

# **Asthma Resources and Support Programs in Chicagoland**

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Chicago, Illinois

# **Asthma Resources and Support Programs in Chicagoland**

## **Disclosure of Conflict of Interest Information**

### **I have the following relationships that exist related to this presentation:**

Grant support has been received from AstraZeneca, CHEST Foundation, Chicago Community Trust, Chicago Public Schools, Illinois Department of Public Health, Merck, Merck Childhood Asthma Network, Respiratory Health Association of Metropolitan Chicago, and Sinai Urban Health Institute.

**Disclosure information stated above is current as of June 10, 2010.**

# Asthma Resources and Support Programs in Chicagoland

- Goal
  - To improve collaboration among asthma stakeholders in an effort to improve outcomes for Chicagoans with asthma
  - To develop a comprehensive Web-based guide to asthma resources and support programs in Chicagoland
  - To provide health care providers with resources that will assist them to help their patients better control their asthma

# Chicago Asthma Consortium

The Chicago Asthma Consortium is a coalition of medical and public health professionals, business leaders, government agencies, community based organizations, and individuals dedicated to improving the quality of life for people with asthma through

- Networking
- Information sharing
- Collaboration

## **Networking: Working together to make the most of a talented community**

- Accomplishing together, what no organization can accomplish by itself
- Educational Programs
- Electronic sharing of Info (Website, Listserv)
- Community Meetings
- Asthma Stakeholder Database (1,600+)

# Information Sharing

- Gathering asthma information, resources, and data
- Website ([www.chicagoasthma.org](http://www.chicagoasthma.org))
  - Community Calendar
  - Resource Directory (library, important links, Chicago-area research projects, legislation, asthma news)
  - Directory of Community Clinics
  - Asthma Basics
  - >50,000 hits/year
- Listserv (meeting dates to medical breakthroughs)
- Educational Programs
  - Quarterly Meetings
  - Data Workshop
- Community Friendly Asthma Publications

# Collaborative Projects and Programs

- CAC Task Forces (Chicagoland Asthma Network, Data, Schools, Professional Development)
- Asthma Community Collaborative Implementation Initiative (IDPH)
- Illinois Asthma Partnership (Sustainability Initiative)
- Healthy Home Healthy Child (SUHI)
- Asthma Management Project (CPS)

# Asthma Resources and Support Programs in Chicagoland

- Community-based Organizations
- Government
- Research Projects
- Patient Assistance Programs
- Hospital-Based Asthma Clinics/FQHCs
- Independent Companies
- Internet-based Programs
- Insurance Company Wellness Programs
- Retail Pharmacy Chains



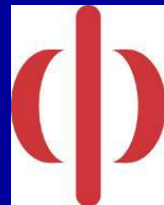
# Community-based Organizations

- Respiratory Health Association of Metropolitan Chicago (formerly American Lung Association of Metropolitan Chicago)
- American Lung Association of Illinois-Greater Chicago
- American College of Chest Physicians
- Mobile C.A.R.E. Foundation
- Safer Pest Control Project
- Chicago Asthma Consortium

**Fight Asthma Now (FAN)** is a school-based asthma management program for children and teens designed to improve asthma management skills and reduce school absenteeism due to asthma.

**Asthma Management** is a one-hour program for school staff or anyone who gives care to someone with asthma. Too often a child or adult has an asthma attack and no one has the knowledge to help handle this life-threatening emergency situation.

**Need to Know Series** is a series of information sheets in English and Spanish to inform patients about specific asthma topics. The informational series is posted in the program section of the RHAMC website - [www.lungchicago.org](http://www.lungchicago.org).



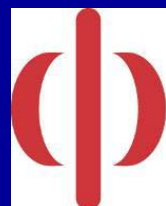
**RESPIRATORY HEALTH ASSOCIATION<sup>SM</sup>**  
*of Metropolitan Chicago*

1440 W. Washington Blvd, Chicago, IL  
(312) 243-2000  
[www.lungchicago.org](http://www.lungchicago.org)

**Addressing Asthma in Englewood** is a 4-year project in the communities of Englewood and West Englewood. Families that have children under the age of 18 and have asthma are enrolled. Community Health Educators (CHEs) work to educate the family and child on asthma management, provide the family with required resources, and help the family reduce asthma triggers in the home. To enroll, contact Maureen Damitz at (312) 243-2000.

**The Asthma Friendly Childcare Project** is an effort to educate caregivers and prevent unnecessary asthma emergencies through proper medication use and trigger reduction in the institutional childcare setting.

**Courage to Quit** is a comprehensive tobacco treatment program that can be delivered to groups or individuals, in community settings or workplaces. RHAMC offers training throughout the year for those interested in leading the Courage to Quit smoking cessation program.



**RESPIRATORY HEALTH ASSOCIATION<sup>SM</sup>**  
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(312) 243-2000  
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Lung Cancer  
Smoking Cessation  
Emphysema  
COPD  
Asthma  
Air Quality

## Questions about Lung Health?

FREE Counseling with our Registered Nurses, Respiratory Therapists & Quit-Smoking Specialists

American Lung Association  
**Lung HelpLine**  
**1-800-LUNGUSA**  
Monday-Friday, 7am-7pm (Central time)  
TTY for hearing impaired 1-800-501-1048



www.lungusa.org

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# Resources

- Education
- Asthma Camp
- Asthma Clinical Research Centers

1-800-LUNGUSA

www.lungusa.org

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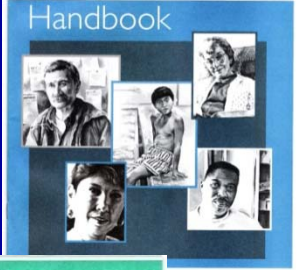
### Asthma Control Medications

Type of Medication	Generic name	Brand name	Possible Side Effects
Short-acting beta <sub>2</sub> -agonist (SABA)	albuterol	Proventil, Ventolin	Headache, tremor, nervousness, dizziness, rapid heart rate, muscle aches, throat irritation, dry mouth, cough, wheezing, chest pain, palpitations, low potassium, increased heart rate, increased blood pressure, increased eye pressure, increased heart rate, increased blood pressure, increased eye pressure, increased heart rate, increased blood pressure, increased eye pressure
Long-acting beta <sub>2</sub> -agonist (LABA)	formoterol, salmeterol	Serevent, Advair	Headache, tremor, nervousness, dizziness, rapid heart rate, muscle aches, throat irritation, dry mouth, cough, wheezing, chest pain, palpitations, low potassium, increased heart rate, increased blood pressure, increased eye pressure, increased heart rate, increased blood pressure, increased eye pressure
Anticholinergic	tiotropium	Spiriva	Headache, dry mouth, constipation, blurred vision, dizziness, rapid heart rate, muscle aches, throat irritation, dry mouth, cough, wheezing, chest pain, palpitations, low potassium, increased heart rate, increased blood pressure, increased eye pressure, increased heart rate, increased blood pressure, increased eye pressure
Systemic corticosteroid	prednisone, methylprednisolone	Orasone, Medrol	Headache, dry mouth, constipation, blurred vision, dizziness, rapid heart rate, muscle aches, throat irritation, dry mouth, cough, wheezing, chest pain, palpitations, low potassium, increased heart rate, increased blood pressure, increased eye pressure, increased heart rate, increased blood pressure, increased eye pressure
Systemic immunosuppressant	zileuton	Accolate	Headache, dry mouth, constipation, blurred vision, dizziness, rapid heart rate, muscle aches, throat irritation, dry mouth, cough, wheezing, chest pain, palpitations, low potassium, increased heart rate, increased blood pressure, increased eye pressure, increased heart rate, increased blood pressure, increased eye pressure

