

Asthma Adventures

Issue 1
Fall 2004



THE CHILDREN'S
ASTHMA
EDUCATION
CENTRE

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Inside this issue:

Welcome to the CAEC
Meet the CAEC Team
Meet Asthma Allie
CAEC Supporters
Fall Information
Asthma At School
Under 3 Information Evening
Teens Talk Evening
Mission Statement
Asthma Education Classes
Editor & Contributors

The Children's Asthma Education Centre (CAEC) Introduces it's Newsletter!

Welcome to the CAEC!

Asthma is a major health problem in Canada and around the world. About 1.5 million Canadians have doctor-diagnosed asthma. Did you know that every year 120 million dollars is spent on hospital visits for asthma and over one million workdays are lost due to asthma.

How did the CAEC get started?

The CAEC began on April 1, 1997 as a three year project funded by Manitoba Health and Children's Hospital Foundation. The goal of the project was to show that a formal asthma education program would result in a better quality of life, decreased health care costs, increased work productivity and increased self-management for those children and families living with asthma.

Results of the program showed:

- children required fewer emergency room visits and hospital stays for asthma
- children reported fewer symptoms
- parents reported fewer lost work hours due to caring for a child with asthma
- improvement in breathing tests (pulmonary function)

Based on the results the CAEC is now a fully funded asthma education program at the Children's Hospital, Health Sciences Centre.

The CAEC Program

The CAEC developed the Family Asthma Program® (FAP) which consists of four weekly education sessions and includes resource materials. These materials include an information book, pamphlets and personalized mailings. The mailings which reinforced key messages from the program are sent out at two, four, six and twelve months following program completion. *Upcoming class dates can be found on the last page of this newsletter.*

The Provincial Outreach Program

The two main goals of the Outreach program are to:

- raise awareness of the CAEC
- to introduce the FAP into other communities in Manitoba.

We are working with local Certified Asthma Educators (CAE) to run the Family Asthma Program in their communities. At this time the Brandon RHA is actively using the Family Asthma Program®.

Help us save mailing costs,
ask to receive our
Newsletter by Email!
Let us know at
caec@hsc.mb.ca.

Meet The Children's Asthma Education Centre Team!



Dr. Wade Watson
Program Director

Dr. Watson is a Pediatric Allergist with the Children's Hospital. He started planning the CAEC in 1995 and made it a reality April 1, 1997.



Dr. Allan Becker
Research Director

Dr. Becker is a Pediatric Allergist with the Children's Hospital. He played a large part in helping to demonstrate the effectiveness of Asthma Education.



Cathy Gillespie
RN, MN, CAE*
Program Coordinator

Cathy has been a pediatric allergy nurse for many years. She has been a part of the CAEC since 1996.



Lesley Stewart
RN, CAE
Outreach Coordinator

Lesley joined our Team in June 2004. Her role will be to coordinate Asthma Education in Manitoba outside of Winnipeg.



Shauna Filuk
RN, BN, CAE
Asthma Educator

Shauna joined the CAEC Team in July 1997. She was one of the first educators to be part of the research and development of the Family Asthma Program.



Nicola Thomas
RN, BN, CAE
Asthma Educator

Nicola joined the CAEC Team in January 1999. She is a valuable resource for continued development of Education Programs.



Julie Strong
RN, BN, CAE
Asthma Educator

Julie joined the CAEC Team in September 2003. She adds an abundance of knowledge and enthusiasm to our Department.



Debra Stockwell
Administration

Debra has been part of the Section of Allergy & Clinical Immunology for 12 years. She has been a key member of the CAEC Team since it started April 1, 1997.



Asthma Allie
Allie joined the CAEC Team in May 2002. His role is to spread the word that "Asthma Can Be Controlled".

*Certified Asthma Educator



Hi, my name is Asthma Allie, Allie for short. My job is to help kids learn that "Asthma Can Be Controlled". You can come visit me at our website, www.asthma-education.com where you can track your asthma control. You can also see me live at the Teddy Bears' Picnic every May as well as other community events. I look forward to meeting all of you!

Look at how much fun I had at the Teddy Bears' Picnic in May 2004!

It was a little wet this past year at Picnic, but all my friends came out to see me!



Speaking of the 2004 Teddy Bears' Picnic. . .

Asthma Allie and the rest of the staff at the Children's Asthma Education Centre would very much like to thank all the volunteers that helped in the Asthma Adventures Tent. Our tent was a great success this year mostly due to the wonderful volunteers. Your smiles and laughter made a rainy day feel sunny.



Thank You!

Asthma Allie and the CAEC team would also like to take this opportunity to thank the "Cans for Cures" people, George and Jerrie, for their financial support. Being an Alligator, Allie does not drive and he is too big to take a bus, so if he needs to go to the doctor or to get his fur cleaned, he needs a little help. That's where George and Jerrie come in. They have graciously agreed to help Allie with these tasks. Allie and the entire CAEC Team would like to let them how much we appreciate them.

Thanks Cans for Cures!



