

Enhancing Asthma Care



PHYSICIAN ORIENTATION – CALGARY ZONE COMMUNITY PEDIATRIC ASTHMA SERVICE Content Review September 2024



Enhancing Asthma Care with Education

- 60 minute asthma education appointments with Certified Respiratory Educator (CRE)
- Same day update to referring physician:
 - Asthma education summary
 - Spirometry for 6+ years with face-to-face visit(s)
 - Written Asthma Action Plan
- Critical spirometry values discussed with family physician, referring physician or respiratory physician on call

Asthma Education Appointment

- **First visit is a virtual appointment and includes a review of our asthma education package:**
 - Review of Asthma
 - Trigger identification and avoidance
 - Environmental control
 - Barriers/fears and problem solving
 - Medication action and differences
 - Device technique
 - Asthma Action Plan (personalized)
- Spirometry for children age +6years during face-to-face visit(s)
- Follow-up visit(s), as required
- Direct referral to Asthma Specialty Clinic, if required



Little Asthma Action Plan for: _____ Date: _____

Goal: _____

Controller (Every day)

medicine / dose / colour

medicine / dose / colour

Reliever (When you need it)

medicine / dose / colour

Controller (# of days)

medicine / dose / colour

medicine / dose / colour

Reliever (Can use every 4 hours)

medicine / dose / colour

See a doctor if you are not better in 2-3 days

See a Doctor soon if:

- your asthma symptoms are not getting better, even with more medicine
- you need your reliever medicine more often

Go to Emergency if:

- reliever medicine does not last at least 3 hours
- skin at the base of the neck, between ribs or below the breast bone pulls in with breathing
- children have no energy to play or move around
- babies refuse to eat or drink

Call 911 if:

- very serious symptoms – breathing very fast, gasping for breath, having difficulty speaking, blue-grey lips or fingernails
- give reliever medicine every few minutes until help arrives
- comfort your child by trying to stay calm until help arrives

Questions or concerns? In Alberta, call **811 Health Link** for the 24/7 health information and advice line

Little Asthma Action Plan

(available in 14 languages)

Alberta Asthma Action Plan

ASTHMA Action Plan

My Name: _____ Date: _____

What Matters To Me: _____

Circle My Usual Symptoms: Cough / Wheeze / Short of Breath / Tight Chest / Other _____

Circle My Triggers: smoke / colds / animals / pollen / mold / dust / strong smells / weather changes / strong emotions / other _____

Is my asthma well controlled?

	Yes No symptoms, regular activities	No Cough, wheeze, short of breath, tight chest, colds, allergies	Not at all Very short of breath, trouble speaking, blue/gray lips/fingernails
1. Daytime symptoms	None	3 or more times a week	Continuous & getting worse
2. Nighttime symptoms	None	1 or more times a week	Continuous & getting worse
3. Reliever use (other than if prescribed for exercise)	None	3 or more times a week	Relief for less than 3 to 4 hours
4. Physical activity or exercise	Normal	Limited	Very limited
5. Can go to school or work	Yes	Maybe	No

What to do:

	STAY CONTROLLED & AVOID MY TRIGGERS	TAKE ACTION See a doctor if no improvement in ____ days	GET HELP
Controller: Use EVERY DAY to control asthma and prevent flare-ups.		Continue this dose for _____	EMERGENCY (911) Notes: _____
1. _____ (name / colour / strength)	1. Take _____ (amount) <input type="checkbox"/> AM <input type="checkbox"/> PM	1. Take _____ (amount) <input type="checkbox"/> AM <input type="checkbox"/> PM	Take 5 to 10 puffs of my reliever medicine every 10 to 20 minutes while I get help.
2. _____ (name / colour / strength)	2. Take _____ (amount) <input type="checkbox"/> AM <input type="checkbox"/> PM	2. Take _____ (amount) <input type="checkbox"/> AM <input type="checkbox"/> PM	
3. _____ (name / colour / strength)	3. Take _____ (amount) <input type="checkbox"/> AM <input type="checkbox"/> PM	3. Take _____ (amount) <input type="checkbox"/> AM <input type="checkbox"/> PM	
4. _____ (name / colour / strength)	4. Take _____ (amount) <input type="checkbox"/> AM <input type="checkbox"/> PM	4. Take _____ (amount) <input type="checkbox"/> AM <input type="checkbox"/> PM	
Reliever: Quickly and temporarily helps asthma symptoms.	Take reliever before exercise? <input type="checkbox"/> Yes Take _____ (puff/puffs) as needed	Continue this dose for _____ Take _____ (puff/puffs) as needed	

Patients can view this Asthma Action Plan at: www.myhealth.alberta.ca Clinicians can download a fillable version of this Asthma Action Plan at: www.ucalgary.ca/cancontrolasthma

Completed with: _____ I share and complete this plan with my healthcare team. **811 Health Link** Health Advice 24/7



Control Criteria from Asthma Guidelines

- ✓ No daytime symptoms
- ✓ No nighttime symptoms
- ✓ No limits to physical activity
- ✓ No need for reliever medication