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## The Asthma Handbook




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## Taking Charge of Asthma

-- A diary

Name: \_\_\_\_\_



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# ASTHMA

## Children $\leq 4$ Years of Age

**Adapted from:**

NAEPP Expert Panel Report 3  
Guidelines for the Diagnosis and Management of Asthma  
Bethesda, MD  
US Department of Health and Human Services,  
National Institutes of Health  
August 2007  
NIH Publication 07-4051  
Access at: <http://www.nhlbi.nih.gov/guidelines/asthma/>

Key Points

Assessment

Selecting a Treatment Regimen

Asthma Exacerbations

A M E R I C A N C O L L E G E O F

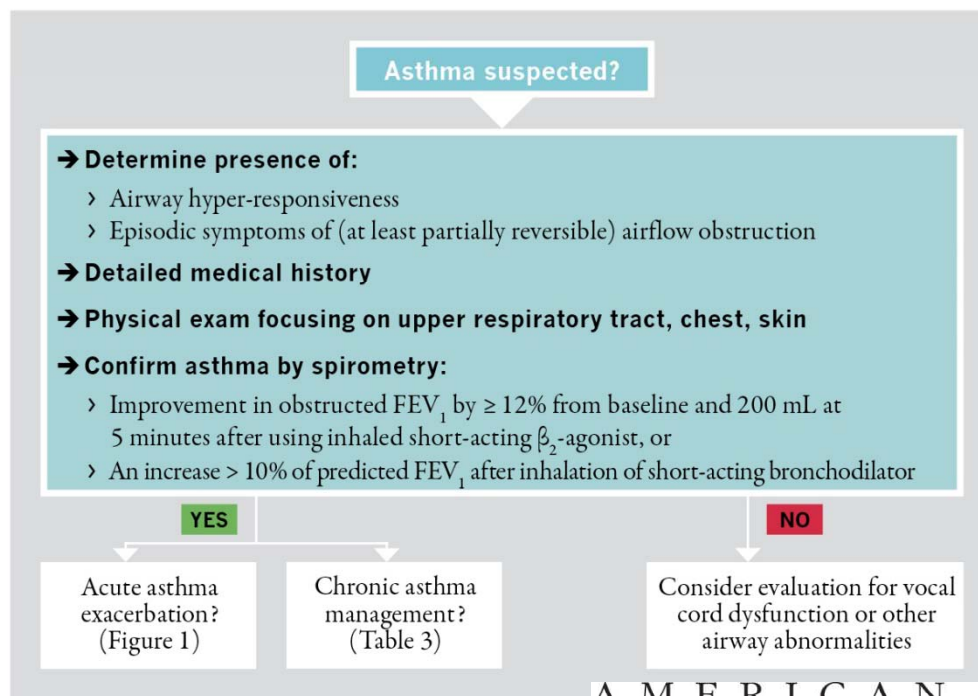


C H E S T

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## Key Points

→ Asthma is a chronic inflammatory disorder of the airways characterized by paroxysmal or persistent symptoms, such as shortness of breath, wheezing, cough, sputum production, and chest tightness, accompanied by variable airway hyper-responsiveness and degrees of airway obstruction.





## Assessment

**Table 1. Classifying Asthma Severity and Initiating Treatment in Patients Not Taking Long-term Control Medication – Children 0-4 Years of Age**

Components of Severity		Classification of Asthma Severity			
		Intermittent	Persistent		
			Mild	Moderate	Severe
Impairment	Symptoms	≤ 2 days/week	> 2 days/week, but not daily	Daily	Throughout the day
	Night-time awakenings	0	1-2x/month	3-4x/month	> 1x/week
	Short-acting $\beta_2$ -agonist use for symptom control (not prevention of EIB)	≤ 2 days/week	> 2 days/week, but not daily	Daily	Several times per day
	Interference with normal activity	None	Minor limitation	Some limitation	Extremely limited
Risk	Exacerbations (consider frequency and severity)	0-1/year	≥ 2 exacerbations in 6 months requiring oral steroids, or ≥ 4 wheezing episodes/1 year lasting > 1 day AND risk factors for persistent asthma		
	Consider severity and interval since last exacerbation ← Frequency and severity may fluctuate over time → for patients in any severity category				
Recommended step for initiating therapy (Table 2)		Step 1	Step 2	Step 3 and consider short course of oral corticosteroids	
		In 2-6 weeks, depending on severity, evaluate level of asthma control that is achieved. If no clear benefit is observed in 4-6 weeks, consider adju:			

EIB = exercise-induced bronchospasm

## Selecting a Treatment Regimen

**Table 4. Long-Term Control Medications**

Inhaled corticosteroids (most potent and first-line anti-inflammatory therapy) (Table 5)

Generic (Brand)	Dosage Form	Child Dose
<b>A</b> Systemic corticosteroids (reserved for severe asthma and not controlled with other medications, for acute and moderate to severe exacerbations, and to speed recovery from and prevent recurrence of exacerbations)		
Methylprednisolone ( <i>Medrol</i> <sup>®</sup> )	2, 4, 5, 8, 16, 24, 32 mg tablets	0.5-1.7 mg/kg/d in single AM dose or qod prn for control
<b>C</b> Prednisolone ( <i>Prelone</i> <sup>®</sup> )	5 mg/5 mL, 15 mg/5 mL syrup	
Prednisone ( <i>Deltasone</i> <sup>®</sup> )	2.5, 5, 10, 20, 50 mg tablets 1 mg/mL solution	Short "burst" to achieve control: 1-2 mg/kg/d (max 60 mg/d for 3-10 d)
<b>Adap</b> Long-acting $\beta_2$ -agonists (alternative to increasing doses of, or as adjunct to, low to moderate or higher doses of inhaled corticosteroids. Used with, not in place of, anti-inflammatory agents, especially for nocturnal symptoms or to prevent exercise-induced bronchospasm)		
Salmeterol* ( <i>Serevent Diskus</i> <sup>®</sup> )	DPI: 50 mcg/blister	$\geq 4$ years old: 1 blister q 12 h
<b>NAE</b> Leukotriene modifiers (alternative to increasing doses of, or as adjunct to, moderate or higher doses of inhaled corticosteroids)		
Montelukast ( <i>Singulair</i> <sup>®</sup> )	10 mg tablet	12-23 months: 4 mg oral granules packet
	4, 5 mg chewable tablets	qhs
	4 mg oral granules packet	2-5 yr: 4 mg chewable tablet or oral granules packet qhs
<b>Guid</b> Effective inhaled alternative to short-acting $\beta_2$ -agonists for exercise-induced symptoms (margin of safety is the primary advantage)		
Cromolyn ( <i>Generics</i> )	NEBULIZER: 20 mg/2 mL ampule	$\geq 2$ years old: 1 ampule tid-qid
<b>US I</b> Methylxanthines (alternative third-line agent)		
Serum monitoring is important. Maintain serum concentrations of 5-15 mcg/mL at steady state.		
<b>Nati</b> <b>Theophylline is not recommended as an alternative treatment in children less than 5 years of age because of its erratic metabolism during viral infections and febrile illnesses and the need to closely monitor and control serum concentrations.</b>		
Theophylline ( <i>Slo-Phyllin</i> <sup>®</sup> , <i>Theo-24</i> <sup>®</sup> , <i>Theolair</i> <sup>®</sup> , <i>Uniphyll</i> <sup>®</sup> , others)	Liquids, sustained release tablets, capsules	

Adap  
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A M E R I C A N C O L L E G E O F



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## **Mobile C.A.R.E. Foundation**

**3247 West 26<sup>th</sup> Street, Suite 2**

**Chicago, IL 60623**

**773.254.4030**

**[www.mobilecarefoundation.org](http://www.mobilecarefoundation.org)**

### Mission

To provide free and comprehensive asthma care and education to children and their families in Chicago's underserved communities via mobile medical units, the Asthma Vans.

