



2011 Annual Asthma Retreat
August 9th-10th, 2011
Embassy Suites Hotel, Charleston, WV

Day- One Attendance

1. Maryanne Courtney
2. Sharon Hill
3. Tonya Yablonsky
4. Len Picha (RT)
5. Cynthia Keely (RT)
6. Amy Smith (RT)
7. Heidi Putman-Casdorph (RN)
8. Charlotte Flanagan
9. Darlene Ross (RT)
10. Jeanne MacDonald (RT)
11. Lorrie Britton (RT)
12. Lora Lipscomb
13. Lindsay Elkins
14. Vicky Huber (RT)
15. Cecil Pollard
16. Adam Baus
17. Janet Allio (RN)
18. Georgia Narsavage (RN)
19. Patty Deutsch (RN)
20. Joy Schade
21. Susie Criss
22. Cathy Stover
23. Deloris Wilder
24. Jean Fisher (RT)
25. Levanda Sims (RN)
26. Colleen Roshau
27. Earlene Boley (RT)
28. Dixie Nichols (RT)
29. Chuck Menders (RT)
30. Jeff Neccuzi
31. Jim Perrine (RT)
32. Sonny Hoskinson
33. Nell Stuart
34. Kim Burford (RT)
35. Joe Barker
36. Sheryn Carey
37. Jessica Wright
38. Rahul Gupta

39. Krista Capehart
40. Marybeth Timko (RN)
41. Gloria Umoh
42. Sandra Mitchell

Day-Two Attendance

1. Janet Allio (RN)
2. Megan Simpson
3. Maryanne Courtney
4. Jean Fisher (RT)
5. Cynthia Keely (RT)
6. Joan Skaggs (RN)
7. Darlene Ross (RT)
8. Tonya Yablonsky
9. Nell Stuart
10. Tony Richards
11. Melody Gwilliam
12. Jerry Paulson
13. Colleen Roshau
14. Jeanne MacDonald (RT)
15. Kim Burford (RT)
16. Deloris Wilder
17. Amy Smith (RT)
18. Georgia Narsavage (RN)
19. Chuck Menders (RT)
20. Dixie Nichols (RT)
21. Marybeth Timko (RN)
22. Earlene Boley (RT)
23. Levanda Sims (RN)
24. Len Picha (RT)
25. Joy Schade
26. Lorrie Britton (RT)
27. Heidi Putman-Casdorph (RN)
28. Sheryn Cavey
29. Patty Deutsch (RN)
30. Christine Compton
31. Susie Criss
32. Krista Capehart
33. Chaste Barclay
34. Lora Lipscomb
35. Jim Perrine (RT)
36. Lindsay Elkins
37. Vicky Huber (RT)

Breakout – Environmental Management of Pediatric Asthma Attendance

1. Marybeth Timko (RN)
2. Dixie Nichols (RT)
3. Colleen Roshau

4. Susie Criss
5. Joan Skaggs (RN)
6. Patty Deutsch (RN)
7. Levanda Sims (RN)
8. Vicky Huber (RT)
9. Jim Perrine (RT)
10. Jean Fisher (RT)
11. Sheryn Cavey
12. Janet Allio (RN)
13. Cynthia Keely (RT)
14. Lora Lipscomb
15. Krista Capehart

Breakout – Screening Spirometry 101 Attendance

1. Jim Perrine (RT)
2. Deloria Wilder
3. Melody Gwilliam
4. Tonya Yablonsky
5. Janet Allio (RN)
6. Christine Compton
7. Heidi Putman-Casdorph (RN)
8. Maryanne Courtney
9. Cathy Stover
10. Lindsay Elkins
11. Georgia Narsavage (RN)
12. Marybeth Timko (RN)
13. Dixie Nichols (RT)
14. Jean Fisher (RT)
15. Kim Burford (RT)
16. Jeanne MacDonald (RT)
17. Amy Smith (RT)
18. Joan Skaggs (RN)
19. Darlene Ross (RT)
20. Joy Schade
21. Lorrie Britton (RT)
22. Colleen Roshau

