

ASTHMA RESOURCES

**Kitsap County, State and National
Medical and Patient Support Resources**

Kitsap Asthma Coalition
**“Working to ensure quality asthma treatment, education and
resources to the residents of Kitsap County.”**

Introduction

Mission Statement

Kitsap Asthma Coalition (KAC) is working to ensure quality asthma treatment, education and resources to the residents of Kitsap County.

Kitsap Asthma Coalition began in late 2003 as a collaboration between the Kitsap County Health District and the Olympic Education Service District. The Coalition has assembled a diverse and representative group of participants to work together toward asthma control in Kitsap County. The KAC aims to promote collaboration between organizations and residents concerned about the various factors that affect asthma such as the environment, quality of health care, access to health care, and education. The Coalition taps into the expertise and resources of county residents, organizations, health care providers, schools, Native American tribes through advocacy and educational projects. In addition, it strengthens, personally and professionally, the network of people addressing the severity, morbidity, and mortality of asthma.

Kitsap Asthma Coalition is developing a list of activities and goals that focus on school, medical care, environment, and the community. This resource guide is one of the products of our efforts. We hope that this guide will help parents, families, and professionals identify resources needed to assist residents with asthma.

Disclaimer

Although we have made a diligent effort to ensure the accuracy and currency of the information presented, we make no claim that the guide is comprehensive. The use of the trade names is for identification only and does not imply endorsement by the Coalition.

Contact Information

For more information on this guide, please contact Wendy Jones, School Nurse Corp Supervisor at wjones@oesd.wednet.edu or 360.478.6871.

What is Asthma?

ASTHMA is a chronic lung disease and is one of the leading causes of school and work absences. People with asthma have very sensitive airways or bronchial tubes. Asthma is rarely cured, but it can be controlled.

WARNING SIGNS AND SYMPTOMS of asthma are not the same for everyone. Symptoms can vary from mild to severe (“asthma attack”). Some of the common warning signs are:

- Chronic cough, especially at night or after exercise
- Difficulty breathing in or out
- Wheezing
- Breathing faster than normal
- Getting out of breath easily
- Itchy, scratchy or sore throat
- Feeling restless or tired
- Unable to talk in full sentences
- Shortness of breath

ASTHMA TRIGGERS cause people to have asthma symptoms. They are different for everyone with asthma. People who have asthma should try to know their triggers and learn how to avoid them.

COMMON TRIGGERS:

- Cigarette smoke
- Cold air
- Hard exercise
- Smoke from a fireplace or wood stove
- Dust
- Some animal hair and feathers (cats, birds, dogs, rodents)
- Perfume or cologne
- Hair spray
- Pollens from grass, trees, and weeds
- Mold

HOW TO MANAGE ASTHMA

- Visit your doctor regularly
- Always have and carry with you a written “asthma plan”
- Understand and follow the directions from your doctor
- Take your medicine as directed
- Learn the signs that you are having an asthma attack
- Avoid triggers that may cause you to have an attack
- Regular exercise (the one trigger you should manage, not avoid)
- Carry your medicine wherever you go
- Stay calm and relaxed
- Call your doctor if the symptoms get worse

Asthma Data

American Lung Association of Washington (ALAW) www.alaw.org

The American Lung Association® has many programs and strategies for fighting lung disease, including asthma. Website available in Spanish.

**Centers for Disease Control and
Prevention (CDC)**

404.639.3311 (24 hour)

<http://www.cdc.gov>

**National Center for Health
Statistics** 301.458.4636

<http://www.cdc.gov/nchs>

The Environment-Local

Landlord/Tenant Law

Attorney General, Consumer Protection Division
Questions & Complaints: 800.692.5082 outline of law:
www.wa.gov/ago/consumer/lt/textonly.htm

Master Home Environmentalist Program (MHE) via American Lung Association of Washington (ALAW) 206.441.5100 or 800.732.9339

Provides free home inspections and/or advice on clean indoor environments.

Kitsap County has four Master Home Environmentalist volunteers trained to inspect homes for indoor air quality issues. Contact the Lung Association to see if this program is right for you.

Puget Sound Clean Air Agency www.pscleanair.org

800.552.3565

Enforces federal, state and local air quality laws and regulations in King, Kitsap, Pierce, and Snohomish Counties. Policies and programs are designed to meet and maintain air quality standards, protect human health, and prevent injury to plant and animal life.

