

the Consortium

QUARTERLY



St. Louis Regional **Asthma Consortium**

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greetings friends:



My first month as executive director of the St. Louis Regional Asthma Consortium has been marked with ever-increasing awe of the work and accomplishments of this consortium through its members. For more than twenty years I have had the privilege of working with many respected professional and membership associations, but none that have impressed me more than SLRAC. It is an honor to join this vital effort to bring people with asthma together with the information and resources they need.

Through programs now in place through SLRAC significant advances in improving asthma management have already been realized, particularly in areas that need it the most. Many of these programs were made possible through a generous grant from the Centers for Disease Control and Prevention titled Controlling Asthma in St. Louis (CASL). With CASL reaching its mid-point, we need to focus on ensuring its many successful programs exist beyond the financial support of the CDC. Building on the knowledge gained through the CASL project and the many other consortium activities—sponsored in part through donations from member companies—SLRAC is ready to broaden its scope and expand its reach into the Greater-St. Louis community.

Like other not-for-profit organizations, development is fundamental to the St. Louis Regional Asthma Consortium's success and sustainability. Not just financial development, but member development, as well. In the months ahead, SLRAC will be looking at ways to reach out to its members and to reach new members. We will be looking at where we are in fulfilling our mission, reviewing our short-term and long-term goals, developing strategies to meet them, and, of course, seeking ways to work together as a consortium to more effectively reach the community we serve.

The strength of this organization is its ability to bring the community together in a consolidated effort. Working with providers of services and resources and functioning as a conduit for disseminating help and information to the community, SLRAC really can make a difference in the lives of everyone affected by asthma. Together we can close the gap.

Susie Schau
Executive Director

BREATHE YOUR BEST FOR SCHOOL SUCCESS

The first year of the Breathe Your Best for School Success campaign has come to an end! The campaign's goal was to help families to prepare for asthma management at school. During the summer students were encouraged to see a primary care physician or health care provider, visit a local pharmacy, and finally ensure the child visits the school nurse. Once the students returned to school those turning in a "passport" and accompanying materials were given a back-to-school prize pack by the school nurse. In addition, all students returning a completed passport had their names entered into a grand prize drawing.

On Monday, October 3, one lucky student won 10 tickets to a St. Louis Rams football game. In total, thirty-two students turned in passports. Though the Breathe Your Best program was meant to be fun for the students, organizers say they hope the children and their parents took away something more meaningful from the experience!

The campaign is a joint effort from the faculty and staff from the St. Louis School of Public Health, Washington University, the St. Louis College of Pharmacy, and the St. Louis Regional Asthma Consortium. Breathe Your Best was funded through the Controlling Asthma in St. Louis (CASL) grant from the Centers for Disease Control and Prevention (CDC).

**GOT ASTHMA?
GET ANSWERS!**

**CALL
1-888-55ASTHMA**



St. Louis Regional Asthma Consortium

There is an exciting tool available to members of our community living with asthma. The Consortium has teamed with the American Lung Association of Missouri to offer a toll-free phone number available for people to call with questions or concerns about respiratory health. The Lung HelpLine, sponsored by the American Lung Association, is available at **1 888 55 ASTHMA**.

The Lung HelpLine is staffed by registered nurses and registered respiratory therapists that give patients immediate, clear, and accurate answers to their questions. The Lung HelpLine may be called between 7:00 AM to 7:00 PM, Monday through Friday, and can help with any questions regarding asthma and other lung diseases.

The St. Louis Regional Asthma Consortium's Best Practices Committee has been working closely with the American Lung Association of Missouri and the Lung HelpLine to increase hotline usage among asthma patients. Part of the committee's efforts included a mailer sent to callers in select zip codes. This mailer included an asthma action plan, tips to help identify well-controlled asthma, common "triggers" list, and asthma education or support available locally for patients. A list of both physicians and Asthma Friendly Pharmacies within the area was provided along with non-asthma related resources such as contact information for food, clothing, or shelter.

Asthma education is a key component to any asthma management plan. The St. Louis Regional Asthma Consortium and the American Lung Association of Missouri have joined forces to help give people the means to find the answers they seek.

Want to have a say in your Consortium?

Join the committee of your choice by email at Ireinhart@asthma-stlouis.org or go to the website for more information at www.asthma-stlouis.org.



St. Louis Regional Asthma Consortium

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Volunteers Make Asthma Screening Event a HUGE Success

On August 20, 2005 the St.Louis Regional Asthma Consortium Advocacy committee participated in St. Jane Center's Good Apple Back to School Health Fair. The Advocacy committee offered free asthma screenings and provided reading materials on asthma and allergies. The screenings were part of a national effort sponsored by the American College of Allergy, Asthma, and Immunology (ACAAI). Generous donations from AstraZeneca and GlaxoSmithKline pharmaceutical companies made the event possible.



Health fair participants were encouraged to receive a screening if they suffered from coughing, wheezing, or trouble breathing. Respiratory therapists assessed personal peak flows of the participants who were then encouraged to have a physician consultation based on the results of the peak flow readings. In addition, an asthma educator was on hand to answer any additional questions for the participants. The event had seventeen volunteers, including five SLU allergists and allergy fellows, who staffed the physician portion of the screening.

Seventy-eight fair visitors participated in the screening and thirty-three individuals were advised to follow up with a physician based on the outcome of self-reported symptoms and peak flow test results.

The St. Jane Good Apple Back to School Health Fair had over 400 participants. Those participants who completed a "passport" by attending each booth were eligible to receive a book bag full of school supplies. Area businesses and individuals donated all of the book bags and school supplies. This year was the first for the St. Louis Regional Asthma Consortium to participate in the St. Jane Good Apple Back to School Health Fair.

Thank you to our wonderful volunteers for making the asthma screening event a success!

Sponsored by:



GlaxoSmithKline



AstraZeneca



St. Louis University allergists and allergy fellows staffed the physician portion of the screening.

thank you volunteers

Asthma Consortium honored for being a Good Neighbor

St. Jane and Father Tolton Catholic Family Services have honored the St. Louis Regional Asthma Consortium with a Good Neighbor Award for 2005. This award was given to the Asthma Consortium in recognition of its support for St. Jane Center's community outreach asthma program and for providing asthma screenings at St. Jane's Good Apple Back to School Fair. The Asthma Consortium is most grateful for this honor and looks forward to an on-going partnership with St. Jane Center.



Consortium representatives receive the Good Neighbor Award from Monica Anderson, director of the Father Tolton Center and Rich Young, director of the St. Jane Center.

Our Mission

The Consortium's mission is to close the gap that exists between people affected by asthma and the knowledge and services that will help them.

Our Vision

To bring together the wealth of talent and resources in the St. Louis metropolitan area to improve the health and quality of life of people living with asthma.

Officers

Elections have taken place and the new Chairs and Vice Chairs have been appointed to the committees. They are as follows:

Best Practices

Chair Sue Bollmeier bollmeier@stlcop.edu
Vice Chair Officer to be announced

Gathering of Asthma Information

Chair Rick Kurz kurzrs@slu.edu
Vice Chair Theresa Prosser tprosser@stlcop.edu

Barriers and Resources

Chair Viviane McKay VMcKay@stlouisco.com
Vice Chair David Sterling sterling@slu.edu

Asthma Advocacy

Chair Brad Becker beckerba@slu.edu
Vice Chair Donna Jewell

Community Advisory Committee

Officers to be announced

Check out our web site at www.asthma-stlouis.org for a complete listing of events and consortium related meetings.