

# THE INDIANA JOINT ASTHMA COALITION NEWSLETTER



Since 2003, InJAC has worked to reduce the burden of asthma in Indiana by Reducing Environmental Triggers, Strengthening Education Efforts, and Improving the Quality of Care for those with Asthma. This newsletter plans to bring you bimonthly information from its three workgroups to keep you informed and up-to-date of InJAC events & resources and information to keep you breathing easy.

## SPRING BREAK, SPRING CLEANING, SPRING ALLERGIES

*Spring is the season for traveling during work and school breaks and also a season that reminds us to shake off the winter blues, clean our homes and open up to the sunshine!*

### Environmental Triggers Workgroup

Spring is on its way! As bluer skies and warmer weather approaches, now is the best time to be prepared. In this edition, read on for tips on managing asthma for upcoming spring break travel, as well as some great tips for spring cleaning your home to reduce or eliminate asthma triggers!

Remember these tips when packing as well as driving or flying: Always keep your rescue inhaler nearby in a purse or backpack. Make a checklist when traveling that lists out your medications, and while you do that, take a picture of your asthma action plan or bring a copy with you. When staying away from home, bringing your own pillow from home can help reduce hotel bedding that might have fillers or materials that could irritate your asthma.

If you're the parent of a child with asthma, [this document](#) is helpful to learn more and includes an asthma action plan and diary.



The **2022 Asthma Summit** is still available for Continuing Education Credits!

Follow the link above to find the recording and directions for receiving CE's from the summit.



Keeping your home clean with asthma can be a challenge because many people have asthma symptoms that are triggered by cleaning products and their fragrances. Choosing no fragrance items is a good start, as is [making your own cleaning products](#). Learn more about certified products, safe ingredients, and more through the Environmental Protection Agency's [Safer Choice](#) program, which promotes reducing, eliminating and preventing pollution at its source by using safer ingredients in products.

# ASTHMA ACTION PLAN

For: \_\_\_\_\_ Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

Doctor's Phone Number: \_\_\_\_\_ Hospital/Emergency Department Phone Number: \_\_\_\_\_

DOING WELL		Daily Medications		
GREEN ZONE		Medicine	How much to take	When to take it
<ul style="list-style-type: none"> <li>No cough, wheeze, chest tightness, or shortness of breath during the day or night</li> <li>Can do usual activities</li> </ul>		_____	_____	_____
And, if a peak flow meter is used, Peak flow: more than _____ (80 percent or more of my best peak flow) My best peak flow is: _____		_____	_____	_____
Before exercise		<input type="checkbox"/> _____	<input type="checkbox"/> 2 or <input type="checkbox"/> 4 puffs	5 minutes before exer
ASTHMA IS GETTING WORSE		YELLOW ZONE		
<ul style="list-style-type: none"> <li>Cough, wheeze, chest tightness, or shortness of breath, or</li> <li>Waking at night due to asthma, or</li> <li>Can do some, but not all, usual activities</li> </ul> -Or-		1st Add: quick-relief medicine—and keep taking your GREEN ZONE medicine. _____ Number of puffs Can repeat every _____		
		2nd If y <input type="checkbox"/>		

**Time to spring towards your Asthma Action Plan!**

*Here are some resources to create your own asthma action plan!*

Click the links below to learn more.

**FOR ADULTS**  
[Educational asthma action plan video](#)  
[Digital flipbook](#)

**FOR KIDS**  
[Educational asthma action plan video](#)  
[Digital flipbook](#)

### Quality of Care Workgroup

With spring right around the corner now is the time to get ready for allergy season. Seasonal allergies can also affect your asthma too so be prepared:

- Have an asthma action plan on hand! These handy one page resources are available online and in print form and help you know how to stay ready for your asthma triggers and prevent asthma flares. When you're diagnosed with asthma, you and your healthcare team will draw up your written personal plan of treatment, called an Asthma Action Plan. An Asthma Action Plan should spell out:
  - o How to treat your asthma daily
  - o What to do when symptoms get worse
  - o What to do when you exercise or get sick



If you don't have one, make an appointment with your healthcare team to develop one as soon as possible. [Asthma Action plans](#) are available in English, Spanish, and Low Literacy versions!

### Asthma Education Workgroup

With spring around the corner, being an asthma educator is more important than ever. InJAC has compiled resources for all you need to becoming an asthma educator for your community.

Check out this [InJAC blogpost](#) to learn more about tons of asthma educational resources for healthcare professionals.

Make sure you register for the Asthma Education for the [Community Health Worker Online Training](#). This training is brought to you by the Indiana Joint Asthma Coalition (InJAC), Association of Asthma Educators (AAE), and Indiana Community Health Workers Association (INCHWA).

This five module online training includes:

- The Scope of Asthma
- Triggers and Environmental Control
- Medications
- Medication Delivery Services
- Assessment and Monitoring

[Register](#) to receive a workbook while supplies last!

*Looking to make an impact?  
Become an asthma educator to reduce the burden of asthma in Indiana.*

## InJAC Events

April 13 at 10:30am EST: ASPIN Health: Education Session on Medicaid and Marketplace health coverage  
-taking place during the April InJAC meeting, Zoom found [here](#).

June 14/15: InJAC is pleased to be a presenting an educational session at the [2023 Indiana School Health Network Conference!](#)

**THE INDIANA JOINT ASTHMA COALITION**  
-WILL BE HOSTING THE 2023-  
**ASTHMA SUMMIT**

**SAVE THE DATE!**  
MAY 4TH, 2023  
10 AM - 1 PM EST

Scan the QR code or use this link to register!  
<https://go.iu.edu/4IEF>

INDIANA CTSI  
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InJAC  
Joint Asthma Coalition  
Reducing the burden of asthma in Indiana

### Connect with Us!

Click on the image or scan the QR code with your phone's camera.

Click the flyer to register

Email Courtney Stewart at [cestewar@iu.edu](mailto:cestewar@iu.edu) for more information.



[Click here](#) to get connected and join the CHeP Network.