

Special points of interest:

- Country Conquers COPD
- Strategic Plan in Action
- Partnerships and Primary Care
- Asthma Myths and "Cures"
- WVAC 10th Anniversary Celebration

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Children Held Captive in Smoky Vehicles

It is absolutely unacceptable to subject children to any tobacco smoke exposure in cars, according to the authors of an abstract to be presented Sunday, May 1, at the Pediatric Academic Societies (PAS) annual meeting in Denver.

"An infant strapped into a car seat is involuntarily and intensely exposed to more than 400 toxic chemicals in tobacco smoke," said abstract co-author Jonathan P. Winickoff, MD, MPH, FAAP. "They have no voice and no choice in whether their parents smoke in the car."

Dr. Winickoff and his colleagues conducted the analyses to determine the prevalence of tobacco smoke exposure in cars among children and to examine factors associated with parents strictly enforcing a ban on smoking in their cars.

Parents were invited to participate in a survey after their children had been seen for a well or sick visit at one of seven pediatric



practices in six states. Parents who smoked were asked if they had a car, whether they had smoking rules in their car, their child's age and if their pediatrician advised them to have a smoke-free car. Parents were considered to have a strictly enforced car smoking ban if they reported having a smoke-free car rule and that no one had smoked in their car for the past three months.

Results showed that 146 of 528 parents who smoked (28 percent) reported having a smoke-free car rule, and 114 (22 percent) reported having a strictly enforced car smoking ban. Factors associated with having a smoking ban included having a younger child and smoking fewer cigarettes per day.

Of the parents who reported smoking in their car, 52 percent said smoking occurred with children present. Only 14 percent of parents said they were advised by a pediatric health care provider to have a smoke-free car.

"Because they have smaller air passages than adults, infants and children are more sensitive to chemicals in tobacco smoke and suffer increased asthma attacks and severe respiratory infections," said Dr. Winickoff.

Source: [Health & Medicine](#)

*This quarter's **Clinician's Corner** submission is from
Joan Skaggs, RN, MSN.*

Joan, a dedicated WVAC member, was voted 2010 Member of the Year and serves on the Schools & Pediatrics Subcommittee.

Joan functions as the Coordinator for Clinical Services in the West Virginia Division of Primary Care.

Country Conquers COPD

The COPD Learn More Breathe Better® campaign has gone country! Country Conquers COPD™, a program of the National Heart, Lung, and Blood Institute, raising awareness of the signs and symptoms of COPD and encouraging people at risk to talk with a doctor or health care provider about diagnosis and treatment.

Take a few minutes to find out about COPD and get a free lung health screening — all while you enjoy exciting musical acts, great food and all types of live entertainment.



Learn whether your frequent shortness of breath or chronic cough could be COPD. Find out if you or someone you love could be at risk!

The American Lung Association in West Virginia will host the following Country Conquers COPD events:

August 12: 2011 State Fair of West Virginia, Lewisburg

October 15: Bridge Day Celebration, Fayetteville
Both events will feature information about COPD, Spirometry testing and Alpha1 screenings.

For more information, please contact Christine Compton:

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WV Asthma Strategic Plan in Action



“It is not only one person’s work; it’s really a partnership and collaboration during all these years.”

Christo

West Virginia’s Strategic Plan for Addressing Asthma includes many educational and outreach activities to improve the quality of life for citizens with asthma in the state. Listed below are details about a few of those projects.

In 2010, WV-AEPP, the WVAC, and CAMC partnered with Cabin Creek Health Systems to implement an Asthma Outreach Project. WVAEPP Manager Cindy Keely-Wilson, RRT and WVAC President Len Picha, RRT provided training to Medical Assistants and Physician Providers on spirometry – performing the test and trouble-shooting analysis, and on evidence-based asthma education for the patient population. Participating staff and patients with asthma at Cabin Creek Health Centers

received [Asthma 101](#) books.

The on-going project has been very successful and is currently being expanded by the Clinical Asthma Management Subcommittee in the WVAC.

AEPP staff, Cindy Keely-Wilson and Lora Lipscomb, along with representatives from Merck Inc. met with providers and the operations officer at Tug River Health Association in McDowell County to explore the implementation and the benefits of use of Asthma Action Plans for patients with Asthma. This endeavor addresses Goal 3 of the State Plan “Self-Management of Asthma” and directly reflects upon the NHLBI Guidelines for the Diagnosis and Management Of Asthma.

AEPP staff met with Rainelle Medical Center staff to discuss the Cabin Creek Asthma Education Project and how to best aid Rainelle Medical Center with their own asthma initiative. Federally Qualified Health Centers (FQHC) have a new, required UDS (Uniform Data System) report on patients with asthma ages 5-40.

The medical staff, including Dr. Patricia Lally, at Rainelle has agreed to work on a Quality Initiative/ Quality Assurance project that will focus on Asthma education. AEPP will assist in this new project by providing training and support, and through support from their partners.

For more information on West Virginia’s Strategic Plan, please visit:

www.wvasthma.org

Yo Quiero un Asma Curado Chihuahua!

Since before Hippocrates coined the term “asthma” to describe the respiratory disease, practitioners and the afflicted have struggled to find a cure. Modern treatments have included medications and other measures to control asthma’s symptoms, and while there is no cure for asthma, most cases are successfully managed.

Throughout history, people have always sought unconventional cures to treat their asthma. While most of the following “cures” have no effects at all, a few are definitely worse than the problem!

Chihuahuas Can Cure Asthma: A person with asthma should sleep with a Chihuahua on their chest so that the dog will take the asthma from the person. This was likely be-

lieved because Chihuahuas sometimes have respiratory problems and may make wheezing sounds similar to asthmatics. Also, children sometimes lose their asthma symptoms as they mature, making it easy for some to believe that the Chihuahua in the household “took away” the asthma from the child.