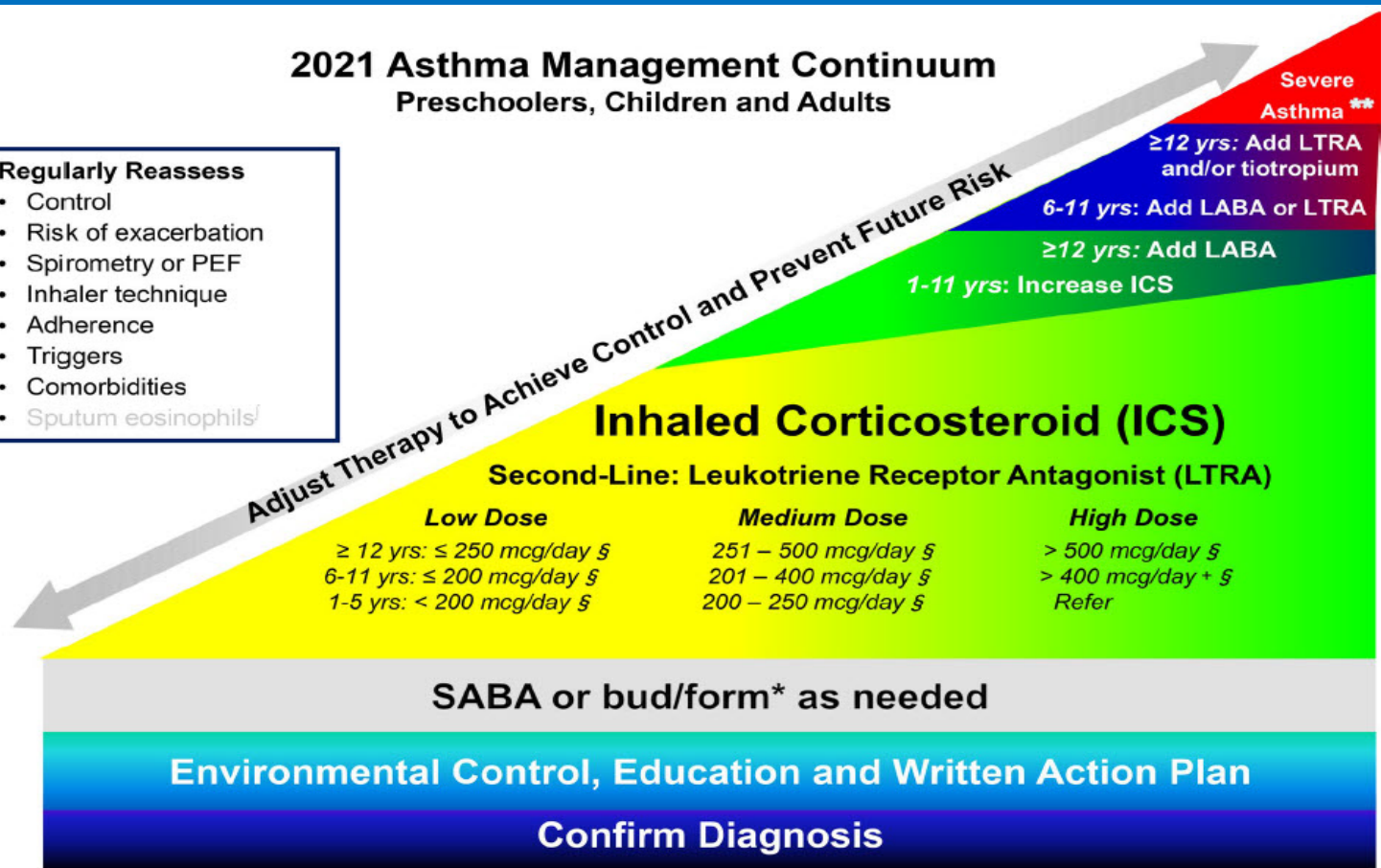
*Global Initiative for Asthma (GINA), Asthma Management and Prevention in Children, April 2018 www.ginasthma.org



2021 Asthma Management Continuum Preschoolers, Children and Adults

Regularly Reassess

- Control
- Risk of exacerbation
- Spirometry or PEF
- Inhaler technique
- Adherence
- Triggers
- Comorbidities
- Sputum eosinophils[†]



* Or an alternative ICS/form preparation if another is approved for use as a reliever in the future. Bud/form is approved as a reliever for ≥12 years of age and should only be used as a reliever in individuals using it as monotherapy or in conjunction with bud/form maintenance therapy

§ HFA. Fluticasone propionate or equivalent

+ Not approved for use in Canada

† In adults, 18 years of age and over with moderate to severe asthma assessed in specialist centres