Breakout – Tobacco Attendance

1. Lindsay Elkins
2. Nell Stuart
3. Sheryn Carey
4. Megan Simpson
5. Cathy Stover
6. Maryanne Courtney
7. Heidi Putman-Casdorph (RN)
8. Janet Allio (RN)
9. Joan Skaggs (RN)
10. Patty Deutsch (RN)

11. Melody Gwilliam
12. Tonya Yablonsky
13. Lorrie Britton (RT)
14. Kim Burford (RT)
15. Jeanne MacDonald (RT)
16. Joy Schade
17. Deloris Wilder
18. Jim Perrine (RT)
19. Georgia Narsavage (RN)
20. Amy Smith (RT)
21. Lora Lipscomb
22. Vicky Huber (RT)
23. Levanda Sims (RN)
24. Susie Criss
25. Darlene Ross (RT)

Breakout – Raising Awareness of COPD Attendance

1. Colleen Roshau
2. Vicky Huber (RT)
3. Melody Gwilliam
4. Tonya Yablonsky
5. Cathy Stover
6. Chaste Barclay
7. Sheryn Carey
8. Heidi Putman-Casdorph (RN)
9. Maryanne Courtney
10. Patty Deutsch (RN)
11. Lindsay Elkins
12. Deloris Wilder
13. Kim Burford (RT)
14. Jeanne MacDonald (RT)
15. Jean Fisher (RT)
16. Lorrie Britton (RT)
17. Darlene Ross (RT)
18. Amy Smith (RT)
19. Georgia Narsavage (RN)
20. Joy Schade
21. Levanda Sims (RN)
22. Susie Criss
23. Marybeth Timko (RN)
24. Cynthia Keely (RT)
25. Dixie Nichols (RT)
26. Jim Perrine (RT)
27. Christine Compton

Understanding the Current Designer Drug Crisis Attendance

1. Lindsay Elkins
2. Cynthia Keely (RT)

3. Lora Lipscomb
4. Melody Gwilliam
5. Tonya Yablonsky
6. Krista Capehart
7. Chuck Menders (RT)
8. Kim Burford (RT)
9. Amy Smith (RT)
10. Len Picha (RT)
11. Jeanne MacDonald (RT)
12. Darlene Ross (RT)
13. Janet Allio (RN)
14. Susie Criss
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16. Levanda Sims (RN)
17. Joan Skaggs (RN)
18. Cathy Stover
19. Sheryn Carey
20. Georgia Narsavage (RN)
21. Tony Richards
22. Lorrie Britton (RT)
23. Jim Perrine (RT)
24. Dixie Nichols (RT)
25. Patty Deutsch (RN)
26. Jean Fisher (RT)
27. Heidi Putman-Casdorph (RN)
28. Maryanne Courtney
29. Colleen Roshau
30. Joy Schade
31. Deloris Wilder

Minutes

Day One

Networking Lunch & Opening Remarks: Lindsay Elkins, Cynthia Keely-Wilson, and Len Picha addressed those at the Retreat and welcomed all participants. Lindsay Elkins reviewed the agenda for the Retreat, packet items, and housekeeping items. She also provided a year-in-review update, highlighting the successes of the Coalition and things that were accomplished in the 2010-2011 year. Following this, Cynthia Keely-Wilson provided an update from the West Virginia Asthma Education and Prevention Program (WV-AEPP). This update focused on the status of the CDC grant, evaluation plan development, surveillance, and challenges. Cynthia also highlighted our resources used for the Coalition, the Strategic Plan, and the State Plan goals. Following Cynthia, Len Picha, 2010-2011 WVAC President, addressed the group goals, participation advice, and driving force initiative reviews. He also mentioned the NHLBI guidelines, concepts to manage asthma, and components of care. Subcommittee chairs were also asked to provide an update on their groups. Lindsay Elkins provided an update for the Schools & Pediatrics subcommittee, discussing the Asthma-Friendly Schools Initiative, the Asthma-Friendly School Awards, and the electronic Asthma Action Plan. Adam Baus followed with an update about the Clinical Asthma Management subcommittee, highlighting the partnership with Cabin Creek Health Systems and avenues

for expansion, as well as the electronic Asthma Action Plan. Lora Lipscomb followed with an update on the Community Outreach & Education plan to develop and deliver information cards to expand Coalition reach. Finally, Patty Deutsch of the Environmental subcommittee briefed the group on the work done to develop Asthma-Friendly Business Awards. For more information on the Opening Remarks, please contact Lindsay Elkins at lkins@lunginfo.org.

