action Kit provides best practices, industry guidelines, sample policies and a sample IAQ management plan to improve school air at little or no cost.

Get the Action Kit!
Conduct an assessment

Teacher’s Classroom Checklist

<table>
<thead>
<tr>
<th>Name:</th>
<th>School:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room or Area:</td>
<td>Date Completed:</td>
</tr>
<tr>
<td>Signature:</td>
<td></td>
</tr>
</tbody>
</table>

### Instructions
1. Read the IAQ Backgrounder and the Background Information for this checklist.
2. Keep the Background Information and make a copy of the checklist for future reference.
3. Complete the Checklist:
   - Check the “yes,” “no,” or “not applicable” box beside each item. (A “no” response requires further attention.)
   - Make comments in the “Notes” section as necessary.
4. Return the checklist

### 1. GENERAL CLEANLINESS

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>1a.</td>
<td>Ensured rooms are dusted and vacuumed regularly</td>
<td></td>
</tr>
<tr>
<td>1b.</td>
<td>Ensured rooms are free of clutter</td>
<td></td>
</tr>
<tr>
<td>1c.</td>
<td>Ensured that trash is removed daily</td>
<td></td>
</tr>
<tr>
<td>1d.</td>
<td>Ensured that no food is stored in classroom overnight</td>
<td></td>
</tr>
<tr>
<td>1e.</td>
<td>Ensured that animal food is stored in tightly sealed containers</td>
<td></td>
</tr>
<tr>
<td>1f.</td>
<td>Ensured room is free of pests and vermin</td>
<td></td>
</tr>
<tr>
<td>1g.</td>
<td>Used unscented, school-approved cleaners and air fresheners, if any, in rooms</td>
<td></td>
</tr>
</tbody>
</table>

### 2. ANIMALS IN THE CLASSROOM

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>2a.</td>
<td>Minimized exposure to animal allergens</td>
<td></td>
</tr>
<tr>
<td>2b.</td>
<td>Ensured that animals are kept in cages (as much as possible)</td>
<td></td>
</tr>
<tr>
<td>2c.</td>
<td>Ensured that cages are cleaned regularly</td>
<td></td>
</tr>
<tr>
<td>2d.</td>
<td>Placed animal cages away from supply and return vents</td>
<td></td>
</tr>
<tr>
<td>2e.</td>
<td>Consulted school nurse about student allergies or sensitivities (privacy laws may limit the information that health officials can disclose)</td>
<td></td>
</tr>
<tr>
<td>2f.</td>
<td>Identified potential allergies of students</td>
<td></td>
</tr>
<tr>
<td>2g.</td>
<td>Moved sensitive students away from animals and habitats</td>
<td></td>
</tr>
</tbody>
</table>

### 3. DRAIN TRAPS IN THE CLASSROOM

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>3a.</td>
<td>Ensured that water is poured down floor drains once per week (approx. 1 quart of water)</td>
<td></td>
</tr>
<tr>
<td>3b.</td>
<td>Ensured that water is run in sinks at least once per week (about 2 cups of water)</td>
<td></td>
</tr>
<tr>
<td>3c.</td>
<td>Ensured that toilets are flushed once each week, especially if not used regularly</td>
<td></td>
</tr>
</tbody>
</table>
Support or lead a comprehensive intervention

**Indoor Air Quality**

Tools For Schools
Implement interventions targeting specific environmental asthma triggers

- Mold
Implement interventions targeting specific environmental asthma triggers

- Cockroaches and rodents
Implement interventions targeting specific environmental asthma triggers

- Cleaning products
Real World Example

Open Door Family Medical Centers runs 5 SBHCs in New York. They worked with the schools to adopt policies on:

• Integrated Pest Management
• Asthma-Friendly Cleaning
Strategy 4: Improving the Students’ Home Environments

- Establish referral systems for in-home asthma education and environmental remediation programs in the community.

- Educate students and families.

- Provide supplies to students and families.

- Utilize case management strategies to connect families with resources.
Establish referral systems for in-home asthma education and environmental remediation programs.
Educate students and families
Provide supplies to students and families
Real World Example

The John Peter Smith Health Network runs 20 SBHCs in Texas. They have hired a community health worker who conducts a home allergen assessment using an EPA tool and makes recommendations.
Strategy 5: Improving Outdoor Air Quality around the School and Community

- Conduct an assessment of local air quality.
- Partner with the school to implement programs and policies to reduce exposure to outdoor triggers near the school.
  - Increase awareness and protect students on high pollution days.
  - Develop anti-idling education and policies.
  - Develop approaches to reduce pollen exposure.
- Partner with others in the community on clean air advocacy.
Conduct an assessment of local air quality
Partner with the school to implement programs and policies

Air Quality Flag Program Coordinator Handbook
Partner with the school to implement programs and policies
Partner with others in the community on clean air advocacy
Real World Example

South Bay Family Health Care runs the Wellness Center at Carson High School. The SBHC staff are currently working with the school to adopt an anti-idling policy.
Upcoming opportunities

• Case Studies
• Asthma Learning Collaborative
Contact information:

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(510)302-3317

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(510)268-1038
Questions?

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- Letters of support for grants
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Please enter your questions into the “Question” box of the GoToWebinar control window.
Poll Question

Did this presentation meet your needs?

1) Yes

2) No
Poll Question

How well did the presentation meet the stated objectives?

a) the T/TA did not meet the stated objectives
b) the T/TA somewhat met the stated objectives
c) the T/TA mostly met the stated objectives
d) the T/TA met all stated objectives
Poll Question

How likely are you to apply information from the presentation in your organization?

a) not at all likely
b) unlikely
c) likely
d) extremely likely
Poll Question

Would you recommend this webinar to others?

a) Yes
b) No
Additional Questions?
Contact us at:
info@sbh4all.org
Thank You for Attending