# Mobile C.A.R.E. Foundation's Comprehensive Asthma Management Program

## For Patients and Families

- Diagnosis and ongoing care from pediatrician
- Utilization of spirometry and allergy skin testing as diagnostic tools
- One-on-one education from bilingual nurse
- Distribution of medications, spacers, nebulizers as needed
- Access to physician 24 hrs per day for emergencies
- All Kids Application assistance

## For Schools

- ONGOING survey assistance and reporting
- End-of-year wrap-up letter
- Consultation with school's medical personnel
- Access to RHAMC Asthma 101 and Open Airways for Schools
- Assistance with CAC Asthma Friendly School Award

## For Physicians

- Consistent communication between MCF and PCP
- Problem Based Learning & Academic Detailing
- Training Visits for Residents



4611 N. Ravenswood, Ste.107  
Chicago, IL 60640  
(773) 878-7378  
[www.spcpweb.org](http://www.spcpweb.org)

**Safer Pest Control Project is a non-profit founded in 1994.**

- **Mission:** To reduce the health risks and environmental impacts of pesticides in Illinois
- **How:** Through the promotion of Integrated Pest Management (IPM), legislation, education and policy development
- **Why:** Pests and Pesticides are linked to asthma and other adverse health effects such as brain cancer, leukemia and Parkinson's disease, as well as environmental impacts.<sup>1-3</sup>
- **Successes:**
  - Strengthened child-safety laws requiring IPM to be used in IL schools and childcare facilities and other legislation
  - Developed an award-winning IPM program for the Chicago Housing Authority
  - Recipient of the 2008 USEPA Environmental Justice Award
- **Current Work:** SPCP continues to keep abreast of emerging issues such as the current explosion of bed bug infestations and push municipalities, institutions, and individuals to address this and other pest issues by the safest and most effective means possible

1. Salam M, et al. *Environmental Health Perspect.* 2004;112:760-765.

2. Alarcon W, et al. *JAMA.* 2005;294(4):255.

3. Eskenazi B, et al. *Environmental Health Perspect.* 1999;107(S3):409-419.



Helping the Community Breathe Easier



CONTACT MEMBERSHIP LOGIN > PHONE 773-769-6060

### What's New

- > This Just In: [Black-White Health Disparities in the US and Chicago: A 15-Year Progress Analysis](#)
- > In the News: [CAC Disparities Work Recognized in ChicagoNow](#)
- > Newly Released: [2009-2014 Illinois Asthma Strategic Plan, Addressing Asthma in Illinois](#)
- > In the News: [CAC Town Hall Mtgs. featured in the Chi'town Daily News](#)
- > Recently Updated: [CAC Guide to Asthma Publications](#)
- > New Study: [Are We Closing the Disparity Gap?: Small-Area Analysis of Asthma in Chicago](#)
- > Members: [Click here](#) to view new job postings and the membership directory.

### Upcoming Events



- [4/8 - Certified Asthma Educator Exam: A Preparatory Workshop](#)
- [4/8 - Clinic Rating Grant Applications Due](#)
- [4/15 - What's New in the Pipeline: Clinical Advances in Asthma Care](#)
- [4/25 - Illinois Society of Asthma, Allergy, and Immunology Educational Meeting](#)
- [4/26 - CAC School Task Force Meeting](#)
- [More Events >](#)

[www.chicagoasthma.org](http://www.chicagoasthma.org)

### Welcome to the Chicago Asthma Consortium!

The Chicago Asthma Consortium is a coalition of medical and public health professionals, business leaders, government agencies, community-based organizations, and individuals dedicated to improving the quality of life for people with asthma through networking, information sharing, and collaboration. [Learn More](#)

- [JOIN THE CAC >](#)
- [CLINIC SEARCH >](#)
- [RATE A CLINIC >](#)

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Search CAC



### Community Updates



[COMMUNITY GRANT OPPORTUNITY!](#)  
Help rate clinics listed in the [Clinic Search on CAC's Website](#)  
Grant Applications due by 5:00 p.m. on April 8, 2010



**Registration Open - 2010 Spring Meeting**  
[What's New in the Pipeline: Clinical Advances in Asthma Care](#)  
April 15, 2010, 1:00 to 4:00 p.m.  
Register Today! \$15 CAC members, \$30 non-members



[AE-C Exam: A Preparatory Workshop](#)  
April 8-9, 2010  
\$25 DISCOUNT FOR CAC MEMBERS!



[Illinois Society of Asthma, Allergy, and Immunology Meeting](#)  
April 25, 2010, 8:00 a.m. to noon  
\$10 DISCOUNT FOR CAC MEMBERS!



[Beating Back Bed Bugs Workshop](#)  
April 27, 2010, 9:00 a.m. - noon  
\$25 DISCOUNT FOR CAC MEMBERS!



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## Clinic Search

Find a community clinic in your neighborhood. Search by Address or by Map.

[En Español](#)

[Search by Address](#)

[Search Cook County Map](#)

[Search by Clinic Name](#)

[Rate a Clinic](#)

Street Address or Intersection

City/State

Zip

Number of Clinics to Return

Distance

**Refine Your Search** - Choose these options to only see clinics that meet the following criteria:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Adults Treated    | <input type="checkbox"/> Private Insurance Accepted | <input type="checkbox"/> Spanish                |
| <input type="checkbox"/> Children Treated  | <input type="checkbox"/> Wheelchair Accessible      | <input type="checkbox"/> Polish                 |
| <input type="checkbox"/> Medicaid Accepted | <input type="checkbox"/> Open 24 Hours              | <input type="checkbox"/> American Sign Language |
| <input type="checkbox"/> Medicare Accepted | <input type="checkbox"/> Open in the Evening        | <input type="checkbox"/> Mental Health Services |
| <input type="checkbox"/> Sliding Fee Scale | <input type="checkbox"/> Open on the Weekend        | <input type="checkbox"/> Dental Services        |



## Results for Chicago, IL 60640

[View all locations on a map »](#)

[Try another search »](#)

### Uptown Community Health Clinic

0.18  
miles

[4867 N. Broadway Avenue Chicago, IL 60640 \(773\) 878-8098](#)

☆☆☆☆ Not rated [Rate Clinic](#)

Adults Treated: Yes	Private Insurance: Yes	Spanish: Call
Children Treated: No	Wheelchair Accessible: Yes	Polish: Call
Medical: Yes	24 Hours: No	American Sign Language: Call
Medicare: Yes	Evening Hours: No	Mental Health Services: No
Sliding Fee Scale: Yes	Weekend Hours: No	Dental Services: No



[Map It!](#)

[See Large Map](#)

### Heartland Health Center-Uptown

0.42  
miles

[1015 West Lawrence Avenue Chicago, IL 60640 773-275-2586](#)

☆☆☆☆ Not rated [Rate Clinic](#)

