

August 2022

CT Behavioral Health Homes
Health and Wellness Toolkit

Asthma Management



“There are few restrictions on your life with asthma, as long as you take care of yourself.”

-Jackie Joyner-Kersey, American Athlete



August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
National Breastfeeding Week				
8	9	10	11	12
		 <p>BHH Tableau Support Group</p>		
15	16	17	18	19
		<p>First Day of “Drive Sober or Get Puller Over” Campaign</p>		
22	23	24	25	26
29	30	31		

Asthma Overview

According to the Tableau® 2020 BHH Population Health File:

⇒ **21.5** of BHH enrollees have an Asthma diagnosis

Among those with an Asthma diagnosis:

⇒ **22.2%** have a chronic pulmonary disease

⇒ **72.3%** had at least 1 visit to the ED

⇒ **48.6%** have a hypertension diagnosis

⇒ **38.7%** have a nicotine-related disorder diagnosis

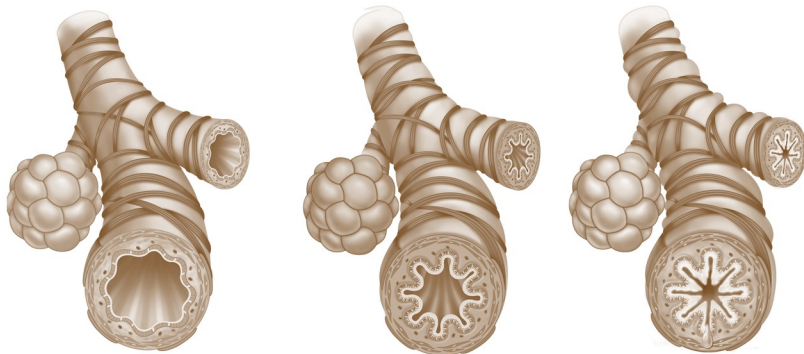


Illustration showing three portions of bronchi and arveoli, one healthy and one inflamed and the third with severe asthma, with the respiratory tract totally obstructed.

The CDC defines asthma as:

“A disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing.”

The National Asthma Control Program developed the following EXHALE strategies to help individuals control their asthma:

“ **E**ducation on asthma self-management

X-tinguishing smoking and exposure to secondhand smoke

Home visits for trigger reduction and asthma self-management education

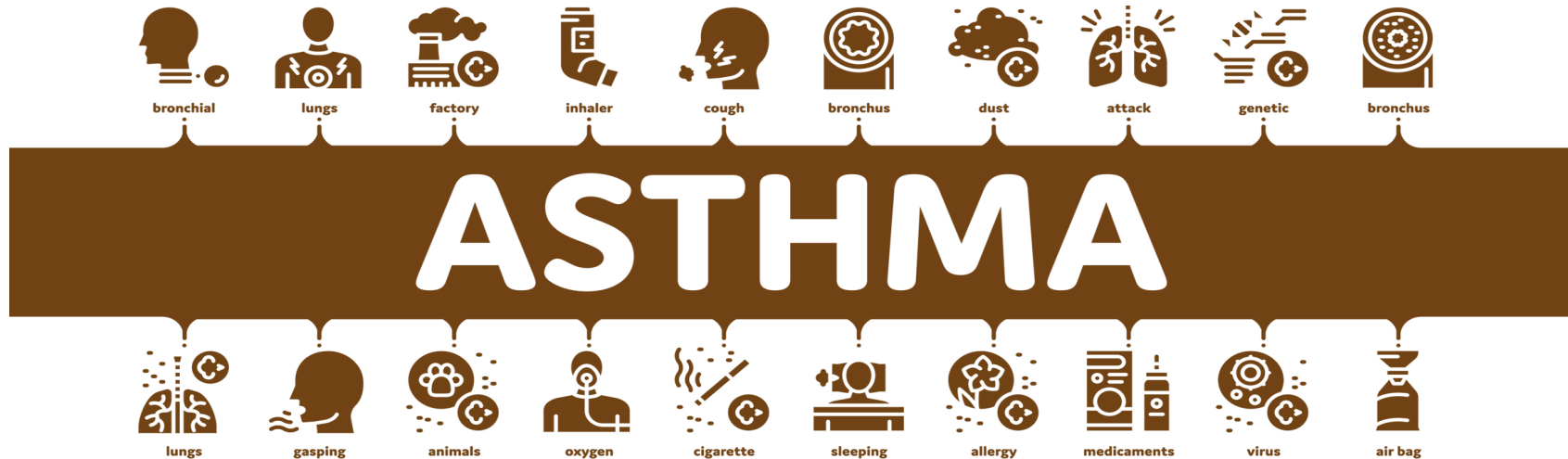
Achievement of guidelines-based medical management

