




Community Asthma & COPD Experts

June 2, 2021 Meeting

1

Program Coordinators

Leandra



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Tonweber, PA-C,
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Asthma Coach

Sally



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Director of
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2

It's good to "get together!"

- Volunteer Demographics
- Program Update
- Stock Albuterol in Schools
 - Toolkit Development
- Asthma, COPD and COVID
 - The Long Haul Effects
- Round Table
 - What's on YOUR mind?
- Wrap Up




3



Volunteer Demographics

Who are our CACEs?

4

Volunteers

- 100 volunteers

Physician	18
Nurse or School Nurse	29
Respiratory Therapist	21
Pharmacist	1
Paramedic	1
Tobacco Treatment Specialist	2
Professor	1
Health Educator	2
Patient	4



5



Volunteers

- We would like to recruit volunteers from every state
- Can you help?

6



Volunteers

- Recruitment is ongoing!
- Your volunteer work can be a part of what you do for your job or existing volunteer work
- Be creative
- Enjoy it!

7



Program Update
Where are we at now?

8

CACE Program



Project Scope

- To develop a network of health professionals and volunteers to raise awareness of COPD and asthma care as well as provide education for patients at a variety of health literacy levels

Project Focus

- To educate patients about the value of guidelines-based asthma care and the unique needs of patients with COPD that overlaps with asthma.
- To fully implement albuterol along with epinephrine as stock emergency medications in the school setting




9



Website

- Our CACE website includes guidelines-based resources for providing asthma & COPD education and support. We have developed a PowerPoint presentation to cover asthma & COPD topics (medically reviewed) and provided that to volunteers to use in their work as CACE volunteers.

10

Resources

- Understanding Asthma (English & Spanish)
- Respiratory Treatments poster (updated 2021)
- Respiratory Tools poster
- Brochure for download: Asthma: Working Together with your Healthcare Team
- One Page for download: Getting the Most out of your Healthcare Visits

Infographics:

- Asthma Statistics Overview
- COPD Statistics Overview
- How to Avoid the September Asthma Peak
- Asthma Care at School Post COVID-19 Outbreak
- Asthma: Take Action, Take Control



11



Monthly eNewsletter

- Program News
- Volunteer Profile
- Educational Opportunities
- Asthma Educator Opportunity



12



Asthma Educator Certification

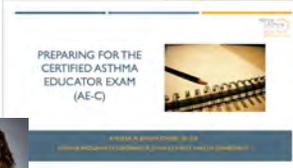
- Allergy & Asthma Network has developed a set of webinars to provide a review of asthma with Allergy & Asthma Network Board Member, Dr. Michael Bowman:
 - Building Your Mastery & Confidence in Caring for Asthma*
 - Recognizing & Addressing Disparities in Asthma*
- The Network has also collaborated with the National Asthma Educator Certification Board (NAECB) to offer the AE-C exam at a discounted price with opportunities for a full scholarship 4 times this year.



13

Asthma Educator Test Prep

- Recorded webinar
 - Andrea Jensen, AE-C*
- Valuable review
- Tips
- Test Information






14

Some Volunteer Goals



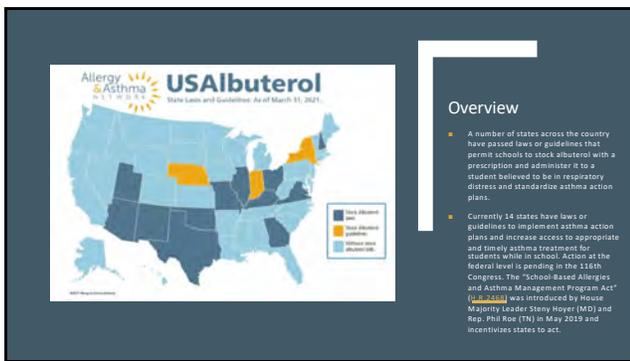
- Offer Zoom Asthma Education to school nurses & school families
- Offer primary care offices Zoom Asthma Education for their staff
- Asthma & COPD Education Social Media Campaign
- Online continuing education platform for RT's on Guidelines for Asthma Management Across All Age Groups
- Use of stock albuterol inhalers in schools
- Develop a program where Respiratory Therapists will evaluate and educate patients admitted to hospital with DX COPD or Asthma on inhaler use to prepare for discharge home
- Asthma education for students with and without Asthma Action Plans



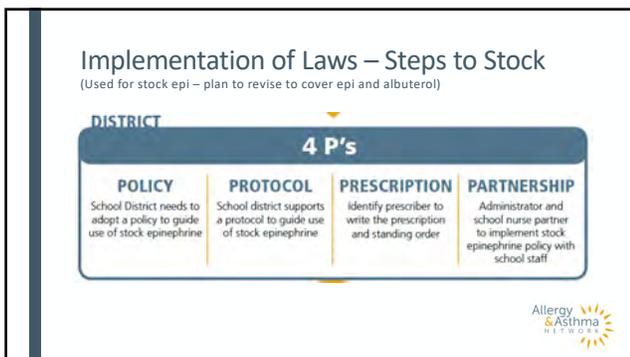
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16



17



18

SCHOOL

Staff education and training	Emergency preparedness – 911 access	Medication procurement, storage and management – availability, tracking and reporting
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IMPLEMENTATION OF LAWS – STEPS TO STOCK
(USED FOR STOCK EPI – PLAN TO REVISE TO COVER EPI AND ALBUTEROL)

19

What Can You Do?