Adults Treated: Yes	Private Insurance: Yes	Spanish: Yes
Children Treated: Yes	Wheelchair Accessible: Yes	Polish: Yes
Medical: Yes	24 Hours: No	American Sign Language: Yes
Medicare: Yes	Evening Hours: Yes	Mental Health Services: No
Sliding Fee Scale: Yes	Weekend Hours: Yes	Dental Services: No



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### McCormick Boys and Girls Club Dental

0.44  
miles

[4835 N. Sheridan Rd. Chicago, IL 60640 \(773\) 271-8400 x4330](#)

☆☆☆☆ Not rated [Rate Clinic](#)

Adults Treated: No	Private Insurance: Call	Spanish: Call
Children Treated: Yes	Wheelchair Accessible: Yes	Polish: Call
Medical: No	24 Hours: No	American Sign Language: Call
Medicare: No	Evening Hours: Yes	Mental Health Services: No
Sliding Fee Scale: Yes	Weekend Hours: No	Dental Services: Yes



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### Children's Memorial at Uplift Community School

0.64  
miles

[900 W. Wilson Chicago, IL 60640 \(773\) 534-2850](#)

☆☆☆☆ Not rated [Rate Clinic](#)

Adults Treated: No	Private Insurance: Yes	Spanish: Yes
Children Treated: Yes	Wheelchair Accessible: Yes	Polish: Call
Medical: Yes	24 Hours: No	American Sign Language: No
Medicare: Yes	Evening Hours: No	Mental Health Services: No
Sliding Fee Scale: Yes	Weekend Hours: No	Dental Services: No



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### Heartland Dental Center-Uptown

0.70  
miles

[845 W. Wilson Chicago, IL 60640 773-728-7264](#)

☆☆☆☆ Not rated [Rate Clinic](#)

Adults Treated: Yes	Private Insurance: Yes	Spanish: Yes
Children Treated: Yes	Wheelchair Accessible: Yes	Polish: Yes
Medical: Yes	24 Hours: No	American Sign Language: No
Medicare: Yes	Evening Hours: No	Mental Health Services: No
Sliding Fee Scale: Yes	Weekend Hours: No	Dental Services: Yes



[Map It!](#)

[See Large Map](#)

[View all locations on a map »](#)

[Try another search »](#)

Having trouble with the Clinic Search? Call (773) 769-6060.



**1. Scheduling of Appointments - Please consider whether:**

- > You can schedule a timely appointment
- > Same day appointments are available
- > Waiting time in office is reasonable
- > Adequate time is provided for appointments

Please rate from 1 to 5 stars (5 stars is the highest rating).



**2. Quality of Care - Please consider whether:**

- > Provider is knowledgeable
- > A thorough examination is provided
- > Provider is familiar with patient medical history
- > Patient and/or advocate have an opportunity to ask questions
- > Diagnosis and treatment options are explained in easy-to-understand terms
- > Disease education is provided in easy-to-understand terms

Please rate from 1 to 5 stars (5 stars is the highest rating).



**3. Quality of Customer Service - Please consider whether:**

- > Medical staff is respectful/courteous/professional
- > Healthcare information is provided in preferred language of patient
- > Patients has a choice of physicians
- > Phone calls are returned in a timely manner
- > On site lab testing (blood, urine) is available

Please rate from 1 to 5 stars (5 stars is the highest rating).



**4. Access to Follow-up Care - Please consider whether:**

- > Test results are returned quickly
- > Adequate referral process for specialist care is available
- > Adequate referral process for required tests is available
- > Timely follow-up appointments are available

Please rate from 1 to 5 stars (5 stars is the highest rating).



**5. Cleanliness/Safety of Facility - Please consider:**

- > Physical appearance of building
- > Cleanliness of waiting room
- > Cleanliness of treatment areas
- > Safe entry into facility is provided
- > Secure waiting area is provided

Please rate from 1 to 5 stars (5 stars is the highest rating).





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## Community Calendar

<<		June		2010		>>	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	
6	7	8	Illinois Society for Respiratory Care Rodin & Rollin Conference and Exhibition	Illinois Society for Respiratory Care Rodin & Rollin Conference and Exhibition	Illinois Society for Respiratory Care Rodin & Rollin Conference and Exhibition	12	
13	14	11:30 AM IMCHC Annual Meeting & Luncheon	16	EPA National Asthma Forum  8:30 AM ALA Freedom From Smoking Facilitator Training	EPA National Asthma Forum	19	
20	21	22	23	24	3:00 PM Chicago Community Health Workers Local Network Monthly Meeting	26	
27	28	10:00 AM CAC School Task Force Meeting	30				



## June 2010

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Jun

9

### Illinois Society for Respiratory Care Rockin & Rollin Conference and Exhibition

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**Wednesday 06/9/10 - 06/11/10**

The Illinois Society for Respiratory Care invites you to participate in the 42nd conference and exhibition.

Drury Lane  
100 Drury Lane  
Oak Brook Terrace, IL

15% discount off non-member registration fee for CAC Members!

[Click Here For Program Brochure and Registration Information](#)

Jun

15

### IMCHC Annual Meeting & Luncheon

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**Tuesday 11:30 AM - 2:30 PM**

Illinois Maternal & Child Health Coalition's Annual Meeting and Luncheon at Maggiano's Little Italy, 111 W. Grand, Chicago.

Keynote Speaker is Cristal Thomas, MPP, Regional Director, Region V, U.S. Department of Health and Human Services

\$40 for IMCHC members, \$50 for non-members

[Click here to register](#)

Jun

17

### EPA National Asthma Forum

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**Thursday 06/17/10 - 06/18/10**

in Washington, D.C.

The Forum is a unique opportunity to join with asthma leaders from across the nation to create a plan for building, financing, sustaining and spreading great community asthma care programs.

For the latest details on this event, visit

<http://www.epaasthmaforum.com>



[Home](#) > Resource Directory

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## Resource Directory

**En Español**

### Welcome to the CAC Resource Directory

#### [Asthma Patients and Caretakers](#)

Find information about health care, medication, support groups, education, and more.

#### [Healthcare Professionals](#)

Click on the link above to access publications, research studies, asthma management guidelines, and much more.

#### [News and Press Releases](#)

Find out the latest in asthma news.

#### [Asthma and the Law](#)

Learn your rights at school and beyond.

#### [Chicago Area Community Health Clinics List](#)

Find a health clinic in your neighborhood.

#### [Medication and Healthcare Assistance](#)

Find resources in your community

#### [Helpful Links](#)



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## Asthma Basics

[En Español](#)



Asthma is a chronic disease with symptoms that can change from day to day. Many asthma patients get used to having symptoms and do not realize that their asthma can be controlled. The following information will help you determine if your asthma is under control. It will also help you determine if you have learned what you need to know about asthma, your medications, and treatment options. Remember regular communication and visits to your health care provider are important ways of making sure

that your asthma treatment plan meets your needs, even when your asthma is under control. Understanding asthma can help you control symptoms and prevent attacks.

### Asthma Facts

- › Asthma is a chronic disease of the airways.
- › Asthma is not contagious.
- › Asthma can be controlled with proper management.
- › Symptoms can be reduced from severe to moderate, and from moderate to mild.
- › Identifying and avoiding triggers, such as cockroaches, house dust, furry animals, and smoke can help control asthma symptoms and prevent asthma attacks.
- › Some asthma medications are taken to relieve symptoms when they occur (quick relief medicines).
- › Some asthma medications need to be taken regularly to control asthma (long-term control medications). These medications reduce inflammation of the airway and are taken every day even when you have no symptoms.