Linkages and coordination of care across settings

Environmental policies or best practices to reduce asthma triggers from indoor, outdoor, or occupational sources ”

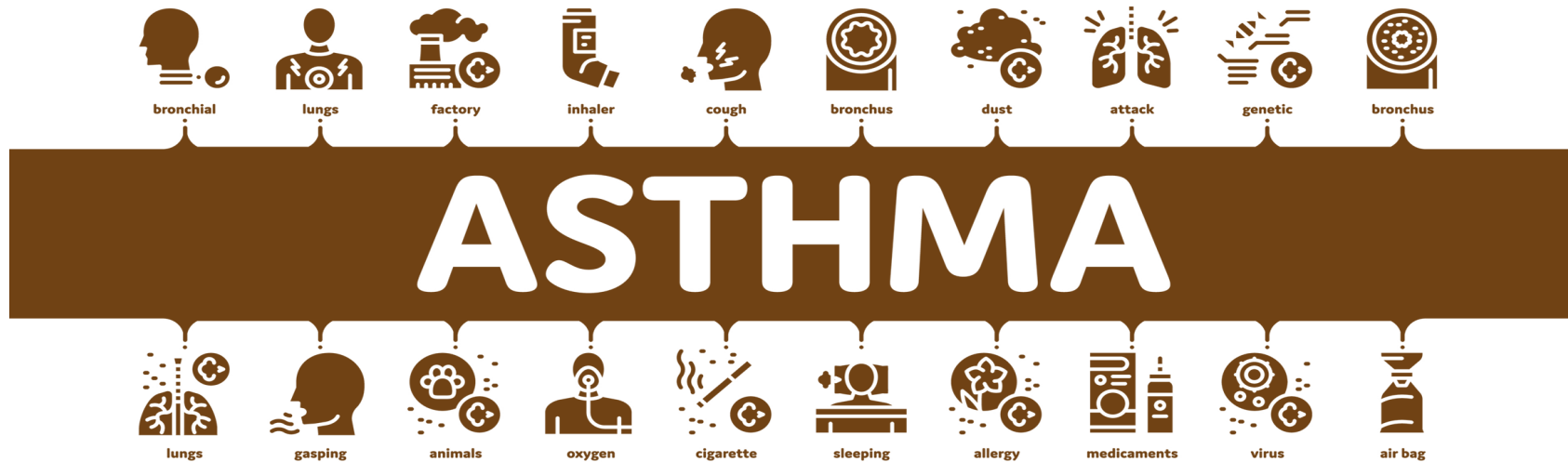
<https://www.cdc.gov/asthma/exhale/index.htm>

Resources for Clients



- ⇒ [Asthma-Friendly Home Checklist](#)— “This checklist will help you learn more about and control your asthma triggers. Follow this checklist to help make your home asthma and allergy friendly.”
- ⇒ [Exercise-Induced Bronchoconstriction](#)— “This page will show how everyone needs to exercise, even people with asthma... But some people with asthma have asthma episodes during exercise. With proper prevention and management, you should be able to exercise free of symptoms.”
- ⇒ [CT Department of Public Health, Asthma Action Plan](#)— “This link contains a simple plan that describes how to achieve long term control and what to do when asthma symptoms arise.”
- ⇒ [What is Asthma?](#) — “This is a video created by the American Lung Association summarizing the key characteristics of asthma and ways to manage it.”
- ⇒ [My Asthma Control Assessment](#)— “This is a short questionnaire. You answer these seven short questions to determine your overall asthma control. Then you use the downloadable summary as a guide to talk with your healthcare provider about asthma treatment options and how to improve control.”
- ⇒ [Severe Asthma Treatment Planning Tool](#)— “This is a planning tool. You answer a few questions about your asthma. Your responses will be recorded in a worksheet you can share with your doctor to help you have conversations about your treatment options and goals.” (you do not need to enter your email. [Just click *Let’s Get Started*](#))

Resources for Staff



- ⇒ [Improving Asthma Outcomes with EXHALE Technical Strategies](#)— “This session will introduce EXHALE and demonstrate how strategies can be used by providers, public health professionals, healthcare organizations, schools, people with asthma, and their families, and others.”
- ⇒ [Practical Evaluation Using the CDC Evaluation Framework](#)— “This is a webinar Series for Asthma and Other Public Health Programs”
- ⇒ [ASTHMA Care for Adults](#)— “This is a free facilitated course that covers topics such as asthma basics, recognizing symptoms and triggers, asthma action plans and an overview of different types of asthma medicines”
- ⇒ [Psychological Factors in Asthma](#)— “This is an article on the relationship between asthma and mental health.”
- ⇒ [Asthma Medications](#)— “This is a list of quick relief and long-term control asthma medications. Clicking on the brand name will take you to a page with more information about the medication.”