

Breathe easy at home program



ASTHMA ACTION PLANS: Getting them from point A to point B

It's about that time again; the kids are back in school after a summer full of fun. It's also time for an updated Asthma Action Plan (AAP) and medicine list to be sent to their school. If your patient received an AAP for camp during the months of June, July and/or August, that same Asthma Action Plan can be used for the 2016-2017 school year.

Back-To-School
Asthma + Allergy
Checklist

You've completed the AAP, saved a copy in the EMR, provided one to the patient's guardian and now need to get one to the child's school. Having trouble ensuring that the AAP actually gets there?

Here are a few tips:

- ⇒ Ask the guardian to place the form in their child's book bag as soon as they get home from the doctor's visit
- ⇒ Follow-up with the family to ensure their child has provided it to the school
- ⇒ Inquire about which school their child attends (or ask the child directly). Obtain permission to send the signed AAP to the school via fax once the appointment has concluded

Need a little more help with ensuring all the boxes are checked before sending them off? Here's a [Pediatric Asthma Intervention Checklist](#) that BPHC developed which can be used for all asthmatic patients, no matter the time of year.



"Accounting for more than 10 million lost school days every year, asthma is one of the main illness-related reasons that students miss school"

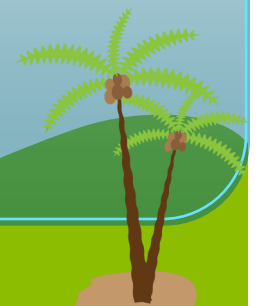
-American Lung Association



GREEN CLEANING IN THE SCHOOL

Worried about your patient's asthma while they're in school? Here are actions currently being taken in Boston Public Schools and Early Education Centers:

- * All schools are cleaned with green certified cleaners. BPS is switching to a "safer sanitizer" that is hydrogen peroxide based in place of bleach. While sanitizers are not necessarily green, they are safer for asthmatics. Here's more information on BPS's [Healthy School Policies](#).
- * There are new guidelines for EEC's to begin using wipe-able mats instead of rugs to support integrated pest management.
- * MassCOSH (MASS Coalition for Occupational Safety & Health), in partnership with HRiA (Human Resources in Action) have created a [Green Cleaning Flyer](#) based on CDC recommendations that they are distributing to schools.



BREATHE EASY AT HOME (BEAH) REFERRAL TIPS

Making a referral through the BEAH online web portal? Here are a FIVE important tips:

1. Obtain guardian's permission BEFORE making a referral and explain what the BEAH program does

There are multiple flyers in various languages on our [website](#) that explain the program. There are also four videos on our [Breathe Easy at Home YouTube page](#), each less than 3 minutes long, explaining the inspection process.

2. Double check that the patient's address is correct

If we cannot get in touch via a phone call with the patient's guardian, the Inspectional Services Department (ISD) will send a letter with an inspection date to the address provided.

3. Enter the parent/guardian's name if the referral is for someone under the age of 18

"A parent's guard immediately goes up when they receive a call from City of Boston asking to speak to their child"

- ISD Head Clerk

The ISD Head Clerk will call the number provided and ask for the person who's name was listed in the referral to verify the address provided and to set up an inspection. To help get the conversation started on the right foot enter the name of the adult in the home.

4. Track your referrals*

If you/your health care site makes multiple referrals, the best way to stay on top of them is to track them in an excel sheet or a Google Doc. Include information like the guardian's name, the patient's name, and the date of the referral.

5. Don't be afraid to contact the BEAH coordinator!

The program coordinator (Theresa) is more than happy to speak to you and/or your patient's guardian regarding BEAH to better explain the process and answer any questions. I'm also available to your healthcare facility twice a year (once every six months) to train new staff, re-train seasoned staff in the referral process and provide technical assistance with the website. Call Theresa at: [617-534-2485](tel:617-534-2485).

TRACKING YOUR REFERRAL: Boston Medical Center's Method

To increase the care given and utilize the BEAH program to its full capacity, Annie Laws, Pediatric Program Coordinator at Boston Medical Center (BMC), has developed a standard tracking system for Breathe Easy referrals. You can view her system here: [Tracking Breathe Easy at Home Referrals Through REDCap & EPIC](#).

Once Annie receives a request for a referral she contacts the family and explains the program prior to making the referral, she then makes a note in the patient's chart. Next, she adds the patient to an EPIC list titled "OPEN Home Inspections", making it easy to see the number of referrals open. She also enters this information into RED-Cap. Annie updates the patient's file every time an update is made by the BEAH coordinator, which is received through email. Completed referrals move to the "CLOSED Home Inspection" list which can be referenced later on if necessary. Do you think your health center could benefit from a similar system? Have questions for Annie on hers? Let me know! Email me at tteixeira@bphc.org.



ASTHMA SWIM PROGRAM

FREE!!!

Mildred Ave. Community Center ASTHMA SWIM PROGRAM

For kids with Asthma ages 8-12 years old



REGISTER TODAY

Who: Asthma swimmers of **all** levels
When: Sat. Oct. 15th 1pm-5pm
Where: Mildred C.C.
5 Mildred Avenue.
Mattapan Ma., 02126

Cost: **FREE! FREE! FREE!**

To register or for more info please contact
Valerie Scales at 617-635-1328 or
Dirk Bovell at
asthmaswimprogram@gmail.com

This program starts on October 15th, 2016 and will run for 10 consecutive Saturdays. Included in this exciting program will be:

- Asthma education and Swim lessons with a certified Water safety/lifeguard instructor
- Improved asthma management skills and confidence
- Information session/American Red Cross CPR/AED course for parents for FREE!!!
- Lots of fun, Fun, FUN!!!

Mandatory Parent info session on October 8th 2016 at 1 pm!!!

*This program is made possible by the generosity of Boston Children's Hospital



FREE!!!

Madison Park community center ASTHMA SWIM PROGRAM

For kids with Asthma ages 8-12 years old



REGISTER TODAY

Who: asthma swimmers of **all** levels
When: Sat. Oct. 22nd 9am-12:30pm
Where: Madison Park C.C.
55 Malcolm X BLVD.
Roxbury Ma., 02120

Cost: **FREE FREE FREE**

To register or for more info
please contact Mamenasha T. at
617-777-7730 or Dirk Bovell at
asthmaswimprogram@gmail.com

This program starts on October 22, 2016 and will run for 10 consecutive Saturdays. Included in this exciting program will be:

- Asthma education and Swim lessons with a certified Water safety/lifeguard instructor
- Improved asthma management skills and confidence
- Information session/American Red Cross CPR/AED course for parents for FREE!!!
- Lots of fun, Fun, FUN!!!

Mandatory Parent info session on October 15th 2016 at 9:30 am!!!

* This program is made possible by the generosity of Boston Children's Hospital



Mildred Ave. Community Center and Madison Park Community Center's Fall/Winter Asthma Swim Program begins in October. This program provides asthmatic children 8-12 with FREE swimming lessons tailored specifically for them. During these 10 weeks with a certified water safety instructor swimmers will focus on improved asthma management and confidence and parents can participate in a FREE CPR/AED course.

For more information :

Email DIRK BOVELL at

asthmaswimprogram@gmail.com

OR

Call VALERIE SCALES at

[617-635-1328](tel:617-635-1328)