[Is Your Asthma Under Control?](#)

[How to Manage Asthma](#)

[Asthma at School](#)

[Exercise and Asthma](#)

[Medication Assistance](#)

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Search

# Asthma FIRST AID

Steps to Manage an Asthma Episode

## SIGNS OF AN ASTHMA EPISODE:

- + Shortness of Breath
- + Rapid Breathing
- + Coughing
- + Wheezing (*whistling sound*)
- + Chest Tightness

*(Child may complain of a stomach ache)*

## 1 Remain Calm

- Speak calmly at all times
- Have person stop all activities
- Help person remain calm and in an upright position
- Stay with the person at all times



## 2 Use Inhaler

- Have person use his or her quick relief asthma medication
- If no medication is available, call 911



## 3 Alert Staff

- Notify emergency/medical staff of situation
- Keep a close watch to make sure symptoms are not getting worse



## When to Call 911

If you are unsure whether emergency help is needed, call 911 immediately

- Breathing is so difficult that the person has trouble walking or talking
- Lips or nails look pale, blue, or gray
- Breathing does not improve within 15 minutes of the first dose/puff of medication or becomes worse
- No quick relief medication is available

**CAC** Chicago Asthma Consortium

For more information contact Chicago Asthma Consortium  
[773] 769-6060 | [www.chicagoasthma.org](http://www.chicagoasthma.org)

Funding for this project was made possible through monies received from the Illinois Department of Public Health.

# ASMA PRIMEROS AUXILIOS

Pasos para Manejar un Episodio de Asma

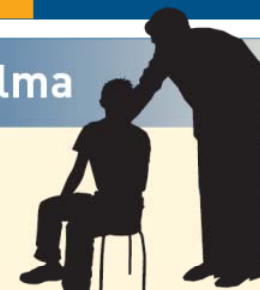
## SIGNOS DE UN EPISODIO DE ASMA

- + Falta de Aire
- + Respiración Rápida
- + Tos
- + Sibilancias (*ruido similar a un pitido*)
- + Sensación de Presión en el Pecho

*(Niños pueden quejarse de dolor de estómago)*

## 1 Conserve la Calma

- Hable con calma en todo momento
- Haga que la persona con asma deje cualquier actividad que esté realizando
- Ayude a la persona con asma a permanecer calmado y en posición erecta
- Permanezca con la persona con asma en todo momento



## 2 Use el Inhalador

- Haga que la persona use su medicamento de alivio rápido para el asma
- Si no hay medicamento disponible, llame al 911



## 3 Avise al Personal

- Notifique al personal médico o de emergencia acerca de la situación
- Esté pendiente que los síntomas de la persona con asma no empeoren



## Cuando llamar al 911

Si no está seguro de requerir ayuda de emergencia, llame al 911 inmediatamente

- Le es tan difícil respirar, que le cuesta hablar y caminar
- Labios o uñas se ven pálidas, azules o grises
- La respiración no mejora a los 15 minutos de la primera dosis/inhalación de medicamento o la condición empeora
- No hay medicamento de alivio rápido disponible

**CAC** Chicago Asthma Consortium

Para más información contacte al Consorcio de Asma en Chicago  
[773] 769-6060 | [www.chicagoasthma.org](http://www.chicagoasthma.org)

El financiamiento de este proyecto fue posible gracias a contribuciones recibidas del Departamento de Salud Pública de Illinois.



## About Asthma

Asthma is a chronic condition, which means that you live with it every day. It can be life-threatening if not treated properly. You never outgrow asthma, but you can control it. While asthma is the most common chronic disease of children, you may be surprised to know that adults—even senior citizens—can have asthma, too.

Asthma affects your lungs and airways. With asthma, your airways become inflamed and

Chicago Asthma Consortium  
4541 N. Ravenswood Avenue, Ste. 303  
Chicago, IL 60640  
773-769-6060  
www.chicagoasthma.org

# Asthma

What you need to know



## Signs and Symptoms

When your asthma acts up, you may experience:

- Wheezing
- Coughing (often at night)
- Chest tightness
- Shortness of breath
- Trouble breathing with activity

It is very important to know your asthma symptoms and use your "quick relief medication" when they begin.

## Asthma Triggers

Asthma episodes often start when you come into contact with a "trigger." Not all asthma patients have the same triggers. There are two types of triggers: irritants and allergens. Irritants bother your airways. Allergens cause an allergic reaction.

### Common Irritants

- Tobacco or wood smoke
- Outdoor air pollution
- Strong odors or fumes
- Weather changes

### Common Allergens

- Mold
- Animals with fur or feathers
- Pollen
- Dust and dust mites
- Cockroaches

### Other Triggers

- Exercise
- Infections
- Heartburn or acid reflux

## Controlling Asthma

By working with your healthcare provider, you can keep your asthma under control. Having your asthma under control means:

- No daytime symptoms
- No limits on activity (including exercise)
- No nighttime symptoms
- No need for "quick relief medication"
- No asthma episodes

To control your asthma you should do two things:

- 1 Find out what triggers your asthma and learn how best to avoid those triggers.
- 2 Work with your healthcare provider to decide which asthma medications are right for you.

## Asthma Medications

Asthma medications fall into two categories — controllers and relievers. These medications come in many forms — inhalers, liquids and pills.

### Controllers

Controllers are medications that are taken every day to limit asthma symptoms. They work by reducing swelling and mucus in the airways.

### Relievers

Relievers, also called "quick relief medications," are used when you are having symptoms. Relievers work to relax the tightening of the muscles around your airways. You should always carry this medicine with you.



## Asthma Management Tools

Your healthcare provider can work with you to use these tools for controlling your asthma properly:

### Peak flow meters

A device that measures how well your asthma is controlled each day.

### Spacers or holding chambers

A device that creates an area between your metered dose inhaler (pump) and your mouth. A spacer or holding chamber helps medicine get deep in your airways where it is needed. Without one, much of your medicine ends up on the back of your throat instead of in your airways.

### Asthma Action Plans

A document that you and your healthcare provider develop to help you understand how to prevent and handle an asthma episode. Every person with asthma should have their own Asthma Action Plan.

Funding for this project was made possible through monies received from the Illinois Department of Public Health.

 Chicago Asthma Consortium

## Is Your Asthma Controlled?

### Rules of Two®

- Do you take a "quick relief (rescue/reliever) inhaler" more than two times a week?
- Do you awaken at night with asthma symptoms more than two times a month?
- Do you refill your "quick relief (rescue/reliever) inhaler" more than two times a year?

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# Asthma

A guide to good care

## Asthma

Asthma is a complicated condition. Regular visits to the doctor are needed to make sure that your asthma is under control. Here are some tips to make your visit as helpful as possible. Please keep in mind that these suggestions apply whether you or your child are being treated for asthma.

### Tips for Working with Your Healthcare Provider

- Have one healthcare provider to coordinate your asthma care.
- Form a partnership with your healthcare provider to help control your asthma.
- Choose a healthcare provider who can see you when you are available. There are medical providers with evening and weekend hours. Visit [www.chicagoasthma.org](http://www.chicagoasthma.org) to identify a medical provider in Chicagoland.
- Visit your healthcare provider twice a year for an asthma checkup even if there are no problems.
- Keep scheduled appointments. Follow up care is very important.
- Know what you want from the visit. Bring a list of questions you want answered.
- Encourage children to speak directly to the healthcare provider.

Funding for this project was made possible through monies received from the Illinois Department of Public Health.