** For severe asthma refer to CTS 2017 Recognition and management of Severe Asthma Position Statement

Pearls

Asthma Diagnosis & Management

- Refer to 2021 Canadian Thoracic Society Guideline-A focussed update on the management of very mild and mild asthma, [Canadian Journal of Respiratory, Critical Care and Sleep Medicine, Young et al February 2021](#)
- Salbutamol for exercise is **included** in the allowed 3 doses per week
- **Once control is sustained for 3 months** on daily inhaled corticosteroids, consider incrementally stepping down to the lowest effective dose
- If your pediatric patient is on **>500 mcg** of inhaled steroid and asthma is not well controlled, ask yourself: Is the diagnosis correct? Are allergies affecting asthma?
- **Intermittent use of inhaled corticosteroids is not supported** by the Canadian Asthma Consensus Guidelines
- **Written Asthma Action Plan for everyone** with asthma, review regularly
- **Promote use of spacer** with metered dose inhaler (MDI) for all ages
- **Check device technique** at every visit
- **All patients benefit** from asthma education



Community Pediatric Asthma Service

Awesome Asthma Information...One Click Away!



Our Asthma Website



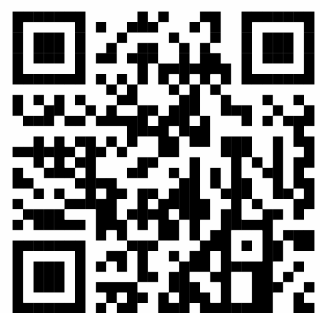
Does My Child have Asthma?



Understanding Asthma
(Presentation)



Asthma Info in 14
Languages



Food Allergy Canada



Asthma and Anaphylaxis



Breathing Well



Understanding Childhood
Asthma (Video)



Alberta Children's Hospital



This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.



WHERE CAN I SEND A PEDIATRIC ASTHMA REFERRAL IN THE CALGARY ZONE?

Please see the [Alberta Referral Directory \(ARD\)](#) for detailed referral information and required investigations/timing for most of these referral options.

Calgary COPD & Asthma Program (CCAP)	Phone: 403 944-8742 Fax: (403) 476-7772
<ul style="list-style-type: none"> Patients 17+ years can self-refer for asthma/COPD education. Referrals for tobacco reduction and chronic cough require physician referral. 	
Community Pediatricians, Calgary Zone	
<ul style="list-style-type: none"> See contact information for Calgary Pediatric Clinics by location with estimated wait times. 	
Community Pediatric Asthma Service	Phone: 403-943-9139 Fax: 403-776-3806
<ul style="list-style-type: none"> In-person and virtual education appointments in 9 AHS facilities with Certified Respiratory Educators for non-urgent, mild to moderate asthma that includes a customized Asthma Action Plan for every patient (self-management). A breathing exercise (simple spirometry) for children 6+ years is included, as required. Refer children < 6 months to Pulmonary Clinic Fax: 403-476-7755. Refer children 6 - 18 months to Asthma Clinic/Community Pediatrician. 	
Pediatric Pulmonary Diagnostic Function (PFT) Lab at the Alberta Children's Hospital	Phone: 403-955-7875 Fax: 403-592-5101
<ul style="list-style-type: none"> Full range of breathing tests to assess pediatric lungs. Diagnostic PFT, preschool testing for children 4 – 6 years if developmentally appropriate, complete PFT for 6+ years with pre/post-bronchodilator, device teaching. Exercise testing (6 minute walk test, methacholine challenge) and saturation monitoring referrals are only available to ACH respiratory specialty clinics. Other community labs for pediatric simple spirometry in the Calgary Zone 	
Pediatric Asthma Clinic at the Alberta Children's Hospital	Phone: 403-955-7328 Fax: 403-776-3807
<ul style="list-style-type: none"> Appointments for children ≥ 6 – 18 years with moderate to severe asthma. In-person appointments with respirologists, pediatricians, and nurses for diagnosis, management and asthma education which includes a customized Asthma Action Plan (self-management) provided for every patient. A minimum of 3-month trial of daily ICS is required. Medical co-morbidities, including medical and psychosocial concerns affecting child's asthma, chronic lung disease of prematurity (please list all) Non-responsive to treatment Referral to ACH PFT Lab for simple spirometry will be coordinated as required. Refer children < 6 months to Pulmonary Clinic Fax: 403-476-7755. 	
Teen Asthma Program, Rockyview Hospital	Phone: 403-943-8660 Fax: 403-592-4201
<ul style="list-style-type: none"> Physicians can refer patients 17+ for respirologist support as they transition to adult care. Referrals are received by the Calgary Zone Pulmonary Central Access & Triage and forwarded to the clinic for triage. The clinic currently operates out of Rockyview General Hospital. Please indicate that the referral is intended for the "RGH Asthma Program." 	
Urgent Referrals, Alberta Children's Hospital	Phone: 403-955-7211 (Switchboard)
<ul style="list-style-type: none"> Physicians can call the Alberta Children's Hospital switchboard and ask to page the "pediatric respiratory physician on call." 	

Contact Us



Community Pediatric Asthma Service
South Calgary Health Centre (#2270)

31 Sunpark Plaza SE
Calgary, AB T2X 3W5

Phone: (403) 943-9139

Fax: (403) 776-3806

www.ucalgary.ca/icancontrolasthma

