



FAMILY HEALTH CENTERS  
OF SAN DIEGO

# RICE FAMILY HEALTH CENTER

## Asthma Learning Collaborative

-- Environmental Trigger Reduction Plan--

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&

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# ASSOCIATED CLINICS

CHULA VISTA FAMILY HEALTH CENTER



RICE FAMILY HEALTH CENTER



# LILIAN J. RICE ELEMENTARY SCHOOL & COMMUNITY

- Chula Vista is one of five “toxic hot spots” in the San Diego area.
  - Rice Elementary is less than 10 miles from U.S./Mexico border
  - Less than 1 mile from busy I-5 highway
- Asthma related emergency visits in San Diego are nearly 82% higher among African American and 32.4% higher among Hispanic residents.
- Rice Elementary School\*:
  - 82% Hispanic/Latino
  - 9% White
  - 3.6% African American
- July 2015, 13% of Rice Elementary students have documentation of asthma in their student registration forms



# ENVIRONMENTAL TRIGGER REDUCTION PLAN



- Provide direct student and patient education
  - Education with RFHC patients is done with parents to reduce environmental asthma triggers (second-hand smoke, dust mites, mold, and chemical irritants).
- 4-6 Sessions for both Rice Elementary students and RFHC patients
- FHCS D Curriculum & A Breath of Life: Asthma Control for My Child
- Rice Elementary students vs. RFHC Patients
  - Medications
  - Home Visits

# HEALTH EDUCATION PARTICIPANTS

- Rice Elementary School
  - 9 Students participating



- Rice FHC
  - 4 Patients have completed asthma Health Education at RFHC
  - In addition, 5 more patients have upcoming appointments



# OUTCOME

## CHALLENGES

- FERPA/HIPPA between the school district and FHCSD
- Students AAP on file with the school nurse
- Meeting space
- Classes take place during school hours

## SUCCESSSES

- Supportive school admin and teachers
- Students eager to learn
- Students demonstrated increased knowledge
- All students would participate in asthma classes again



## HOW CAN WE IMPROVE?



- New meeting location
- Different meeting time (i.e. after school or before school)
- Start early in the school year
- Have an educational parent night
- Increase student participation
  - Divide students into two groups
- Additional Staff
- Extended grant period
- Family Outing (American Lung Association)



- 4 students submitted an evaluation of FHCSD Asthma Education program
  - All 4 students reported that they enjoyed participating in the asthma education program and they also reported they would participate again.
  - All 4 reported they increased knowledge
- “One thing that I liked about asthma is it taught me how to be healthy.”
- “We learned important things about asthma... what triggers asthma and what happens during asthma (attack).”
- “Please make classes longer.”

WHAT OUR  
STUDENTS  
HAVE TO SAY!

STUDENT  
FEEDBACK



THANK YOU!

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