### What Your Healthcare Provider Needs to Know

Discuss with your healthcare provider:

- Your asthma symptoms — what they are, when they occur, how often they occur, and how severe they are
- Your asthma triggers — what you believe causes your asthma to act up
- Any emergency room visits or hospital stays for your asthma
- Missed activities, work, or school because of your asthma
- How you use your asthma medicines — what, when, how much, and whether you have any problems taking them
- If you use other medications including herbal products and vitamins
- If you are unable to afford your medicines, as there are resources available to help you obtain them at little or no cost



### What You Should Expect from Your Healthcare Provider

Your healthcare provider should:

- Listen to your concerns
- Answer your questions in a way that you can understand
- Discuss with you how often you are having asthma symptoms and their severity
- Review your medications — what you are taking, when you are taking them, and how you are using them
- Give you enough medication refills to last until the next scheduled visit
- Review and update your Asthma Action Plan
- Provide a referral to a specialist if your condition does not improve or worsens

### What Your Healthcare Provider Should Provide

Good asthma management requires your healthcare provider to give you all the tools necessary to manage your asthma at home.

You will need the following:

- A written Asthma Action Plan
- A Peak Flow Meter to monitor your asthma
- Quick relief medication in case your asthma acts up
- Clear instructions on how to properly use all medications and devices
- A spacer for use with all metered dose inhalers (pumps)

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 Chicago Asthma Consortium

# Government

- Illinois Department of Public Health (Illinois Asthma Partnership)
- Chicago Public Schools
- Chicago Department of Public Health
- Cook County Department of Public Health

# Chicago Public Schools Asthma Project

Funded by Centers for Disease Control

## Project Manager

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# **Asthma Education and Data Tracking**

## **Area Focus: Greater Humboldt Park Community**

- **Asthma Management Education**
  - School staff, parents, and neighboring community
- **Fight Asthma Now Education**
  - Asthma management program for children
- **Increase data tracking (Health Assistants)**
  - Review all students files for accuracy and diagnosis
  - Acquire necessary documentation for students
  - Refer students and families to asthma resources

# Training and Resource Development

## Area Focus: District-wide

- **Clinical Asthma Training**
  - 2–3 hour clinical trainings for CPS School Clinicians (ie, Nurse, Social Worker, Psychologist, Case Worker, Physical Therapist, etc.) by Medical Personnel
  - 7–8 trainings offered over the course of 5 years
- **School Asthma Manual**
  - Online resource manual for school administrators, staff, and nurses
  - Serves as an online training tool
- **Student Health Website**
  - CPS-sponsored site with student health information and resources for students, parents, and staff on asthma and health related topics
- **Health Material Distribution**
  - Health material is distributed free of charge to all schools in partnership with various health organizations

# Research Projects

- UIC/RHAMC (Addressing Asthma in Englewood)
- SUHI (Healthy Home Healthy Child)
- Rush University Medical Center (Multiple)
- Children's Memorial Hospital
- Northwestern University Medical Center
- Loyola University
- Stroger Hospital of Cook County



## Healthy Home, Healthy Child (HHHC): The Westside Children's Asthma Partnership

- **Objective:** To significantly impact asthma-related measures of morbidity, urgent health resource utilization, and quality of life
- **Overview:** Community Health Educators (CHE), makes six home visits over the course of a year with the goal of teaching the child and his/her family how to better manage asthma
- Home visits focus on improving asthma management by educating caregivers and children to better manage asthma medically, while also addressing the disproportionate presence of asthma triggers in the home environment
- Program is intended to supplement the care the patient receives from his/her physician; it is not intended to be a substitute. CHEs work closely with physicians' offices to ensure that patients and their primary care physician build stronger on-going relationships



## Healthy Home, Healthy Child (HHHC): The Westside Children's Asthma Partnership

**Eligibility:** Children between the ages of 2 and 14, who reside on the Westside of Chicago (zip codes include 60608, 60612, 60623, 60624, 60639, 60644, 60651), and have severe, poorly controlled asthma. Due to funding, only English speaking families are eligible. Enrollment will continue through June 30, 2010.

**To refer:** Contact Gloria Seals at 773.257.5679 or [seag@sinai.org](mailto:seag@sinai.org).



RUSH UNIVERSITY  
MEDICAL CENTER

## A Community-Based Approach to Improve Medication Adherence in Urban Latino Children with Asthma

This study aims to test specifically if a CHW asthma intervention can improve asthma medication use in urban Latino children. The intervention is a series of home visits by CHWs for asthma education. To determine how effective this intervention is, 44 Latino children ages 4 to 16 will be randomized to either Group 1 or Group 2. Group 1 will receive a CHW intervention immediately while Group 2 will receive the intervention after a 4-month wait period. Investigators will measure adherence to inhaled corticosteroid medications and medication usage technique in participants before the start of the study and after 4 months. Participants must be Latino and have an inhaled corticosteroid medication.

Recruitment is ongoing.

**Contact:** Molly Martin, [molly\\_martin@rush.edu](mailto:molly_martin@rush.edu), 312-942-2540



## **Project CURA. La Comunidad Unida Retando el Asma/The Community United to Challenge Asthma**

This two-year NIH-funded study compares an asthma self-management intervention, delivered to the family and tailored to their needs and cultural beliefs, to standard asthma education on home asthma triggers and medication adherence in high-risk Puerto Rican children in elementary and high school.

Participants will receive either a series of home visits provided by Puerto Rican community health workers or mailed information on asthma. The efficacy of this intervention will be tested using a behavioral randomized controlled trial design featuring 50 elementary school participants and 50 high school participants. Another goal of the study is to build community capacity for asthma management in the target high-risk community.

Recruitment is ongoing.

**Contact:** Molly Martin, [molly\\_martin@rush.edu](mailto:molly_martin@rush.edu), (312) 942-2540



## Peak Flow Rappers

**Background and Significance:** The goal of this research is to reduce the morbidity and mortality of asthma in inner-city African American adolescents through the use of peer support, enhanced by an innovative, culturally sensitive, technology-based MP3 player platform aimed at increasing adherence to daily controller medications.

**Eligibility Criteria:** To be eligible, participants must be 13–16 years of age, self-identify as African American, have persistent asthma, and currently be prescribed daily inhaled corticosteroids for asthma. Persistent asthma is defined as asthma symptoms more than two days per week or nighttime symptoms more than twice a month. Exclusion criteria include: candidate refusal and the presence of other comorbidities that could interfere with study participation.

**Study Participant Activities:** Study participants will be compensated for their attendance at study visits (cash), receive 5 free radio-edited MP3 music tracks of their choice each week, given an MP3 player to use for the duration of the study, and receive asthma education and medical supervision by a multidisciplinary team, including a specialist asthma doctor.

**For more information, please contact:** Dr. Giselle Mosnaim at (312) 942-8571.



# Patient Assistance Programs

- Aimed primarily at people whose household incomes are below \$20,000 annually, \$26,000 for a couple, \$34,000 for family of three, \$40,000 for a family of four
- Include asset tests – generally, ineligible if assets exceed \$15,000 to \$20,000
- Typically, must be US Citizen or a resident with green card
- Some assistance for Medicare beneficiaries (see Consumer Report article, page 1) and individuals with private insurance, [www.crbestbuydrugs.org](http://www.crbestbuydrugs.org).
- No assistance if enrolled in Medicaid
- Some flexibility and take into account individual circumstances

# National Patient Assistance Programs

## Area Agencies on Aging (ElderCare)

Local area agencies on aging may be able to help patients age 65 years and older who cannot afford their medicines. To contact your local area agency on aging, call 1-800-677-1116 or visit [www.eldercare.gov](http://www.eldercare.gov).

