

The Pennsylvania Asthma Partnership is a collaboration between the American Lung Association in Pennsylvania and the Pennsylvania Department of Health. This collaboration is funded by the Pennsylvania Department of Health through a cooperative agreement with the Centers for Disease Control and Prevention.

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Back to School with Asthma Checklist



BACK-TO-SCHOOL WITH ASTHMA PREPARATION CHECKLIST



STEP 1

LEARN ABOUT ASTHMA

Well controlled asthma is the key to helping your child stay healthy and active.

- Take Asthma Basics. A free, online educational tool for people living with asthma or anyone who provides care for someone living with asthma. Asthma Basics teaches participants how to recognize and manage asthma symptoms, how to identify and reduce triggers, how to create an asthma management plan and how to respond to a breathing emergency. Visit Lung.org/asthma-basics to take the free online course.



STEP 2

TALK TO TEACHERS, SCHOOL NURSES & COACHES

A visit or phone call to the school nurse should be your next step. Together, you and the school nurses, teachers and coaches, along with your child's health care provider can work to reduce asthma triggers and manage symptoms while in school.

- Ask the school nurse to explain and provide the required forms to ensure that your child will be safe and healthy during the school day.
- Discuss your child's asthma triggers and steps to reduce them while at school.
- Ask about the school's asthma emergency plan, and if coaches, teachers and staff are trained in how to recognize asthma symptoms and respond to a breathing emergency.
- Discuss the policies and practices to ensure immediate access to your child's asthma medication while at school.

Visit Lung.org/asthma to learn more about asthma, and how to help schools become more friendly to students with asthma.

1-800-LUNGUSA | LUNG.ORG

1. Develop an Asthma Action Plan with your child's doctor.
2. Mark all medications with your child's name, the name of the medication and complete instructions on how it should be used.
3. Learn your school's asthma policies and asthma emergency procedures.
4. Talk to your school nurse and your child's teacher about your child's asthma and review the Asthma Action Plan.
5. Provide the school with your emergency contact information and that of at least two back-up individuals.
6. Find out if your child can carry medications while at school. If so, fill out all permission forms for this privilege.



Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA



PA Department of Health



When Medication Switching Threatens Care of Children With Asthma

Children with asthma rely on regular medication use to stay healthy, and are particularly vulnerable to flare-ups and hospitalizations when their treatment is interrupted. One common reason for disrupted access to medication for children

with asthma and others with chronic conditions is a practice known as non-medical formulary switching (NMFS) - which when insurers change the list of drugs they cover to those for which they can negotiate a lower price. While we should applaud efforts to reduce the high cost of prescription drugs generally, this use of NMFS is frequently misused or misguided. It can have direct impacts on patients and their care, often forcing families to either make the switch to a different, newly covered medication that might result in negative health outcomes, or pay much more out of pocket to keep the medication that is working for them.

Our Sponsors



On the Frontlines of Asthma Care



Jill Heins-Nesvold, MS, is National Director of Lung Health at the American Lung Association. Jill leads a team that works with clinics and hospitals nationwide to ensure professionals have the knowledge, skills and systems to provide the highest quality, guidelines-based asthma and COPD care.

Continuing Education Opportunity: Asthma Educator Institute



Join Your Local American Lung Association Asthma Educator Institute
October 18-19, 2018
Berks County Community Foundation
237 Court St., Reading, PA 19601
\$350 registration fee
For more information, contact Shelly Cree at shelly.cree@lung.org

"My objectives were thoroughly met. My knowledge of asthma management was increased. It uncovered my weaknesses and misconceptions and prepared me for the national exam."

The certification aligns with the National Asthma Educator Certification (NAECB) Candidate Handbook and includes case studies. www.aerzte-im-netz.de

The Asthma Educator Institute™ (AEI) is a two-day preparatory course for individuals who want to implement asthma guidelines-based care and those qualified to take the National Asthma Educator Certification Board (NAECB) examination. The AEI was developed with experts in the field with asthma and it reflects the National Institute of Health, Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma.

AEI is a professional education course that targets frontline healthcare professionals, such as nurses, nurse practitioners, respiratory therapists, physicians, physician assistants, pharmacists, other licensed or credentialed healthcare professionals, and educators with 1000+ direct hours of asthma education who are eligible to take the national asthma certification exam. In addition, the course is a great refresher for AE-C's preparing for recertification.

Applications will be submitted for contact hours for Respiratory Therapists, Registered Nurses, and Certified Health Education Specialists.



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EVENT DETAILS:
October 18-19, 2018
Berks County Community Foundation
237 Court St., Reading, PA 19601
\$350 registration fee
For more information, contact Shelly Cree at shelly.cree@lung.org

Regional Opportunities!



WESTERN REGION

- LUNG FORCE Walk/Run: [Pittsburgh, PA-October 27, 2018](#)
- Fight for Air Climb: [Pittsburgh, PA- March 30, 2019](#)

CENTRAL REGION

- LUNG FORCE Walk/Run: [Harrisburg, PA- November 3, 2018](#)

EASTERN REGION

- CAPP Asthma Disparities Summit: Philadelphia, PA- October 17, 2018
- Fight for Air Climb: [Philadelphia, PA- March 30, 2019](#)

If you have an event you would like to share or promote to PA Asthma Partnership members, please email Shelly at Shelly.Cree@lung.org!

We thank you for your continued participation in the Pennsylvania Asthma Partnership and dedication to supporting Pennsylvanians with asthma across the Commonwealth.

Sincerely,

**John Keith
Program Manager
PA Asthma Partnership**