

**Fall Focus on Asthma**  
**October 13, 2004, 9:00-1:00 pm**  
**Deschutes County Health Department**  
**Bend, Oregon**

Attendance: 18 Oregon Asthma Network Partners attended.

Overview: Emphasis on resources that can be used to improve asthma care in Oregon through self-management. Learn about evidence based tobacco cessation programs, comment on asthma education materials, share current information about asthma in Oregon, and work together to identify methods of improving asthma self-management in your community.

Group Expectations: Learn about tobacco and asthma issues, specifically cessation, and how to better work with health care providers from the schools perspective. To hear updates about the progress being made on tobacco and asthma issues, asthma education maintaining asthma, the Oregon Asthma Action Plan, Oregon Health Plan (medication covered and changes), local issues with asthma (wood stoves).

Oregon Asthma Program Highlights:

**Asthma Data:**

- ★ Purpose: To get a snapshot of how well asthma is being addressed among participating health plans in Oregon
- ★ Measured four key asthma indicators, emergency department use, 30 day follow-up after an emergency department visit, use of short acting beta<sub>2</sub>agonist (rescue medication), use of inhaled anti-inflammatory (controller medication).
- ★ Compared Commercial health plans to Medicaid health plans
- ★ Conclusion: Using data helps us to target our efforts more effectively. Because asthma is a controllable disease through the use of proper medication, improving asthma management in a health system is an important strategy in helping people with asthma better self-manage their disease. To view the exact data points discussed please visit our website at [www.healthoregon.org/asthma](http://www.healthoregon.org/asthma) .

**Asthma Tobacco Integration Project:**

- ★ Available evidence: Asthma and smoking worsens lung function in asthmatic adults and children, increases risk for asthma hospital admissions, increases health care utilization for asthma, and increases risk of death from asthma. Furthermore, people with asthma have higher smoking rate when compared to the general population. To view the exact data points discussed please visit our website at [www.healthoregon.org/asthma](http://www.healthoregon.org/asthma) .
- ★ Asthma treatments: Corticosteroids, cornerstone of therapy for asthma, are less effective in smokers with asthma.
- ★ Solution: Promoting quitting among people with asthma and caregivers of people with asthma. Reducing secondhand smoke exposure, especially among kids.

- ★ Interventions: Fostering community partnerships to address secondhand smoke exposure, engage health plans and health care providers in asking people with asthma about their exposure to tobacco smoke, providing 5A's training, nicotine replacement therapy initiative through the Tobacco Quitline.

General Comments and Feedback: Bend:

**Bend Bulletin**

The Bulletin reporter took notes through out the morning meeting. He spoke with Kirsten about a possible story in the Health section of the Bulletin. He will follow up with the Oregon Asthma Program when the story goes to print. (Story printed November 4, 2004)

**Central Oregon Independent Health Services (COIHS)**

Syd Benefiel provided an update about the OHP services offered through COIHS. They currently are working on a tobacco cessation program, focusing on members with asthma. They have also been working with the LaPine project. For more questions about COIHS please contact Syd Benefiel through her e-mail at [sbenefiel@coihs.com](mailto:sbenefiel@coihs.com)

**Deschutes County Health Department-Flu Vaccination Program**

The flu vaccination program will follow the guidelines from the Centers of Disease Control (CDC) due to the flu vaccine shortage. People with asthma are on the list for priority individuals that should receive a flu shot. Because less than ½ of the expected vaccine is available, communities will not get enough of the vaccine to cover all individuals. Deschutes County may get more pediatric vaccine in a couple of months. If you notice any price gouging, or improper use of the vaccine (providing to those not on the CDC list) please contact Mindy Strommer with Deschutes County at 541-322-7400 or via e-mail at [mindys@co.deschutes.or.us](mailto:mindys@co.deschutes.or.us)

LaPine staff provided a brief follow-up on the Asthma Friendly Schools demonstration project from last year. LaPine is now implementing their action plan, and has also received additional funding from the Department of Human Services to increase the number of days the Family Advocate Network Clinic can run in the schools. They are hoping this leads to a new School Based Health Center. Having the health clinic at school more often has already helped in better managing their youth with asthma.

The group is interested in know if the Department of Environmental Quality's (DEQ) is participating in the planning for Highway 97 to be re-routed. There is concern about the exposure to diesel in near schools and other residential areas. Kirsten will follow-up with the DEQ.

Resource Bank materials and 5 A's Training Comments:

**Resource Bank materials**

David, Kirsten, and Jeanne McGee conducted three focus groups, allowing participants time to review the asthma education materials, provide feedback, and discuss the use of resource bank materials.

### **5A's Training**

Participants were trained in the five techniques (Ask, Advise, Assess, Assist, and Arrange) to help a person quit smoking tobacco. Gail also provided information on a sixth A, Anticipate that focuses on tobacco cessation for pediatricians.

If you have any questions, please feel free to contact Kirsten Jensen or David Rebanal at [kirsten.g.jensen@state.or.us](mailto:kirsten.g.jensen@state.or.us) or [david.rebanal@state.or.us](mailto:david.rebanal@state.or.us)