

Identifying classroom triggers and educating teachers about simple ways to reduce triggers



Eric Medina Quality Improvement Coordinator

Who Are We ?

- Altura Centers for Health, formally Tulare Community Health Clinic, is a FQHC that has been providing medical and dental care to the community since 1995.
- 132,775 Visits in 2015
- 27,020 Unduplicated Patients 2015
- 8 Locations
- Specialty Services
 - Podiatry
 - Ophthalmology
 - Neurology
 - General Surgeon
 - Nephrology
 - Vascular Surgeon
 - Pediatric Cardiologist



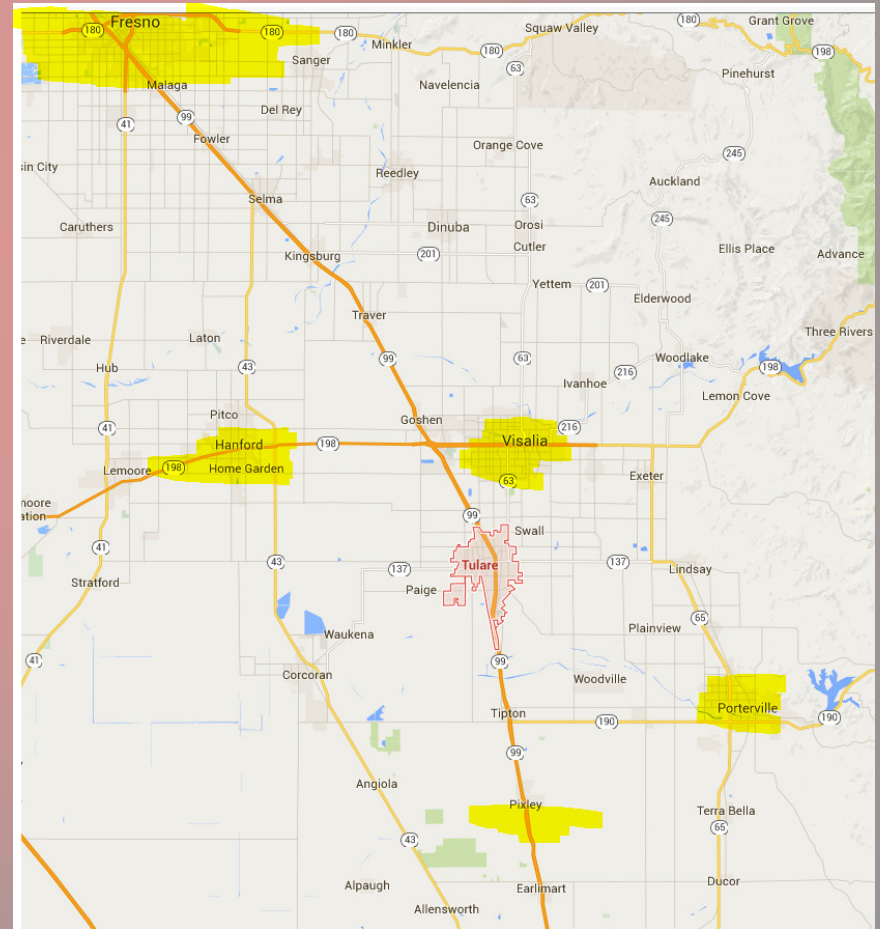
Tulare City Schools + Altura Centers For Health



Top Smoggiest Cites in the U.S.



- CBS News <http://www.cbsnews.com/pictures/top-10-smoggiest-cities-in-us/10/>
- 5th Hanford
- 4th Fresno
- 3rd Bakersfield
- 2nd Visalia- Porterville



Triggers

- Asthma triggers can aggravate your asthma symptoms – coughing , wheezing, and difficulty catching your breath. While there's no cure for asthma, there are steps you can take to keep your asthma in control and prevent an asthma attack (worsening of asthma symptoms).

Trigger Survey

Please check the box next to each item listed below that you have observed in your **school**. This includes your classroom(s) and other places in the school where you spend time (e.g. bathrooms, cafeteria, etc.).

Dust



Cockroaches



Pesticides



Rodents (rats, mice, etc.)



Warm-blooded pets (rabbits, hamsters, etc.)



Mold



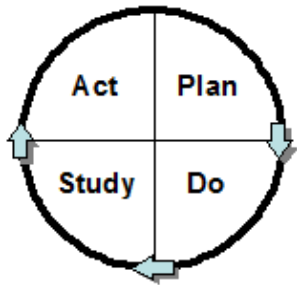
Water stains or moisture damage on ceilings, walls or around and under sinks



Smoke from cigarette, pipe or cigar



Having a Plan



Plan-Do-Study-Act (rapid-cycle test) Form

Lead person for this PDSA: *Eric Medina*

Objective for this PDSA Cycle

Test a classroom asthma trigger reduction visit/audit

Having a Plan (PDSA)

- Plan
 - Work with the school Nurse to send Asthma trigger survey data & find results for 5th grade students at Mulcahy and Pleasant schools.
- Goal
 - Find asthma triggers and work with educators to adapt asthma trigger reduction ideas for the classroom.
- What did we do?
 - 30 minute presentation to all 5th grade teachers to review what asthma is, what the triggers are, classroom/outdoor ideas on reducing triggers and posters.

Provider Visits

30 Minute provider visit

Spirometry (spy-ROM-uh-tree) is a common office test used to assess how well your lungs work by measuring how much air you inhale and how much and how quickly you exhale.

- **Video on trigger reduction**
- **Asthma Action plan** is a written **plan** that you develop with your doctor to help control **asthma**. The goal of an **asthma action plan** is to reduce or prevent flare-ups and emergency department visits through day-to-day management

- Questions ?