## Association of Clinicians for the Underserved (ACU)

The ACU is a non-profit organization that works to help clinicians better serve the needs of low-income patients. The ACU has developed tools and links for implementing comprehensive pharmaceutical care for low-income patients. For more information, visit [www.clinicians.org](http://www.clinicians.org).

## BenefitsCheckUp®

The National Council on Aging (NCOA) sponsors this website. It offers confidential assistance online for seniors and caregivers by searching more than 1,100 federal, state, and private prescription drug programs and determining those for which the senior may be eligible. For more information, visit [www.benefitscheckup.org](http://www.benefitscheckup.org).

## Health Resources and Services Administration (HRSA)

HRSA offers information about community health centers that may offer prescription assistance to low-income patients. Learn more by calling [1-888-ASK-HRSA](tel:1-888-ASK-HRSA).

# National Patient Assistance Programs

## Medicare

This official Medicare website can help patients, caregivers, and doctors find information about public and private prescription drug assistance programs in their area, including eligibility requirements and covered services. For more information, visit [www.medicare.gov](http://www.medicare.gov).

## My Medicare Matters

The My Medicare Matters website is designed to help individuals learn more about Medicare prescription drug coverage. The website was developed using materials from the Centers for Medicare and Medicaid Services, as well as materials developed by the National Council on Aging (NCOA), the Access to Benefits Coalition (ABC), and AstraZeneca. For more information, visit [www.mymedicarematters.org](http://www.mymedicarematters.org).

## NeedyMeds

NeedyMeds is a 501(c)(3) non-profit organization with the mission of helping people who can't afford to pay for their medications. The website is very comprehensive, gathering information for hundreds of medications for children and adults. For more information, visit [www.needymeds.org](http://www.needymeds.org).

# National Patient Assistance Programs

## Partnership for Prescription Assistance (PPA)

A national program that can help patients identify assistance programs. Qualifying patients who do not have prescription coverage can use the program as a single point of contact to access information about public and private programs that may be right for them. The PPA represents the largest-ever non-government-sponsored program to help bring medicines to Americans who do not have prescription drug coverage and are having difficulty affording their prescription medicines. More than 475 public and private patient assistance programs are available through the PPA. For more information, call 888-4PPA-NOW or visit [www.pparx.org](http://www.pparx.org).

## PatientAssistance.com

PatientAssistance.com is a free resource designed to help connect patients who can't afford their prescription medications with patient assistance programs. Database includes more than 1000 programs that make medication affordable for low-income families and the uninsured. This website is sponsored by several for-profit retailers including Walmart. For more information, visit [www.patientassistance.com](http://www.patientassistance.com).

# National Patient Assistance Programs

## **RxAssist**

RxAssist lets physicians and patients search for information on patient assistance programs by company, brand name, generic name, or type of medicine. RxAssist provides information on ways to get free and low-cost medications. The site also provides a quick-reference chart that lists drug assistance programs by state. For more information, visit [www.rxassist.org](http://www.rxassist.org).

## **RxHope™**

RxHope lets patients and physicians search for patient assistance information. In addition, some companies allow physicians to submit applications electronically through this site. For more information, visit [www.rxhope.com](http://www.rxhope.com).

## **Rx Outreach**

Rx Outreach is a program designed to help qualified people of all ages get the medicines they need. If patients qualify financially, they can receive improved access to more than 107 medicines that treat a wide range of conditions, including diabetes, asthma, heart disease, and depression. The program is available to individuals and families with incomes of up to 250% of the federal poverty level. For more information, visit [www.rxoutreach.com](http://www.rxoutreach.com).

# Pharmaceutical Companies



[www.astrazeneca.com](http://www.astrazeneca.com)



[www.merck.com](http://www.merck.com)



[www.gene.com/gene/index.jsp](http://www.gene.com/gene/index.jsp)



[www.gsk.com](http://www.gsk.com)

[www.caremanagementcentral.com](http://www.caremanagementcentral.com)  
cmc access code: cmc4me

# Pharmaceutical Company Patient Assistance Programs



[www.azandme.com](http://www.azandme.com)



[www.merck.com/merckhelps](http://www.merck.com/merckhelps)



[www.genentechaccesssolutions.com/index.jsp](http://www.genentechaccesssolutions.com/index.jsp)



[www.gskforyou.com/sk.com](http://www.gskforyou.com/sk.com)



# Medication Discount Cards

## TogetherRx Access

Several major drug companies have created a joint website that allows patients to apply for a card (TogetherRx Access) that offers discounts on more than 300 medications manufactured by these companies. The cards may be used to purchase the drugs at local pharmacies. For more information, visit [www.togetherrxaccess.com](http://www.togetherrxaccess.com).

To qualify, individuals may not be eligible for Medicare or Medicaid and must have no other prescription drug coverage. Most of the companies have income limits. The amount saved on prescriptions with the discount card varies by individual programs. In addition, different pharmacies may charge different prices for the covered medications. This is because the discounts are applied to the "usual" prices that pharmacy charges and these "usual" prices vary from store to store. Generally, the free program offers savings of 25-40% and possibly more.

# Purchasing Medication on-line

## You can buy on-line for discounts

There are a number of pharmacies that offer prescription drugs by mail and you can order online. You can find some prescription drugs at lower prices by reviewing some of these options. While there is no specific discount program or card, the reduced costs of operating a website (rather than a retail store) allows pharmacies to offer lower prices on some items.

## But check out the companies...

Be wary of companies that offer drugs over the Internet from overseas locations that are not subject to the U.S Food and Drug Administration law enforcement. Look for an on-line pharmacy that is **VIPPS certified**, which means that it is sanctioned by the National Association of Boards of Pharmacy (NABP). To search the pharmacy of your choice, visit [www.nabp.net](http://www.nabp.net) and then click on *Accreditation Programs* and select *VIPPS*. Scroll down and click on the link labeled "*click to search*". The National Association of Boards of Pharmacy is the professional association that represents the state boards of pharmacy in all 50 United States. In the United States, this means that these are professional operations that follow all federal and state laws, have licensed pharmacists on-call, protect your confidentiality and follow the industry standards in storage and shipping of medicines.

# Military Pharmacy Programs

## Active Duty Military Pharmacy Program

Individuals and families who are eligible for treatment at a military treatment facility (MTF) can have prescriptions filled without charge at an MTF pharmacy. Military and dependents who take medications on a regular basis can receive medications through the **TRICARE Mail Order Pharmacy (TMOP)** program. Register should be completed at the Express Scripts website. If a medication is needed immediately, the prescription may be filled at a TRICARE retail network pharmacy, but there is a co-pay. To be eligible, individuals must be 1) Active-duty military, world-wide; and 2) A TRICARE-eligible beneficiary under age 65 (family members of active duty personnel, retirees under age 65 and their family members)

## Military Pharmacy Program (seniors, survivors and some former spouses)

Uniformed services beneficiaries aged 65 and over who are registered in the Defense Enrollment Eligibility Reporting System can get low-cost prescription drugs through the TRICARE Senior Pharmacy Program. Depending on patient age, patient may be required to enroll in Medicare Part B to participate in the TRICARE pharmacy program. Patients do not have to apply to participate in TRICARE, but they will need to present their current military identification card when using the TRICARE benefit. Under TRICARE, the amount of your co-pay will vary by the medication. For more information, call 1-877-363-6337 for information about eligibility, enrollment, and benefits.