-  Advocate for a state law if you don't have one
-  Work to implement the law in local school district(s) if it's not in place
-  Assist Allergy & Asthma Network in completing an online Stock Emergency Medications Implementation Toolkit
-  Educate local school staff in recognizing Asthma symptoms and knowing how to react in an emergency

Allergy & Asthma NETWORK

20

Allergy & Asthma NETWORK

Asthma, COPD and COVID

Looking at the Long Haul

21

“Long-haulers”

Name given to patients that have in theory recovered from the worst impacts of COVID-19 and have tested negative – yet –

THEY STILL HAVE SYMPTOMS

There seems to be no consistent reason for this to happen



22

“Long-haulers”

- 10% of COVID-19 patients become “Long-haulers”
- Can affect anyone
 - Young
 - Old
 - Otherwise healthy people
 - Those with other conditions
 - Those that were hospitalized
 - Patients with very mild symptoms

10%



23

Why does it matter to talk about the “Long-Haul” for some COVID-19 patients?

“Long-haulers” have not been taken seriously enough

Urgent need for dedicated research

People can’t work or function as they normally have



24

Long-term Health Consequences of COVID-19

We have seen the acute phase

Long-term consequences remain largely unclear – 6 months later 75% still experience at least one symptom

Full spectrum of post-COVID-19 characteristics are unknown

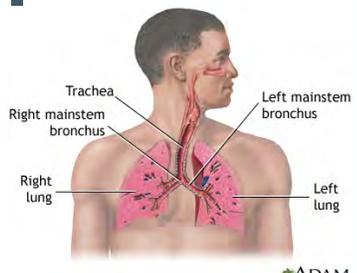
Some of the picture is emerging – one study – 50% unable to work full-time, 88% cognitive issues/memory loss



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25

Persisting Symptoms



- Coughing
- Ongoing, sometimes debilitating, fatigue
- Body aches
- Joint pain
- Shortness of breath
- Loss of taste and smell – even if this didn't occur during the height of illness
- Difficulty sleeping
- Headaches
- Brain fog

ADAM. Alle & Asthma NETWORK

26

Most Confusing Symptom

- Brain fog - most confusing symptom for long haulers. Report being unusually forgetful, confused or unable to concentrate even enough to watch TV.
- Can happen to people who were in an intensive care unit for a while, but it's relatively rare. However, it is happening to a variety of patients, including those who weren't hospitalized.
- Some people have reported feeling better for days or even weeks then relapsing. For others, it's a case of just not feeling like themselves.



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27

Theories

One common theory about patients with long-term COVID-19 symptoms is that the virus possibly remains in their bodies in some small form.

Another theory is their immune system continues to overreact even though the infection has passed.



28

Post COVID Lungs

- Seeing dense scarring in the lungs of most post-COVID patients
- Worse than "smoker's lungs"
 - Seeing lung collapse
 - Clots forming
 - Shortness of breath lingers
- In symptomatic (close to 100% of the time) and asymptomatic patients (70 - 80% of the time)



29



X-rays of a normal lung, a smoker's lung and a COVID patient's lung.
DR. BRITANY BARKHEAD-KENDALL VIA CBS DALLAS

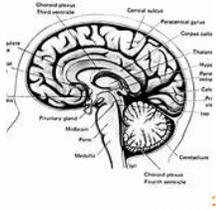
- Lasting changes remain following COVID-19



30

COVID-19 & the Brain

- Patients experiencing wide range of symptoms from effects on the brain:
 - Confusion
 - Loss of smell or taste
 - Life-threatening strokes
- Patients in their 30s & 40s:
 - Possible life-threatening neurological changes due to strokes
 - Hyperactive blood-clotting?
- No definitive known reason - yet



31

Questions that Remain

“Why one person and not the other?”

“Why do some seniors die with COVID-19 and others survive?”

“Why do some young people have severe issues – need a lung transplant and others seem to recover fully?”



32

Permanent Damage?

The answers are not clear.

We need more time. We need to follow patients over time.

We need longitudinal research.



33



Round Table

Write thoughts in the Question box on your GoToWebinar Control Panel

34



Wrap Up

A few last things

35



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36
