



**Mission:** *To prevent and control asthma in San Mateo County by promoting change and collaboration at the individual, institutional, community and policy level through education, awareness, empowerment, and advocacy.*

### **Asthma Coalition Meeting Notes**

October 4, 2016 @ 12:00-1:30 PM

1300 S. El Camino Real Street Room 112, San Mateo

**Present:** Araceli Magana (Ravenswood Health Center), Xenia Gonzales ((Ravenswood Health Center), Sandra Nova (Ravenswood Health Center), Sharon Dowell (SMC Environmental Health), Edith Cabuslay (SMC Community Health Promotion), Gladys Fabiano-Sharp (SMC Family Health Services), Cynthia Knowles (SMC Environmental Health), Grace Chen (SMMC), Ana Warner (SMC Family Health Services), Karen Licavoli (Health Plan of San Mateo), Chethana Maryjunath (SMC Chronic Disease and Injury Prevention), Elaine Lo (SMC Community Health Promotion), Joel Ervice (RAMP), Hannah de los Santos (SMC Family Health Services)

#### **SMC TOBACCO EDUCATION COALITION**

- Shaunda Scruggs from Tobacco Education Coalition (TEC) delivered a presentation on the successes of Tobacco prevention control policies in the county. One way for SMC Asthma Coalition to get involved is to support TEC's smoke-free multi-unit housing.
- See attached [presentation](#).

#### **ASTHMA ACTION PLAN DISCUSSION**

- Hannah discussed with Coalition members about their experience using different Asthma Action Plan (AAP) in different clinical practices, and collected their experiences and concerns.
- Grace, who is working at SMMC, spoke about the current AAP used in the clinic being patient focused and helpful in symptom recognition. This has color codes (Green, Yellow, and Red) like traffic lights and suggestions were made to use "circles" instead of "square" boxes. This has fewer words, phone numbers for emergency contacts, and actions to be taken by caregivers and parents. The feedback about this has been good/satisfactory. After piloting it at SMMC, this plan has been extended to other clinics in the county.
- Other members mentioned that they have seen parents using AAPs and hanging on refrigerator doors so that it is available for immediate use during emergencies. They said it is easy to explain AAP to parents and families. Families have been prioritizing effective asthma action plans.
- Earlier version of AAP had graphics like smiley faces and someone suggested to reintroduce the smiley faces back into the current AAP.
- Another drawback of current AAP is that it is not available in triplicate form (one for families, school and doctors each). Nurses have to manually enter into the summary of consultation. The current format of asthma care is not useful which only requires needs information in the after-visit summary.
- Current AAP has not been tested for literacy tests and Karen volunteered to do that since she has the software in her office.
- Hannah spoke about the Maryland Asthma Action Plan which has been used in 33 states. It is found to be 30% literacy appropriate level.
- The concern was mentioned about usage of AAP during emergencies or exacerbations.

- Suggestions were made about color changes - to choose appropriate color and fonts based on the background colors for easier reading (e.g., white on dark green background).
- Provide separate Asthma Triggers sheet to families. Some AAPs have the asthma triggers on the back of the AAPs.
- AAP from National Heart Lung and Blood Institute has directions for families, no color codes, and no graphics but is less wordy.
- RAMP's AAP has lot of details and is more like advice.
- Staff from Ravenswood mentioned that their AAPs have similar color codes and asthma triggers on the back of the sheet. They have concerns about difficulties using the triplicate and the process is not automated. They give original colored AAP to parents and they keep a photocopy for medical records (EHR) but the last copy is already difficult to read.
- Grace mentioned that she has been maintaining health records well and has no major concerns.
- The group discussed whether AAP can be attached as a PDF in the EHR.
- One member mentioned that School Districts have been asking her to provide AAPs, medication lists and medical authorization forms.
- There was a discussion about whether to use graphics like smiley faces or just to use only line diagrams in the future AAP. Hannah was okay with use of graphics.
- There was discussion about use of peak flow meter (PFM) and Karen spoke about her personal challenges with PFMs. Doctors agreed with her in terms of limited clinical usage of PFM. For example manipulation of values by patients.
- There was a discussion whether AAP is required or not. Most of them agreed that it has been very helpful for many families. Parents have given feedback that it is handy and effective. Parents with many children in the family having asthma find AAPs more useful.
- There was discussion about incentivizing providers for using AAP with P4P code.
- Maryland study showed that only 50% of providers used AAP.
- Edith made Suggestion to simplify AAP procedure for clinics so that there would be decreased burden on providers. Other health personnel, such as Mas and RNs, can explain this to families and provision can be made to reimburse the staff. This is something that Fair Oaks is testing out.
- NEXT STEPS:
  - To collect and study AAP from other clinics in the county
  - Look for available options and check with extreme users
  - Finalize AAP to be used in the county.

## UPDATES

- Ravenswood is planning to conduct asthma education series for elementary school teachers in East Palo Alto to increase awareness about asthma triggers and medications.
- Karen suggested using free education materials from EPA's Tools for School, which is free and effective.
- Elaine mentioned getting buy in from school leadership by talking about the Every Student Succeeds Act, which allows schools to use government funding for professional development and asthma management can be one of the topics.
- Sharon from Environmental Health mentioned about their plans to educate renters about pest control.
- Elaine is leaving the county and will be joining Kaiser Permanente. Her last day with the county is on October 14<sup>th</sup>.

## Next meeting

- Mark your calendars! The next meeting will be on **Tuesday, January 3<sup>rd</sup> at 12 PM** at Silicon Valley Community Foundation Room 112 (1300 S. El Camino Real, San Mateo).