

# Child Health Notes



*Promoting early identification and partnerships between families, primary health care providers & the community.*

Distributed by Public Health-Seattle & King County-Children with Special Health Care Needs Program. This newsletter provides physicians, nurse practitioners, primary health care providers, public health centers and community partners with current information regarding identification and management of special health issues for children. Contributing agencies and programs include: Washington State Department of Health and UW – Center on Human Development & Disability.



## FURTHER READING:

• Chronic Asthma Therapy. Kwong KYC, Jones CA. Pediatrics in Review. 1999; 20:327-334.

• New Strategies in the Medical Management of Asthma. Gross KM et al. Amer Fam Phys. 1998; 8(1):89-100.

• Providing Asthma Education in Primary Care Practice. Stoloff SW et al. Amer Fam Phys. 1997; 6(1): 117-125.

## ASTHMA IN EARLY CHILDHOOD

Asthma is a chronic disorder in which airflow to the lungs is impeded by inflammation, increased secretions, and constriction. Asthma is the most common chronic condition of childhood. The incidence of asthma is increasing in the United States and industrialized countries worldwide. With it, the impact on families and the associated costs of medical care is also increasing.

Identification of asthma in infants and small children can be difficult. While wheezing is the hallmark of asthma in adults, recurrent cough may be the only observable symptom as asthma in a young child. Wheezing may be symptomatic of other pediatric conditions, such as:

- Foreign bodies
- Developmental malformations
- Respiratory infections
- Cystic fibrosis
- Gastroesophageal reflux
- Congenital heart disease

Early recognition and successful management of childhood asthma depends on a strong alliance between families and health care providers.



## PRIMARY CARE OF CHILDHOOD ASTHMA INCLUDES:

### Prevention measures:

- Reduce exposures to environmental allergens, second-hand smoke, and other airway irritants.

### Management strategies:

- Provide a stepped approach to use of medications with emphasis on a combination of long term control medications and quick relief medications
- Increase attention to identifying specific allergens and work to reduce exposure to those allergens.

### Provider-patient partnership:

- Emphasize child/family education and self-management.

## INTERNET RESOURCES FOR ASTHMA GUIDELINES AND PATIENT HANDOUTS:

- Allergy and Asthma Disease Management Center: [www.aaaai.org/aadmc/default.htm](http://www.aaaai.org/aadmc/default.htm)
- American Academy of Allergy, Asthma and Immunology: [www.aaaai.org](http://www.aaaai.org)
- American Lung Association: [www.lungusa.org](http://www.lungusa.org)
- Asthma and Allergy Foundation of America: [www.aafa.org](http://www.aafa.org)
- Global Initiative for Asthma (GINA): [www.ginasthma.com](http://www.ginasthma.com)
- Allergy and Asthma Network/Mothers of Asthmatics, Inc.: [www.aanma.org](http://www.aanma.org)
- WA State Medical Home Website – Asthma page: [www.medicalhome.org/diagnoses/asthma.cfm](http://www.medicalhome.org/diagnoses/asthma.cfm)
- Expert Panel Report 3 (EPR-3): Guidelines for the Diagnosis and Management of Asthma - Summary Report 2007: [www.nhlbi.nih.gov/guidelines/asthma/asthsumm.htm](http://www.nhlbi.nih.gov/guidelines/asthma/asthsumm.htm)
- National Heart, Lung, and Blood Institute. Guidelines for the Diagnosis and Management of Asthma: [www.nhlbi.nih.gov/guidelines/asthma](http://www.nhlbi.nih.gov/guidelines/asthma)
- Physician Asthma Care Education: [www.nhlbi.nih.gov/health/prof/lung/asthma/pace/index.htm](http://www.nhlbi.nih.gov/health/prof/lung/asthma/pace/index.htm)
- Department of Health and Human Services, National Institute of Health, National Heart, Lung, and Blood Institute: [www.nhlbi.nih.gov/health/prof/lung/index.htm#asthma](http://www.nhlbi.nih.gov/health/prof/lung/index.htm#asthma)
- Public Health-Seattle & King County: [www.metrokc.gov/health/asthma/](http://www.metrokc.gov/health/asthma/)

## SPECIAL NEEDS INFORMATION AND RESOURCES:

<p><b>Children with Special Health Care Needs Program:</b> Public Health Nurse Case Coordination services to families in King County regardless of income. There services are offered by home visits or telephone consultation.</p> <p><b>Seattle Asthma Project:</b> Provides in-home assessment and education within the City of Seattle. The program serves children under age 18 with asthma or asthma like symptoms.</p> <p><b>Home Environmental Assessment:</b> Free Trained <b>Master Home Environmentalist</b> © (MHE) volunteers use a Home Environmental Assessment List (<b>HEAL™</b>) to help identify health hazards &amp; educate &amp; suggest an action plan filled with low and no cost solutions to make your home a healthy place..</p> <p><b>Steps to Health:</b> free programs and services for people who qualify. Our Community Health Specialist can:</p> <ul style="list-style-type: none"> <li>* Provide home visits and assist family in finding ways to make the home healthier. <b>Families who qualify will receive some supplies.</b></li> <li>* Work with family and provider to improve asthma care.</li> <li>* Work with your child's school or childcare to help keep them healthy.</li> </ul> <p><b>Children's Hospital and Regional Medical Center</b></p> <ul style="list-style-type: none"> <li>* Health Professional Hotline</li> <li>* Parent Resource Line</li> </ul>	<p><b>206-296-4610</b> <a href="http://www.metrokc.gov/health/cshcn">www.metrokc.gov/health/cshcn</a></p> <p><b>Public Health-Seattle &amp; King County</b> 206-263-8457</p> <p><b>American Lung Association of Washington</b> (206) 441-5100. <a href="http://www.alaw.org/air_quality/master_home_environmentalist/home_health_assessment.html">www.alaw.org/air_quality/master_home_environmentalist/home_health_assessment.html</a></p> <p><b>206-263-8182</b></p> <p><b>(800) 293-2462</b> <b>(866) 987-2500</b></p>
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Electronic version and copies are available by calling the CSHCN Program at 206-296-4610. Suggestions and comments are welcome.