# Local Patient Assistance Programs

## **All Kids** (866) 255-5437

Illinois state program that provides comprehensive health insurance to every uninsured child at rates their parents can afford. For more information, visit [www.allkidscovered.com](http://www.allkidscovered.com).

## **Gilead Outreach & Referral Center** (312) 906-6024

Connects uninsured individuals and families throughout metropolitan Chicago with affordable healthcare programs for which they are eligible. For more information, visit [www.gileadcenter.org](http://www.gileadcenter.org).

## **Illinois Cares Rx** (800) 252-8966

The Illinois Department on Aging's Circuit Breaker program provides grants to senior citizens and persons with disabilities to help them reduce the impact of taxes and prescription medications on their lives. For more information, visit [www.state.il.us/aging/1rx/cbrx/cbrx-main.htm](http://www.state.il.us/aging/1rx/cbrx/cbrx-main.htm).

## **Rx for Illinois** (877) 793-6745

Website to help low-income, uninsured patients in Illinois get access to patient assistance programs where they may qualify for free or nearly free prescription medications. For more information, visit [www.rxforillinois.org](http://www.rxforillinois.org).

# Hospital-based Asthma Clinics

- Children's Memorial Hospital
- La Rabida Children's Hospital
- Loyola University
- Northwestern University Medical Center
- Roseland Community Hospital
- Rush University Asthma Center
- St. Bernard Hospital
- St. Joseph Hospital
- Stroger Hospital of Cook County
- University of Chicago Asthma and COPD Center

# FQHCs

- ACCESS
- Erie Family Health
- Heartland Alliance
- Lawndale Christian Health Center
- PCC Community Wellness
- Free Clinic

# Independent Companies

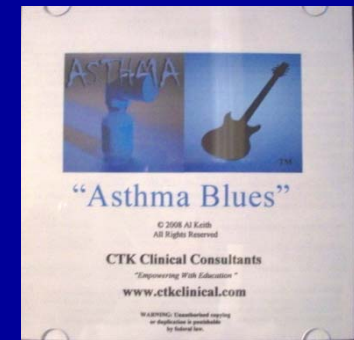
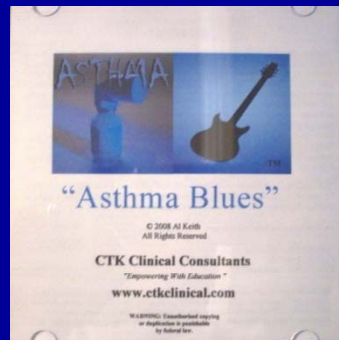
- Asthma Blues
- S & S Productions
- More...



## “Asthma Blues”©

### Asthma Education Music CD

You know someone with asthma.  
got music?



- 7-song CD designed for people with asthma and caregivers
- Translates the goals of the **EPR-3** into music
- Delivers 5 of the 6 Priority Messages from the **GIP Report**
- Addresses the **GIP Report's** core theme of **communication**
- Provides support for the physician/patient relationship
- Reinforces your current asthma education program

Order [“Asthma Blues”](http://www.ctkclinical.com)© on our website, [www.ctkclinical.com](http://www.ctkclinical.com)

**CTK Clinical Consultants LLC**

E-mail: [ctkclinical@sbcglobal.net](mailto:ctkclinical@sbcglobal.net) Phone: (773) 610-6022

**BREATHING IN TUNE®**



Kids sound off on Asthma

## ***A Musical Approach to Asthma Education***

This 75-Minute Music  
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Self management

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Asthma Tools

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Old town School of Folk Music  
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Adaptable: can be used by individual child  
or in group classes like Open Airways,  
FAN, ACT

Appealing: original music is composed for  
multi-cultural and age group preferences  
(7–12 years)

Developed by Respiratory Therapist/  
Asthma Educator and  
Music Educator/ Performer

Based on NIH Asthma Guidelines

Preliminary data presented at Association  
of Asthma Educators 2009 Meeting



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patient login

access code:

patient's date of birth:



## Improve Financial and Clinical Outcomes Start with Engaged Patients

### WHITE PAPERS

#### The Value of an Engaged Patient

This white paper examines the methods and results of using patient engagement as a business and care strategy.

#### Patient Engagement as a Quality Improvement Strategy

This white paper explores

Healthcare organizations struggle with patient communication. Emmi Solutions helps patients make sense of complicated medical information. Our award-winning programs use interactive media to engage patients—empowering them to take more active roles in their care.

The bottom line is simple. By improving patient engagement, healthcare organizations can improve clinical and financial outcomes.

Emmi® programs help hospitals, care management companies, pharmaceutical firms, and physicians.

### IN THE NEWS

#### MEDecision to Augment Its Payer-Based EHRs With Emmi Solutions' Web-Based Communication Programs

August 18, 2009

#### Hospital CIO: "Emmi programs rank as one of the best IT investments"

July 28, 2009

# Internet-based Programs

- [www.mymedschedule.com](http://www.mymedschedule.com)
- [www.covermy meds.com](http://www.covermy meds.com)
- [www.winningwithasthma.org](http://www.winningwithasthma.org)



**Register Now**  
It's FREE!

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MyMedSchedule](#)

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"As the Neighborhood Watch Coordinator for my community, I make the *File of Life* packet available to my neighbors and encourage them to use MyMedSchedule. This allows 911 responders to have immediate access to accurate, legible information about our medications."

Pat Sheeran  
Ocean View, DE

# MyMedSchedule.com®

[View the Demo ▶](#)

## Web based medication scheduler and reminder

Welcome to medication made easy! MyMedSchedule.com allows patients to create free, easy to read medication schedules.

- Printable charts are easy to create and update frequently
- Get reminders to take your medications by text message or email
- Refill reminders—reorder your prescriptions before they run out
- Monitor your daily medications, their strengths and uses as well as your recommended dosage
- Ideal way to inform a new physician of the meds you're taking
- Print your charts in English or Spanish
- Convenient wallet sizes are simple to carry with you at all times
- Maintain med schedules for yourself, family members and friends



Receive reminders by  
email or text message



Print your charts in  
English or Spanish

### Your information is secure



Your personal health information is protected by SSL encryption, and will not be redistributed or resold. [View the complete Privacy Policy.](#)

### MyMedSchedule News

[As Seen in Better Homes and Gardens: Mind Your Meds](#)



# covermy meds

empowering patients

**CoverMyMeds** helps physicians and pharmacists complete Coverage Determination (Prior Authorization, Step, Quantity Limit and Formulary Request) forms for all drug plans, and for any drug.



New to **CoverMyMeds**? It's free and easy.

[Create an account](#)





## THE COACH'S ASTHMA CLIPBOARD PROGRAM **WINNING WITH ASTHMA**

**WELCOME TO THE COACH'S ASTHMA CLIPBOARD PROGRAM.**

We created this program so coaches could learn about asthma, how it affects an athlete's ability to compete, and how the coach can help athletes manage their symptoms while playing their very best!



✧ **ENTER**  
WINNING WITH ASTHMA

✧ **DOWNLOAD FLASH PLAYER 8**  
YOU MUST HAVE FLASH TO VIEW THIS PROGRAM

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# Insurance Company Wellness Programs

- Your Healthcare Plus™ ([www.yhplus.com](http://www.yhplus.com))
- Blue Cross Blue Shield
- Humana

# Retail Pharmacy Chains

- Osco
- Walgreen's
- CVS

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