

ASTHMA CLINIC

Asthma Clinic is a multidisciplinary program with specialists in Pediatrics, Pulmonology, Allergy, Respiratory Therapy and Nursing, who collaborate to help patients with asthma.

Uncontrolled asthma patient is defined as those experiencing intensive care unit admissions and frequent hospitalizations or Emergency Department visits, despite receiving asthma medications.

The team performs a comprehensive evaluation with pulmonary function testing, including measurement of lung inflammation, and allergy testing to design an individualized asthma treatment plan.



The clinic focuses on:

- Confirming the asthma diagnosis
- Identifying co-existing problems that may be making the asthma worse
- Identifying asthma triggers and strategies to avoid these triggers
- Recognizing non-adherence and developing strategies to encourage adherence
- Helping patients and their families recognize early warning signs of asthma attacks

In addition, the clinic administers omalizumab injections, provides extensive asthma education, and reviews asthma medications using an Asthma Action Plan.

Patient assessment visits are used to evaluate the patient, characterize their asthma, assess their allergic sensitivities, and identify asthma and environmental risk factors. In which there will be baseline clinical assessment. It includes;

A physical examination:

An assessment of asthma symptoms, asthma-related healthcare utilization, and medication use using the Asthma Symptoms and

Utilization: Baseline questionnaire

An assessment of pulmonary function.

An assessment of airway inflammation (optional FeNo.)

An allergen sensitivity assessment covering a basic panel of the most common indoor environmental allergens.

Completion of the Child Asthma Risk Assessment Tool.

Baseline Clinical Assessment.

Asthma control test.

Asthma action plan.

Home Environmental Risk Evaluation - 6-Month Outcome Assessment - 12-Month Outcome Assessment

The information collected about the patient during the Baseline Clinical Assessment and Home Environmental Assessment is used to create the patient-tailored asthma counseling plan delivered during the Asthma Counseling sessions. Information collected at the 6-month and 12-month visits is used to track the process of each child that participates in the intervention.

Asthma counseling is the core component. The Asthma Counselor educates patients and their families on asthma and teaches them how to manage the disease via proper medication use, behavior change, allergen avoidance, and environmental allergen mitigation. Asthma counseling is patient-tailored with each counseling session personalized to the patient's allergic sensitivity, environmental exposures, disease knowledge, and current behaviors.

The Asthma Counselor uses the tools to learn about each patient's unique experience with asthma, asthma management, allergic sensitivity, and environmental exposures, and then provides a tailored counseling intervention.