Kitsap County Health District

Environmental Health Division www.kitsapcountyhealth.com

Environmental Health Division: 425.339.5250. Provides information about indoor air quality (IAQ) issues, including mold, one of the most common IAQ concerns. This information focuses on the identification, removal, and prevention of mold.

Indoor Air Quality issues

Bonnie Halvorson halvob@health.co.kitsap.wa.us
360.337-4701

Kitsap Smoke-free dining guide

www.kitsapcountyhealth.com

A listing of restaurants and lodging that are smoke-free in Kitsap County

Kitsap Smoke-free housing guide

www.kitsapcountyhealth.com

A listing of the smoke-free public housing

Second-hand smoke issues

Barbara Smithson smithb@health.co.kitsap.wa.us
Health Educator, KCHD Phone: 360-337-5250

The Kitsap County Health District is committed to reducing exposure to second-hand tobacco smoke for children and adults. We provide educational materials on eliminating

secondhand smoke in homes and workplaces. Titles include: Smoke Free Restaurant & Lodging Guide, Smoke Free Apartment Registry, Smoke Free Home Pledges, Secondhand Smoke & Your New Baby, One of the Best Things You Can Do For Your Kids, Poisoning Our Children (video).

Smoking Cessation

Karen Boysen-Knapp boysek@health.co.kitsap.wa.us

Health Educator, 360.337-5231

Technical assistance and educational materials on tobacco cessation. Basic Tobacco Intervention Skills training for medical providers, Tobacco Use and Dependence Clinical Practice Guidelines, and Washington State Quite Line promotional materials. General cessation materials as well as materials geared for youth, pregnant women, and smokeless tobacco users. Cessation Resources in Kitsap County Guide, No Lfs, And or Butts (video), How I Quit Smoking and Saved My Life (video).

The Environment-National

Allernet

www.allernet.com

Website provides weekly national allergy forecasts for grass pollen, tree pollen, weed pollen, and mold spores. Also provides education about allergies and contains an aeroallergen photo library.

American Academy of Allergy, Asthma and Immunology

www.aaaai.org

Provides pollen counts and other information.

Environmental Protection Agency (EPA) 800.438.4318

Provides information about indoor air quality, Tools for Schools, and many other resources.

Carpet and Rug Institute

800.882.8846

A consumer information line regarding carpet emissions.

National Center for Environmental Health Strategies

1.856.429.5358

Assists with referrals, policy development, IAQ, and education regarding chemical sensitivities.

National Air Duct Cleaners Association 1.202.737.2926

Assists with referrals and information on duct debris as an asthma trigger.

National Institute of Environmental Health Sciences (NIEHS) www.niehs.nih.gov

Web search results include asthma research at NIEHS, research studies, allergy prevention, asthma and allergy resources, travelers' health, air pollution and respiratory health, birth defects and developmental disabilities, and information specific to children. Information is

available in Spanish.

Pollen.com

www.pollen.com

Provides weekly pollen counts by state and city.

Family Assistance-Local

Allergy & Asthma Network Mothers of Asthmatics (AANMA) www.aanma.org

AANMA is a nonprofit membership organization that provides medical news, emotional support, and practical strategies for overcoming asthma and allergies as well as books, videos, and a variety of other products available for purchase online. Information is available in Spanish.

American Lung Association of Washington (ALAW) www.alaw.org

The American Lung Association® has many programs and strategies for fighting lung disease, including asthma. Website available in Spanish.

Asthma and Allergy Foundation of America, Washington Chapter

www.aafawa.org

800.778.AAFA or 206.368.2866

Provides information, education, community resources and support for people with asthma or allergies. Also provides training for childcare providers and families with children with asthma. Peakflow meter and spacers are available to low income people in need. Charity nebulizer program.

Kid's Health For Parents

www.kidshealth.org/parent/medical/lungs/asthma_mgmt.html

Website contains information for parents, teens, and kids on asthma related topics, including an asthma management plan.

Kitsap County Asthma Coalition

Wendy Jones wjones@oesd.wednet.edu

Working to ensure quality asthma treatment, education and resources to the residents of Kitsap County. Meeting held first Tuesday morning of the month-public welcome.

