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## School-based asthma clinic

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# School-based Asthma Clinic

Alysa Ellis, MD



# Background

- Asthma – most common chronic illness in childhood
- “Most persons with asthma can be symptom-free if they receive appropriate medical care, use inhaled corticosteroids when prescribed, and modify their environment to reduce or eliminate exposure to allergens and irritants” (CDC)
- Morbidity:
  - Miss school (avg 3.8 days/year)
  - ED visits (33%)
  - Hospitalizations (8%)
- Only 34% kids report having a written asthma action plan
- 1/3 asthmatics on long-term controller medications

# Background

- St. Louis Children's Hospital Healthy Kids Express Asthma Van (HKEAP) created in 2005
- Goal: to help improve asthma control in children attending elementary schools in neighborhoods with the highest asthma prevalence in the metropolitan area
- 2011-12 school year: 12 schools
- APNs run the program
- Referred by school nurse/parents
- Involve child's PCP in decision making

# Background

- HKE van goes to each school for a 3 year period
- Goals: teach students, parents, teachers, school nurses how to better control asthma
- Visits: PFTs, H&P, technique checks, plans for care
- Study goal: Quality assurance and quality improvement assessment of the program so far

# Rationale

- To determine whether regular visits (>2/year) to the HKE van are associated with improved asthma control compared to asthma control in our patients the year prior to entering the program

# Potential Contribution

- Asthmatic children in the future may benefit from expansion of this school-based asthma clinic.
- Possible expansion into other schools in St. Louis and other cities.

# Participants in our study

- Participate in HKEAP
- Ages 4-16 years, speak English, asthmatic
- We studied routine data collected from van visits for school absenteeism, ED visits/hospitalizations, and potential ways to improve the effectiveness of our program.

# Recrutiment = Community

- HKEAP enrolls approximately 600 participants annually
- Annual kick-off party – parents and students meet the HKEAP staff and have a day of asthma screening, H&P, games, food and activities
  - By meeting the parents at this event, we obtain research consent from as many participants as possible
- Forms mailed home to parents from school for consent to be in the HKEAP as well as be part of the study

# HKEAP

- This program provides benefits to the community.
- Healthcare (doctor/PNP visits brought to patients – takes transportation/scheduling problems away)
- Social work accessible – SW just for the program
- Asthma coaches – available to some students in the program for a lay person's help in gaining control over asthma
- Bridges gap in healthcare between home and office via communication with PCPs, parents, schools, etc