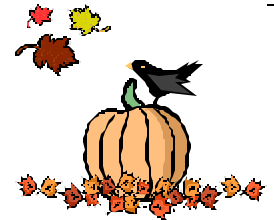
The Children's Asthma Education Centre would like to acknowledge the continued support of:

- Children's Hospital Foundation
- Childhood Asthma Foundation
- McDonalds
- Coca-Cola
- City Press

- CIBC Foundation
- Winnipeg Blue Bombers
- Seven Eleven Stores
- Thunder Rapids Amusements
- Domino's Pizza

Cans for Cures

Fall Asthma Alert!



Fall is just around the corner. Fall is the worst time of year for people with asthma. More children come to the hospital for asthma problems in the fall than any other time of the year.

Fall brings with it many new asthma triggers. As children go back to school or gather in other groups, catching a cold is more likely. Cold viruses are one of the most common asthma triggers. Colds are hard to avoid, but getting enough sleep, eating a good diet and staying away from people with colds when possible may help. Make sure your child has an Asthma Action Plan, which tells you what to do when a cold appears. Check and follow the plan as soon as you notice the first clues of a cold.

Outdoor mold is an important asthma trigger in the fall. Mold levels in the air are higher from the end of August until the ground is covered with snow. If your child has a mold allergy, asthma medicine may need to be started or increased in the middle of August and used through the fall to prevent asthma problems. Keep windows at home and in your car closed to keep mold outside. Children with a mold allergy should not play in or rake the fall leaves.

Ragweed pollen may be an asthma trigger for some children. Ragweed pollen appears in August and continues until the first good freeze. An Asthma Action Plan for anyone who is allergic to Ragweed should be like the plan for children who are allergic to outdoor mold.

Smoke in the air from farmers' fields makes asthma problems worse. Following an asthma plan that keeps asthma under good control should help. Remember, if you have asthma, spend more time indoors on smoky days.

Make sure you have a good Asthma Action Plan that tells you how to look after your child's asthma for every season. Speak to your doctor for more information.

Prevent problems and enjoy the fall!

**THE CHILDREN'S ASTHMA EDUCATION CENTRE
ASTHMA ACTION PLAN**

Name: _____ Date: _____

IS ASTHMA UNDER CONTROL?	WHAT SHOULD I DO?									
<p>Green Level—Good Control</p> <ul style="list-style-type: none"> Normal breathing No cough or wheeze Normal activity Normal sleep Normal medicine use or 2 times a week for symptoms Peak Flow Reading _____ <p>Keep Up The Good Work!</p>	<ul style="list-style-type: none"> Continue to avoid triggers Use your regular Controller medicine <table border="1"> <tr> <th>MEDICINE</th> <th>APPROXIMATE</th> <th>TIME/DAY</th> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </table> <ul style="list-style-type: none"> Use your reliever medicine as needed before exercise or for asthma symptoms (cough, wheeze, difficulty breathing) 	MEDICINE	APPROXIMATE	TIME/DAY						
MEDICINE	APPROXIMATE	TIME/DAY								
<p>Yellow Level—Caution</p> <ul style="list-style-type: none"> Complete with activity or at night Reliever medicine used more than once per day or 3 times a week for symptoms Cold symptoms Peak Flow Reading _____ _____ or less (50-80% of personal best) <p>Show To Take Action!</p>	<ul style="list-style-type: none"> Signor increase controller medicine as needed and/or The Controller medicine and/or <table border="1"> <tr> <th>MEDICINE</th> <th>APPROXIMATE</th> <th>TIME/DAY</th> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </table> <ul style="list-style-type: none"> During Yellow Zone you may need to use your reliever more often If reliever medicine is needed every 4 hours, call your doctor See your doctor if asthma symptoms are not improving after two days 	MEDICINE	APPROXIMATE	TIME/DAY						
MEDICINE	APPROXIMATE	TIME/DAY								
<p>Red Level—DANGER</p> <ul style="list-style-type: none"> Reliever medicine does not relieve asthma symptoms Is in bed You need your reliever medicine more than 3 times Peak Flow Reading _____ or less (Below 50% of personal best) <p>NO GET HELP</p>	<p>GO TO YOUR CLOSEST EMERGENCY DEPARTMENT IMMEDIATELY!</p> <ul style="list-style-type: none"> Use reliever medicine on route or on arrival on the way to the Emergency Department! 									

Comments: _____
Date: _____ Phone Number: _____

Monitor your asthma control using the Asthma Tracker. Visit www.asthma-education.com
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Is your Asthma Plan ready for fall?



Visit our “Asthma Tracker” at www.asthma-education.com

Let's Talk Asthma at School:



Talking to the school about your child's asthma is important to prevent problems at school.

Did you know?

- ◆ Asthma causes more missed school days than any other chronic illness.
- ◆ Children should not have to miss school because of asthma.

What asthma supplies should the school have?

- ◆ Your child's Reliever medicine (blue inhaler).
- ◆ A copy of your child's Asthma Action Plan.
- ◆ A written list of your child's asthma triggers.
- ◆ Your child's doctor's name and phone number.
- ◆ Your contact information.
- ◆ An emergency contact person if you are not available.