Tobacco, Secondhand Smoke and More: Dr. Rahul Gupta of the Kanawha-Charleston Health Department provided an overview of asthma, risk factors, the role of spirometry, diagnosis, medicines, asthma action plans, and environmental triggers. Along with this, Dr. Gupta also bridged the gap between asthma and second-hand/third-hand smoke. Dr. Gupta provided a look into the new tobacco products being marketed to youth, as well as the public risk we face while being exposed to second-and third-hand smoke. Dr. Gupta also mentioned the effects of issuing smoking bans in local counties and communities. For more information on Tobacco, Secondhand Smoke and More, please contact Dr. Rahul Gupta at Rahul.Gupta@wv.gov.

Strategic Evaluation Planning: Tonya Yablonsky, an epidemiologist with the West Virginia Asthma Education and Prevention Program explained the purpose of evaluation and why it is important that the WVAC track accomplishments, provide support for program effectiveness, and demonstrate the impact of reducing the burden of asthma. Tonya also described the importance of the CDC Evaluation Framework and the West Virginia Asthma Education and Prevention Program Strategic Plan. Tonya explained the need to evaluate the Coalition and allowed time for participants to describe the Coalition and the primary goals. Subcommittees were then asked to describe their thoughts on primary goals and the goals were compared to the current list of goals and objectives for the Coalition. For more information on Strategic Evaluation Planning, please contact Tonya Yablonsky at Tonya.A.Yablonsky@wv.gov.

Subcommittee Breakout: Subcommittee's were asked to join together to review the strategic evaluation planning goals that were developed during Tonya Yablonsky's presentation. Upon reviewing these goals and plans, participants were asked to sketch out their activity plan for the 2011-2012 WVAC year.

- Community Outreach & Education: Continue to develop events for education outreach. Work with the School Nursing Association to present at a family meeting. Also work with the WV Council of Churches, County Aging Programs, and the CAMC Healthfest.
- Environmental: Finalize the Asthma-Friendly Business Awards. Identify companies to mail the award application. Receive and evaluate applications and provide PR/award presentation to recipients.
- Schools & Pediatrics: Increase Asthma Action Plan collaboration between providers and schools. Increase the number of Asthma Action Plans on file with schools. Work on allergen and irritant exposure. Increase the number of Asthma-Friendly School participants.
- Clinical Asthma Management: Develop a clinic-friendly model for asthma care. Provide providers/clinics with an asthma care plan.

For more information on the Subcommittee Breakouts, please contact Lindsay Elkins at lkins@lunginfo.org.

Asthma Olympics: Len Picha of Charleston Area Medical Center Respiratory Care led the participants in an hour long session of Asthma Olympics, focusing on the important aspects of asthma while engaging the audience in interactive techniques. The interactive setting of blowing and popping balloons, along with other activities, provided education in an easily understood format, as well as provided a group

setting that promoted communication and teamwork. For more information on the Asthma Olympics, please contact Len Picha at len.picha@camc.org.

Awards Ceremony and Closing: Lindsay Elkins showed a video highlighting the successes of the WVAC over the past decade. The video highlighted several significant achievements, including the posting of Idle Free Zone signs and the allowance of children to carry inhalers in schools. The video also featured pictures of Coalition highlights. Following the video, Chantal Centofanti-Fields was called to the podium to introduce our first award winner. Chantal highlighted the successes of the statewide asthma camp and presented Sonny Hoskinson of United Hospital Center with the Lifetime Achievement Award for his dedication as Camp Director for Camp Catch Your Breath for the past 18 years. Cynthia Keely-Wilson then presented Sandra Mitchell of Cabin Creek Health Systems with the Asthma Champion Award. Cabin Creek Health Systems was recognized for their continued success in learning asthma care treatment. Finally, Cynthia Keely-Wilson presented Adam Baus of the WVU Office of Health Services Research with the WVAC Member of the Year Award. Adam was instrumental in assisting with the Cabin Creek Health Systems project. For more information on the awards presented or the WVAC highlight video, please contact Lindsay Elkins at lkins@lunginfo.org.

