

Newport Healthy Residents, Healthy Homes

Training Session 2

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Project Timeline

- Today: Training Session 2 (role plays)
- 11/8-11/15: Pilot with 5-6 families
- 11/16: HRHH Coalition meeting
- November & December: revise and use
- January: finalize materials and protocols
- Beyond: keep using in Newport, across RI

Training Session 1

- Review of last week's training
- Protocols & roles
- Forms
- **Practice talking about the project and using its tools to help residents & families**
- Make assignments for pilot with 5-6 families

HRHH is . . .

Its goals are

It does

To Successfully Control Asthma

- Go to MD visits and have a good treatment plan
- Take medicines daily to prevent symptoms
- Avoid triggers
- Stay active

Transtheoretical Model¹

“stages of change”

- Precontemplation
 - Contemplation
 - Preparation
 - Action
 - Maintenance
 - “Transcendence”
- “no way”
 - “I might”
 - “I’ m gonna”
 - “I’ m doing it”
 - “I’ m still doing it”
 - “You should do it too!”

¹Prochaska, J. O., & Velicer, W. F. (1997). The transtheoretical model of health behavior change. *American Journal of Health Promotion, 12*, 38–48.

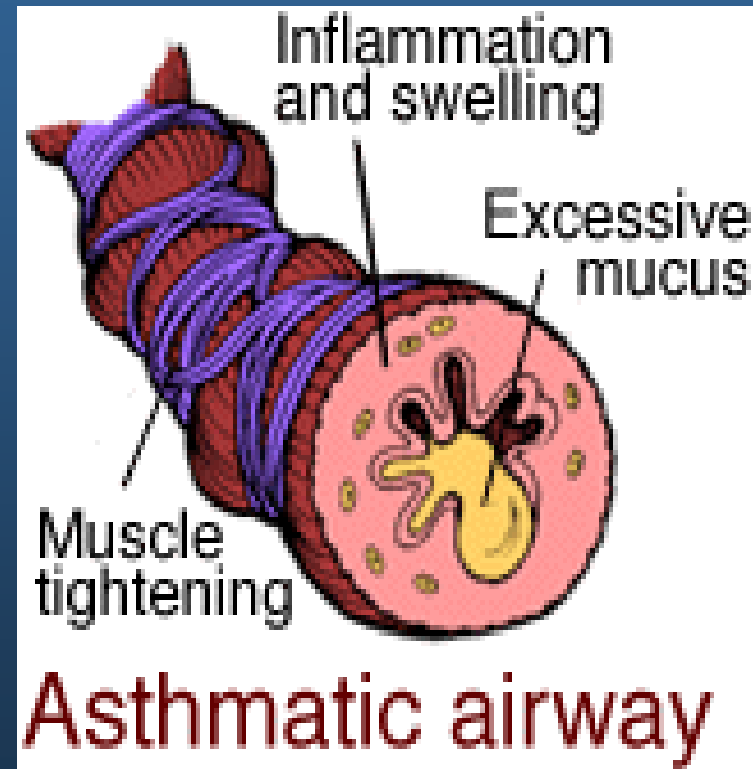
Tips for Effective Communication

“top 10 answers are on the board”

- Keep an open mind
- Ask open ended questions
- Pay attention to non-verbal clues
- Be conscious of your body language
- Use active listening
 - Paraphrase / repeat
- Be honest
- Be respectful
 - confidentiality
- Focus on resident goals and needs
- Leave with a clearly defined next steps

What is Asthma?

- Inflammation
 - Airways Swell/ Mucus
- Bronchoconstriction
 - Muscles Tighten
- Hypersensitive airways
- Chronic but controllable
- Severity levels
 - mild intermittent to severe persistent



Adapted from CVS/pharmacy Draw A Breath Program at Hasbro Children's Hospital



Early Warning Signs

- What people feel

- Hard time breathing
- Tight chest
- Wheezing/Coughing
- Ticklish throat
- Overtired
- Upset stomach
- Allergies (“itch they can’t scratch”)

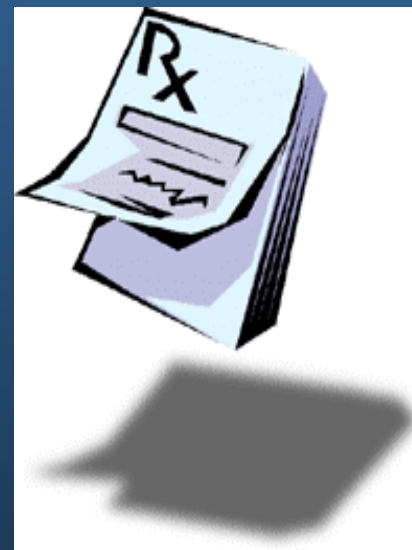
- What Others Notice

- Wheezing/coughing
- Allergy signs
 - Allergic Shiners
- Infection signs
- Stroking throat
- Behavior change (tired, clingy, upset)



Medications for Asthma

- Long-term “controller”
 - Reduce Inflammation
 - Reduce Mucus
 - Controls symptoms
 - Flovent, Advair, Pulmicort
 - Singulair
- Quick-relief
 - Bronchodilator
 - Relax muscles around airways
 - Albuterol (inhaler and nebulizer machine)



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Identify Your Asthma Triggers

- Exposure to triggers causes bronchoconstriction and inflammation
- Triggers come in three major types:
 - Allergens (such as pollen, mold, cat)
 - Irritants (such as cigarette smoke, cold air)
 - Aggravators (such colds, weather, exercise)

Asthma - Sensitization

- Dust mites
- Cockroach? – what they leave behind



Asthma -- Triggers

- Mold & Moisture
- Cockroaches & Mice
- Smoking
- Dust mites
- Cats & Dogs



Moisture/Mold



The Fire of Asthma

The marble story

Is asthma in good control or is asthma not in good control?

- RULE OF 2S (modified)
 - More than **2** asthma episodes a week (symptoms more than **twice** per week)
 - Awake more than **twice** a month with asthma symptoms
 - Use quick relief medicine more than **2** times per week to treat symptoms

“Rule of Two”, a registered service mark of the Baylor Health Care System

“Conditions” contributing to poor control

- No medical home/regular medical care
 - Too expensive, can't get to appointments, language
- No or limited health insurance
 - High co-pays, can't afford prescriptions or MD visits
- Smoking
- Triggers in the home
- Doesn't know about asthma
 - Can be controlled, what steps to take
- Doesn't believe he/she can control asthma
 - Self efficacy

If asthma is not in good control . . .

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What “responses” are
available through HRHH?

HRHH Workflow

Stratification & case assignments



Arrange home visit



Initial home visits
Forms: Confidentiality, Assessment, Action Plan



Action plan assignments



Action plan activities



Close case

Team
Case
Reviews

Confidentiality

- Why is it important?
 - Resident trust
- What will HRHH do to protect confidentiality
 - Review privacy procedures at initial home visit & sign confidentiality form
 - HRHH files will be kept separate from other Newport Housing Authority resident files
 - Files and information will be safeguarded (locked cabinets, passwords on computers)

Communication & Documentation

- Why is it important?
 - Promotes communication between team members
 - Each person knows what each other has done; makes reporting at case reviews easier
 - Allows for evaluation: what worked? Did we do what we said we were going to do? What needs to be changed?
- Things to remember
 - Document your efforts on the Notes Form
 - Date and sign each note
 - “11/9/06, spoke with Mrs. Smith and explained HRHH program. Scheduled 1st home visit for 11/15 at 9:15, *Jane Smith*”