What Parents should know:

- ◆ Each school may have their own rules about asthma and asthma medicines, so check with your child's school.
- ◆ Before the school year begins meet with your child's teacher and principal to:
 1. talk about your child's asthma
 2. explain your child's Asthma Action Plan
 3. show how to properly use his or her medicine
 4. find out how the school will handle asthma problems
- ◆ Make sure that asthma medicine that goes to school is well labeled with your child's name and amount to be given.
- ◆ Check to see if your child can keep their reliever medicine with them at all times.
- ◆ Ask about field trips that may affect your child's asthma. With good planning, most trips may be safe.
- ◆ Ask your child's teacher to tell you if your child is having asthma problems on the playground, in gym or the classroom.
- ◆ Tell the gym teacher if your child has a cold or has been having asthma problems.
- ◆ Meet with your child's teacher to discuss avoiding asthma triggers in class such as animals, molds, dust and strong odors.

Physical Activity at School:

- ◆ Exercise is important for all children, especially children with asthma.
- ◆ Having asthma problems during activity means asthma not controlled.
- ◆ It's OK to take your reliever medicine 10-15 minutes before exercise once per day to prevent mild asthma symptoms (cough, wheeze, shortness of breath, or chest tightness) if exercise is one of your child's triggers.
- ◆ Your child should be able to take Reliever medicine if needed even during a class.
- ◆ Speak to your Doctor if your child needs the Reliever medicine for symptoms more than 3 times in a week.

For good asthma control at school:

- ◆ Work with the school to help your child control their asthma.
- ◆ Meet regularly with the teacher.
- ◆ Good communication with the school is important to help keep your child's asthma under control.
- ◆ Let the school staff know your concerns.
- ◆ Be positive! School staff are there to help.
- ◆ Make sure Reliever medicine is available at school and monitor its use.
- ◆ When asthma is under good control, your child should not miss school.



Join us by calling (204) 787-2551 to register.



“WHAT DOES THE FUTURE HOLD?”

Children Under Three With Asthma: An Information Evening For Parents

Guest Speaker: Dr. Wade Watson
Pediatric Allergist

Date: Wednesday, September 15, 2004

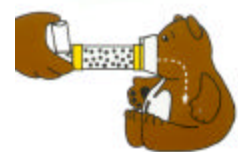
Time: 7:00 P.M.

Location: The Annie Bond Room
Community Services Building
685 William Avenue
Health Sciences Centre

Please Call to Register

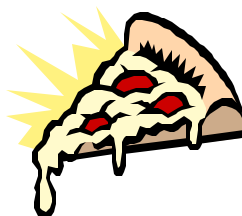
**THE CHILDREN'S ASTHMA EDUCATION CENTRE
(204) 787-2551**

Refreshments Provided By: Trudell Medical



Join us by calling (204) 787-2551 to register.

Teens Talk Asthma



Wednesday, November 10, 2004
5:30 pm to 7:30 pm

685 William Avenue
(across from Children's Hospital)

Teens 12 to 16 only!

Bring a Friend!

Registration is Limited.
Call Early 787-2551

****Please ensure transportation is arranged.
The CAEC will not be responsible for transportation.**

SPONSORS:





Visit Us At:
www.asthma-education.com

Children's Asthma Education Centre Mission Statement

The mission of the Children's Asthma Education Centre is to enhance the health and well being of children who have asthma and their families. We are committed to increasing awareness of asthma and its management; to excellence in educating children, families and health care professionals; and to being a leader in asthma education research.

Upcoming Asthma Education Classes

The Children's Asthma Education Centre offers classes to families affected by asthma. The classes are broken up into 4 groups: Preschool, School Age, Teens and Less than 3 years of age. Families are asked to have their physician send a referral to the Children's Asthma Education Centre. We will then contact families to register them. The following is a schedule of classes:

Remember to call early as registration is limited!

Preschool: (parents of 3-6 year olds)

September 22 to October 13	Four Wednesdays, from 7:00 pm to 8:30 pm.
October 5 to October 26	Four Tuesdays, from 7:00 pm to 8:30 pm.
November 15 to December 6	Four Mondays, from 7:00 pm to 8:30 pm.

School Age: (parents and children 7-11 years old)

September 13 to October 4	Four Mondays, from 7:00 pm to 8:30 pm.
November 2 to November 23	Four Tuesdays, from 7:00 pm to 8:30 pm.
November 17 to December 8	Four Wednesdays, from 7:00 pm to 8:30 pm.

Teens: (teens 12-16 years old)

October 20 to November 3 Three Wednesdays, from 5:30 pm to 7:30 pm.

Less Than 3 Years: (parents)

October 18 to 25 Two Mondays, from 7:00 pm to 8:30 pm.

For more information, please call (204) 787-2551.

The Children's Asthma Education Centre Newsletter, Asthma Adventures, will be published quarterly. Look for helpful information for each season of the year.

Editor: Debra Stockwell, (204) 787-2551, dstockwell@hsc.mb.ca

Contributors: The Children's Asthma Education Centre Team (see page 2)

Help us save mailing costs, ask to receive our Newsletter by email!