Day Two

Keynote Address: Environmental Management of Pediatric Asthma: Guidelines for Health Care

Providers: Dr. Jerry Paulson of Children's National Medical Center spoke on the importance of understanding pediatric asthma and the environmental triggers that engage it. Dr. Paulson identified asthma as being the most common chronic disease in children, leading to a ripple effect of missed school and missed work for parents. With that, he stressed the importance of inhaled corticosteroids and the use of an Asthma Action Plan. Assessment and monitoring of asthma symptoms, along with regularly scheduled asthma visits can assist in the reduced side effects of asthma. Dr. Paulson stressed the need to focus on a comprehensive approach to combating environmental triggers, rather than focusing on one. Along with this, he discussed the need to prevent second-hand and third-hand smoke in children. Along with this, an integrated pest management (IPM) approach is important when focusing on the elimination of triggers, rather than using irritants such as pesticides. Following his keynote presentation, Dr. Paulson also provided breakout session updates for interested participants. He discussed specific environmental concerns that West Virginians face, particularly in the river areas, as well as other pediatric asthma issues and concerns. For more information on this Keynote Address, please contact Dr. Jerry Paulson at jpaulson@cnmc.org.

Screening Spirometry 101: Len Picha of Charleston Area Medical Center Respiratory Care provided a breakout session specifically focused on understanding spirometry screening. Len explained the various types of spirometers that are available for use as well as the required amount of time needed to effectively and accurately test, which is fifteen minutes. With that, he also briefly explained the GOLD guidelines of COPD and provided information for those interested in learning more. Following the presentation, Len provided all participants with the opportunity to try spirometry testing. While participants got the opportunity to understand the testing from the patient point-of-view, they were also able to coach their peers in spirometry testing, much like respiratory therapists do. This provided the understanding of the coaching efforts and techniques required to receive an accurate screening. For more information on Screening Spirometry 101, please contact Len Picha at len.picha@camc.org.

Tobacco: Tony Richards of the American Lung Association in West Virginia provided a breakout session on the effects of tobacco and second-hand smoke. His presentation reinforced the information provided

on Day One from Dr. Rahul Gupta. Tony provided real-life examples and data on the effects of second-hand smoke, as well as third-hand smoke. He discussed the harmful effects of smoking around children and the risks that occur for asthma. Along with that, he highlighted ways that children might be able to discuss the issue of adult smoking with parents, particularly in the home or vehicle. Tony provided eye-opening data and statistics regarding smoke and the harm that is facing our current population. For more information on Tobacco, please contact Tony Richards at trichards@lunginfo.org.

Raising Awareness of COPD: Chuck Menders of Charleston Area Medical Center Respiratory Care provided a comprehensive look at COPD. Chuck thoroughly described the growing burden of COPD, making it the 3rd leading cause of death in the U.S. While there has been a lack of funding for COPD on the Federal level, great strides have been made with the DRIVE4COPD campaign and the recent success of the Country Conquers COPD campaign. The next phase of understanding and education is for acute care, family care, and other facilities to provide improved care for the populations that it serves. Spirometry screening is important for the diagnosis of COPD, and this is important to remember when treating and diagnosing patients. For more information on Raising Awareness of COPD, please contact Chuck Menders at chuck.menders@camc.org.

Understanding the Current Designer Drug Crisis: Incense and Bath Salts: Dr. Michael O'Neil of the University of Charleston School of Pharmacy provided an interesting outlook on the current designer drug crisis facing our state and nation. Designer drugs are currently titled after a product that is not generally reviewed by the FDA (ex: bath salts and incense), thus making it harder to crack down on the exposure of these harmful substances. Drug designers are currently finding ways to tweak banned substances in order to make them legal, because it no longer has the same drug "makeup", meaning the law no longer applies to that product. Currently, a database is being developed to understand the chemical makeup of bath salts in order to better monitor the sale of these drugs. Thanks to WV law H.B. 2505, designer drugs are illegal in the state. For more information on Understanding the Designer Drug Crisis, please contact Dr. O'Neil at michaeloneil@ucwv.edu.

For more information on these minutes, please contact Lindsay Elkins, WVAC Manager at 304-342-6600 or by email at lElkins@lunginfo.org.