Family Assistance-National

National Center for Youth/Children with Disabilities

www.nichcy.org 800.695.0285

NICHCY is the national information center that provides information on disabilities and disability-related issues. Anyone can use the services - families, educators, administrators, journalists, and students. Its focus is children and youth (birth to 22).

National Jewish Center for Immunology and Respiratory Medicine

www.NationalJewish.org 1.800.222.LUNG

A respiratory nurse answers questions about early detection of asthma, asthma care and prevention, and other immune, respiratory, and allergic conditions. Booklet: "Understanding Asthma." Available in Spanish.

Health Care-Local

The Doctors Clinic

East Bremerton 782-3700

Silverdale 782-3200

Port Orchard 782-3000

Poulsbo 782-3500

Pediatrics:

John Corrales-Diaz, MD, FAAP – Port Orchard

Greg Hoisington, DO, FAAP – Silverdale

Uyen Lee, MD, FAAP – Silverdale

Jenny Chow, MD, FAAP – Silverdale

Pulmonary Specialist:

Kit Baldwin, DO – East Bremerton

Rana Tan, MD – East Bremerton

Doctors Clinic is a multi-specialty medical clinic that spans the Kitsap Peninsula.

Asthma care is available thru our pediatricians and pulmonologists. Doctors Clinic accepts many third party insurance plans.

Harrison Hospital

2520 Cherry

Bremerton

360 - 377-3911

24 hour care available at emergency room in Bremerton.

Silverdale Campus

1800 NW Myhre Road

Silverdale

360-337-8800

24 hour care available at emergency room in Silverdale.

South Kitsap Urgent Care

450 South Kitsap Blvd

Port Orchard

360-377-3911

12 hour (9am – 9pm) care at South Kitsap Urgent Care.

Harrison Hospital is a full service community hospital for Kitsap Peninsula. Please contact Eric Anderson-Director of Respiratory Care at 360 - 377-3911 with questions.

Kitsap Children's Clinic

Silverdale

360-692-9368

Barney Voegtlen MD

Pediatric practice with 10 providers and 3 offices in Kitsap County. They offer in and outpatient asthma care, patient education, as well as consulting services for schools and family practitioners.

Mary Bridge Children's Health Care

1780 NW Myhre Road
Silverdale
360-662-1200
Pediatric pulmonologist/allergist available.

Pediatrics NW

4700 Pt. Fosdick Dr. NW
Gig Harbor
1-800-639-5777
Allergy and Asthma and Pulmonary Specialists on staff.

Peninsula Community Health Services

400 Warren Avenue
Bremerton
360-478-2366
Website: www.pchsweb.org
Peninsula Community Health Services (PCHS) is a community based nonprofit organization dedicated to providing comprehensive health care services to residents of Kitsap County. We offer quality, low cost care for children and adults.

Patients are charged for services according to a sliding fee scale based on family size and income. We also accept DSHS/medical coupons, Basic health and other private health insurance reimbursements. For more information about PCHS, visit our.

Three clinic locations:
Bremerton Clinic, 616 Sixth Street
Port Orchard Clinic, 1950 Pottery Avenue, Suite 30
Poulsbo Clinic, 10945 Hwy 305, Plaza 305, #180

S'Kallam Health Center Gamble S'Klallam Health Center

32014 Little Boston Road NE
Kingston, WA 98346
Holly Blanton—Clinic Director
Phone: 360-297-2840
Fax: 360-297-7052
Website: www.geoduck.pgst.nsn.us

(Website is currently in the process of being updated)

The Port Gamble S'Klallam Tribal Health Clinic provides comprehensive assessments, treatment and patient education for the management of asthma in adults and children. The staff at the clinic follow the standards of care set forth by the National Asthma Education and Prevention and the National Institutes of Health. The tribal clinic is committed to identifying all community members who have asthma and continues to develop programs and services that provide support,

education and direct care for persons with asthma.

Services are available to the tribal population in Kitsap County, non-tribal Medicaid Clients and indigent clients that may qualify to be seen at the clinic based upon an income assessment.

Suquamish Tribe

15838 Sandy Hook Road
Suquamish, WA-98392
360-394-8468

Barbara Hoffman, Community Health Nurse
Offering asthma education to Suquamish tribal members.