Trepanation: In the middle ages, people had holes drilled into their skulls to release the evil spirits that caused asthma.

Bleeding: A popular cure in the 1600-1700s, it was believed that if a person’s blood was removed that the symptoms would be cured

Eating Sardines to Cure Asthma: People travel every June from across India to Hyderabad to swallow live sardines smeared with secret

herbs that they believe will cure them. The treatment is offered free by the Goud family on a day chosen by astrologers. The family says it received the secret formula from a Hindu saint about 170 years ago, but refuses doctors’ requests for the herbal mix, saying the saint warned it would lose its potency if commercialized.

While a Chihuahua can be a good choice as a pet and sardines are probably not harmful, the best choice of asthma treatment is under the care of a physician, generally with long-term control medications, quick-relief medications, possible allergy treatment, and education.

Sources: [The Huffington Post Suite 101](#)
[Legends of America](#)



Primary Care/Public Health Partnerships

This summer has been a busy time for partnership development across primary care and public health. The West Virginia University Office of Health Services Research (OHSR), Rainelle Medical Center, Cabin Creek Health Systems, Northern Greenbrier Health Clinic, New River Health Association and the Charleston Area Medical Center (CAMC) have been partnering under the umbrella of the WV Asthma Education and Prevention Program (AEP) for improved asthma quality of care.

Sharing expertise in building an asthma system of care

On July 8, 2011, Colleen Roshau, PAC, with the Northern Greenbrier Health Clinic (Williamsburg, WV), Cecil Polard and Adam Baus with OHSR, Len Picha of CAMC and Cynthia Keely-Wilson with the AEP met with Nancy Dudley, MA, with Cabin Creek Health Systems – Sissonville to learn first-hand about the asthma system of care now in-place at this site. The purpose of this trip was two-fold: 1) explore ways in which a refined system of care for asthma can be put in place at Northern Greenbrier; 2) determine best-methods for creating a resource guide for primary care sites across the state to focus quality improvement

efforts on asthma care. Our sincere thanks to Colleen Roshau for helping to lead discussion with her insightful questions and keen interest in improving the health of patients she helps to care for here in West Virginia.

Implementing an electronic asthma action plan

Dr. Patricia Lally of Rainelle Medical Center and Adam Baus of OHSR are making headway in the implementation of an electronic asthma action plan for use at Rainelle Medical Center. On 7/14/2011, they worked together via the web to review the *"takeACTION! Addressing Asthma and Diabetes in WV Schools"* asthma plan developed by the AEP. This action plan was made into an electronic format by OHSR. Some revisions are being made to the action plan currently, in preparation for pilot testing by Dr. Lally. Concurrent to that, OHSR is working with Jason Osborne, COO and Network Administrator at Rainelle Medical, to help build-in all needed data elements into the electronic health record used there so that the asthma action plan can be a part of the electronic health record. Both of these steps promise to facilitate the

flow of information for use in patient care.

Adam Baus MA, MPH

takeAction! Asthma Action Plan

Adam serves as Chair of the Clinical Asthma Management subcommittee for the WV Asthma Coalition. He began working with the WVU Office of Health Services Research in 2003 as the Senior Program Coordinator.

Currently, he assists OHSR in providing quality improvement support to state-wide primary care sites and health care professionals, database design and development, report writing, and statistical support.

<http://www.hsc.wvu.edu/som/cmed/ohsr/>

Surprising Asthma Triggers

Common pollutants like exhaust and secondhand smoke are well known asthma triggers, but there are a number of other irritants that can also trigger symptoms, and a few may surprise you!

Airbags

Asthmatics who stay in their car after a crash have been known to experience asthma attacks. One might chalk this up to stress, but something else is to blame: the aerosol compounds that are released into the cabin when an airbag inflates.

Fireworks

Over the years there have been scattered reports of fireworks causing asthma attacks. In one especially chilling incident, detailed in 2000 in *Annals of Allergy, Asthma & Immunology*, a 9-year-old girl with moderate asthma suffered a severe asthma attack and died after playing with sparklers at a Fourth of July picnic.

Printers

Laser printers and photocopiers emit ultrafine particles that can exacerbate respiratory conditions.

Flour

When inhaled in large quantities, flour dust can irritate the lungs, so much so that experts have coined a term for it: baker's asthma.

Surprisingly, this is among the most common forms of workplace-related asthma.

Gas appliances

Nitrogen dioxide (NO₂), a byproduct released by gas appliances, has been linked to asthma symptoms in children.

Source: www.health.com



Flour causes one of the most common forms of workplace-related asthma



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laying the groundwork for
tomorrow's communities

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Mark Your Calendar!

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| July 25-29 | Camp Catch Your Breath Jackson's Mill, WV |
| August 9-10 | 2011 WVAC Retreat Embassy Suites Charleston, WV |
| August 10-11 | Drug Endangered Children Annual Conference Charleston Civic Center |
| August 9 | Back to School Workshop Days Conference Center Flatwoods, WV |
| August 12 | Country Conquers COPD Booth West Virginia State Fair Lewisburg, WV |
| October 15 | Country Conquers COPD Booth Bridge Day Celebration Fayetteville, WV |

Help Celebrate the WVAC's 10th Anniversary!

The WVAC will hold the 2011 retreat on
August 9 and 10 at Embassy Suites in Charleston.

Please RSVP by using the following link:

<https://www.surveymonkey.com/s/W7B6W3L>

We are very excited to have a
unique mixture of speakers and
activities this year.

Agenda topics include:

Designer Drug Crisis & Asthma

Asthma Olympics

Lifetime Achievement in Asthma Award

Environmental Management of Pediatric Asthma



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