



# PUTTING ON AIRS (Asthma Indoor Risk Strategies)

Presented by:  
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Naugatuck Valley Health District  
Region 1

# What is Putting on AIRS?

- Grant Funded by the Connecticut Department of Public Health with CDC and EPA funding
- An evidenced based home visitation program focusing on indoor asthma triggers and education about asthma as a chronic illness. AIRS is offered FREE to families with a diagnosis of asthma in the child or parent living within the home
- Nurse, health educator, certified asthma educator, or respiratory therapist that has experience with asthma management and the National Heart, Lung, and Blood Institute (NHLBI) asthma guidelines provides asthma education , reviews medication actions, medication administration technique and a review of the child's Asthma Action Plan to ensure that the family understands the medical aspect of asthma management

# What is Putting on AIRS?

- An environmental specialist/sanitarian or nurse completes an environmental checklist with the family in the home. The findings are reviewed with the family. Ways to reduce/eliminate the possible asthma triggers are recommended to the family
- A 2-week, 3-month, and 6-month telephone follow-up is completed with the family to review progress made of reducing/eliminating possible asthma triggers, medication changes, number of asthma flare-ups since last follow-up, use of rescue medication, absences from school/work due to asthma symptoms, emergency department visits due to asthma symptoms, and urgent care visits to the primary care provider for asthma symptoms. Also, any questions that the family may have are answered

# What are the Goals of Putting on AIRS?

- To reduce the number of school/work absences, emergency department visits, and urgent care visits to the primary care provider
- To have a better understanding of how to self manage asthma and ways to reduce/eliminate possible environmental triggers in the home
- Decrease asthma flare-ups
- To understand the actions of prescribed asthma medications (Control vs. Rescue)
- How to properly use the medication devices to administer prescribed medications
- Have an asthma action plan completed by the child's primary care physician or specialist

# A Regional Approach

- There are 7 asthma regions in Connecticut
- Each Asthma region has a coordinator
- The regional partner completes the initial home visit that has been referred to the program
- The information that is collected at the time of the initial home visit is shared with the family, school nurse, physician, specialist
- The information is also returned to the specific regional coordinator for data entry
- The data entry that is completed is forwarded to the state asthma program on a quarterly basis

Region #1  
Trish Sullivan, RN  
Naugatuck Valley Health District

- 12 towns are currently participating in the POA program
- 6 additional towns to be trained in May-2010
- 22 referrals received since September 1, 2009
- 14 Home visits completed-2 to be scheduled
- Referrals received from school nurses, self referrals, pediatricians, and Aetna Better Health
- Biggest accomplishment – Region 1/NVHD is the Coordinator for the partnership with Aetna Better Health. 29 referrals have been received and disbursed to the appropriate regional coordinators for follow-up
- Annual workshop offered throughout region titled: Asthma and Allergy Essentials for Childcare Providers (created by the Asthma And Allergy Foundation of America/AAFA) – scheduled for June 10 ,2010 at the Torrington Public Library

Region #2  
Hilary Norcia  
Central Connecticut Health District

- 6 local health departments are participating in Putting on Airs serving 18 towns
- 12 referrals have been received and 6 home visits completed since September 1, 2009
- Referrals are currently received from school nurses, Aetna Better Health, and Community Health Network
- Accomplishments: Asthma Coalition for Region 2 – “Committed to the education and prevention of asthma to individuals and families living in Region 2”
- Asthma Newsletter –Volume 1, Issue 1 launched recently for Spring 2010!-4 pages of exciting asthma events offered by various asthma programs within Region 2
- Annual Asthma Day event to be held at the legislative office Building in Harford – 16 tables will be provided to vendors with asthma information and current resources available to asthma patients

Region #3  
Nancy Beaudry  
Northeast District Department of Health

- The Northeast District Department Of Health partner with Eastern Highlands Health District and North Central District Health Departments to cover 27 towns
- 37 home visits have been completed since September 1, 2009
- Most of the referrals received are from school nurses, self-referrals, and health fairs
- Most of the referrals received are Spanish speaking families.
- Spanish interpreter does a wonderful job interpreting during the home visits, initial scheduling, follow up telephone calls, and promoting the Putting on AIRS program

Region #4  
Mary-Buckley Davis  
Ledge Light Health District

- The Putting on Airs Program was created in 1999 by the City of New London Health Department
- Presentations have been made to health professionals, teachers, parents and daycare providers over the last three years to increase local knowledge of asthma, the NAEPP Guidelines, Tools for Schools and Putting on AIRS.
- Referrals are made by allergists, pulmonologists, pediatricians, school nurses, School Based Health Center staff, case managers, and former clients.
- Region 4 covers all 21 towns of New London County  
The New London County Asthma Action Partnership has members from regional public health departments, school nurses, TVCCA day cares, interested citizens, parents, the Mashantucket Pequot Tribal Nation, the US Navy, the ALA, a local ambulance company, and a professional evaluator.

Region #5  
Middlesex Hospital  
AIR Middlesex and Little AIR

- Middlesex Hospital operates independently from the State Asthma Programs funding
- A hospital-based **outpatient** Disease Management (DM) program.
- Pediatric and adult asthmatic patients are provided with individualized assessments, provided with and educated in the use of a peak flow meters, proper use of asthma medications, a customized treatment plan and a face-to-face or telephone-based follow up counseling
- A **home assessment** to determine environmental triggers and advice on how to reduce/eliminate these triggers is provided for the patients with moderate to severe persistent asthma
- 32 inpatient, 20 Adult and 26 Pediatric outpatient referrals have been received to the program since September 1, 2009.

Region #6  
Betty Murphy  
Milford Health Department

- 14 towns are participating in the Putting on AIRS program -100% participation
- 73 referrals have been obtained since September 1, 2009
- 52 home visits have been completed since September 1, 2009
- Most of the referrals are received from pediatricians, emergency departments, and hospital discharges
- Greatest Accomplishment is the partnership with Yale and Saint Raphael's Community Residency Project. On April 23, 2010 Putting on Airs with a minor focus on Region 6 will be presented at the Hospital of Saint Raphael Pediatric Grand rounds

Region #7  
Greta Roberts  
Stratford Health Department

- 9 Health Departments are serving 14 towns with The Putting on AIRS Program
- 12 referrals have been received since September 1, 2009
- 5 home visits have been completed since September 1, 2009
- Most of the referrals are received from school nurses
- Accomplishments
- Putting on Airs is in the initial stages for Region 7 and training has been provided for all of the new partners
- Putting on AIRS and asthma education will be the focus for asthma awareness Month in May. An information table will be available at a local high school tag sale, health fairs in Stratford and Bridgeport housing project
- Partnership with the Bridgeport Asthma Coalition

# RESOURCES

[www.ct.gov/dph](http://www.ct.gov/dph) -Putting on Airs Implementation Guide and Asthma Regional Map

Asthma Region 1- Patricia J. Sullivan, RN, 203-881-3255

Asthma Region 2- Hilary Norcia, 860-665-8571

Asthma Region 3 – Nancy Beaudry, 860-774-7350

Asthma Region 4- Mary Buckley-Davis, 860-448-4882

Asthma Region 5/Middlesex Hospital- Veronica Mansfield APRN,BC  
860-358-3011

Asthma Region 6- Betty Murphy, 203-937-3665

Asthma Region 7- Greta Roberts, 203-385-4090