US Naval Hospital Bremerton

Ed Lee 360-475-4541

Heath Education Department
Asthma Self-management program

Open to all military and their beneficiaries. Focuses on asthma education and patient care and referrals for case management as needed.

Virginia Mason Clinic

380 Winslow Way E
Bainbridge Island, WA 98110
206-842-5632

VMWC sees patients of all ages with asthmatic disease and provides the most up-to-date care for asthma following the National Asthma Education and Prevention and the National Institutes of Health guidelines for patient education and management of this chronic condition. Kathleen Paull would be a good resource.

Kid-Friendly Information

Asthma Busters

www.AsthmaBusters.org is an on-line club for children ages 7-14. A special registry for school nurses is available.

Asthma Help.com

www.astmahelp.com Website is sponsored by Med Link American Pharmacy. Provides general information on asthma for patients and a link to “Puffer’s Kingdom,” an interactive, educational site designed specifically for kids with asthma. “Puffer’s Kingdom” offers helpful tips on how to properly use equipment as well as fun games for kids.

Professionals-State

Washington State Medical Association Education & Research Foundation

Collaborative Contact: Art Sprenkle, MD
425.891.0502 [email: asprenkle@myexcel.com](mailto:asprenkle@myexcel.com)

The collaborative is standardizing and improving asthma care throughout the state. The group is in the process (2003) of developing a single set of asthma best-practices which are intended to serve as the standard of care for the entire state. In addition, a coordinated effort is being made to provide direct support to physicians who care for asthma patients.

Washington Asthma Initiative c/o ALAW

Contact: Robin Evans-Agnew, RN, MN
www.alaw.org/wai 800.732.9339

Mobilizes individuals and communities throughout Washington to improve the prevention, diagnosis, and management of asthma in order to decrease its individual and societal burdens. Committees: Community-Based Activities, Advocacy, Practitioner Support, Resources and Data.

Washington State Department of Health – Asthma Planning

Project Contact: Karen Krueger
360.236.3611

Professionals-National

American Academy of Allergy, Asthma & Immunology (AAAAI) www.aaaai.org

414.272.6071/800.822.2762 Patient and physician referral line
Medical news and education for professionals and patients. Site includes links to patient support groups and offers assistance in finding an allergist.

American Academy of Family Physicians (AAFP)

www.aafp.org/afp/970700ap/asthma.html
800.274.2237

Webpage displays the article “Providing Asthma Education in Primary Care” by S.W. Stoloff, M.D. and Susan Jansen, D.N.Sc., R.N., A.N.P. States the necessity of open communication between patients and clinicians and outlines what patient education should include. A written asthma self-management plan is included.

American Academy of Pediatrics (AAP)

1.874.434.4000
A professional resource –sells brochures, articles and books.

**American Association of Respiratory
Care (AARC)** 1.972.243-2272

A professional resource for CE, training for Respiratory Technicians.

American College of Allergy, Asthma & Immunologywww.allergy.mcg.edu A professional organization that represents the interests of allergist-immunologists.

American College of Chest Physicians (ACCP)

1.847.498.1400

A professional resource that offers publications for care providers.

American Nurses Association (ANA)

www.nursingworld.org

800.274.4262

A professional development resource that offers nurses with literature updates, online journals, and an E-bookstore.

Asthma in America: A Landmark Survey

www.asthmainamerica.com

A research group funded by Glaxo-Wellcome. The survey is one of the largest and most comprehensive surveys of public, patient and professional knowledge, attitudes and behavior toward asthma in the U.S. Website contains articles about communication between healthcare providers and patients. Patient information includes asthma overview, data, and statistics on asthma, as well as an asthma management plan and patient quiz.

Association of Asthma Educators (AAE)

www.asthmaeducators.org

888.988.7747

A professional group that promotes the role of the asthma educator.

American Thoracic Society

www.thoracic.org

Members help prevent and fight respiratory disease through research, education, patient care and advocacy. Website includes links to medical journals and pertinent conference information.

CenterWatch Clinical Trials Listing Service

www.centerwatch.com

Provides information services used by patients, pharmaceutical, biotechnology and medical companies involved in clinical research around the world. Website includes listings of industry-sponsored clinical trials that are actively recruiting patients in the U.S. and internationally.

Global Initiative for Asthma (GINA)

www.ginasthma.com

GINA is a project conducted in collaboration with the National Heart, Lung, and Blood Institute. Its goals are to increase awareness of asthma and its public health consequences. This website is the headquarters for World Asthma Day. Some information is available in Spanish.

National Heart Lung and Blood Institute (NHLBI)

www.nhlbi.nih.gov

301.592.8573/301.496.4236 (prevention, education and control)

Copies of the asthma treatment guidelines can be obtained on the website as PDF or Palm OS file.

National Heart, Lung and Blood Institute Information Center:

National Asthma Education and Prevention Program (asthma management model system) www.nhlbisupport.com/asthma. Website provides educational materials, books, and videos to educate and raise awareness of asthma.

New England Journal of Medicine

www.content.nejm.org/cgi/collection/asthma

The Asthma collection covers topics such as the pathophysiology of asthma, endotoxin exposure, leukotrienes, and inhaled corticosteroids and includes research articles, case reports, reviews, and editorial commentary.

Schools-Local

American Lung Association of Washington

(ALAW) www.alaw.org

800.732.9339 or 206.441.5100

- Asthma Friendly Camps
- Asthma Education Network
- Asthma management kits
- Educational brochures, posters, and curriculum
- Master Home Environmentalist Program: www.alaw.org/mhe
- Asthma Action Alert
- Asthma information & referral, including Peak Flow meters

Children's Hospital and Regional Medical Center

800.293-CHMC or 206.527.5706 ext. 2

Lending Library – 8:00 am to 12:30 pm M – F (Only available to school and public health nurses in Washington State.) Call for a catalog or to order videos. They will be mailed to you with return postage paid.

Central Kitsap School District Environmental Safety and Compliance

Sarah Hoover Miller sarah@cksd.wednet.edu

Central Kitsap resource for parents concerns about Indoor Air quality in school facilities

School Nurses of Kitsap County

Wendy Jones –School Nurse Corp Supervisor wjones@oesd.wednet.edu

360.478.6871

School Nurse of North Kitsap 360-779-8715

School Nurses of Central Kitsap 360-662-1070

School Nurse of South Kitsap 360-874-7064

School Nurses of Bainbridge Island 206-842-4714

Schools-State

Environmental Protection Agency Region 10

www.epa.gov/ebtpages/humachildrschoolenvironments.html

206.553.2589

"Tools for Schools" (Indoor Air Quality) shows schools how to carry out a practical plan of action to improve indoor air problems at little or no cost using straightforward activities and in-house staff.

Schools-National

Asthma and Schools

www.asthmaandschools.org

Asthma and Schools consolidates information about asthma-related resources for school personnel working with grades K-12. It provides links to educational materials, medical information, websites, and other resources useful for anyone who works in a school serving children and youth.

SchoolAsthmaAllergy.com

www.schoolAsthmaAllergy.com

Provides accurate, current, useful tools and information to empower all those caring for school age children with asthma and allergies. Website information is available in Spanish.

Ellie Goldberg M.Ed, Educational Rights Specialist

www.healthy-kids.info

619.965.9637

Healthy Kids: The Key To Basics is created for students who require some extra thought and planning to enable them to attend school safely and successfully. The articles and workshops are designed to help parents, professionals, and schools understand the legal principles that define the rights of students and to share the exemplary programs and resources that promote successful parent-school collaboration.

Healthy Schools Network

www.healthyschools.org

Founded in 1995, Healthy Schools Network, Inc. (HSN) is a national non-profit organization, centered on children's environmental health. Through research, information and referral, advocacy, and coalition-building HSN promotes the development of state and national policies, regulations, and funding for school facilities environments, and has won national recognition for its clearinghouse services, as well as its model program and outreach, now being replicated in numerous states.

National Association of School Nurses (NASN)

www.nasn.org

1.866.627.6767

Policy development, support for school nurses, updates on practices, website for members only.

National Education Association

www.nea.org

Founded in 1857 "to elevate the character and advance the interests of the profession of teaching and to promote the cause of popular education in the United States." Website offers several articles pertaining to school children with asthma.

Shering-Plough

800.558.7305 or 800.656.9485

Provides athletic scholarships (to those diagnosed with asthma) to attend college.
school because of asthma?