

# Pediatric Asthma Guideline Checklist

Health Delivery System-  
Level 1



## The current state of the issue

Asthma is the most common chronic disease among children, with many potential risk factors including smoking, obesity, family history, and environmental triggers, and adverse childhood experiences.<sup>1,2</sup> In Washington state nearly 120,000 children have been diagnosed with asthma, accounting for between 8 to 11 percent of children in middle and high school.<sup>3</sup> Over one year in Washington state, 28% of youth with asthma lacked routine healthcare visits, and one in five youth with asthma visited an emergency room to manage asthma symptoms.<sup>4</sup> Poor control of pediatric asthma can lead to chronic absenteeism and affect the academic success of children. Frequently, the burden of asthma in the United States falls disproportionately on Black, Hispanic, and American Indian/Alaskan Native people.<sup>5</sup> Asthma is a long-term disease that cannot be cured but can be effectively managed through guidelines-based treatment and mitigation plans.

### Clinical Setting

- ☐ Ensure asthma management policies and procedures follow the most recent NHLBI guidelines.
- ☐ Promote the use of spirometry in primary care clinics and train clinicians in how to use spirometry as an evidence-based tool for diagnosing and managing asthma.
- ☐ Promote education and distribution of spacers for all patients with meter-dose inhalers. Patients may need more than one spacer to keep at multiple sites like home and school.
- ☐ Encourage multiple follow-ups for medication teaching until family understand medication plan.
- ☐ Develop metrics for asthma control quality.
  - ☐ Measure rates of annual flu shot administration among children with asthma.

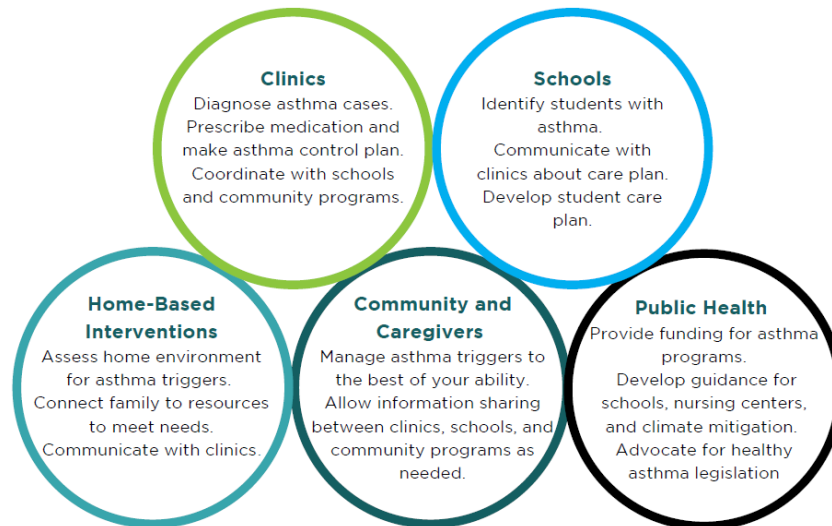
### Home Environment

- ☐ Pediatric patients admitted to the hospital for poorly controlled asthma should be referred for a home-based assessment and intervention where available.
  - ☐ See recommendations for public health agencies for more information about effective home-based interventions for asthma management.
- ☐ Encourage patients and family to use dust mite prevention covers for mattresses and pillows.

## Climate and Environment

- ☐ Enforce smoke-free policies
- ☐ Discuss air pollution mitigation when educating patients and family members about asthma management.

### Model for communication across health care stakeholders



## Resources

- The Bree Report on Pediatric Asthma is meant to supplement these resources.
- Full Bree Report on Pediatric Asthma: <https://www.qualityhealth.org/bree/wp-content/uploads/sites/8/2023/01/Bree-Pediatric-Asthma-Report-Final.pdf>
- National Asthma Education and Prevention Program: <https://www.nhlbi.nih.gov/science/national-asthma-education-and-prevention-program-coordinating-committee-naeppcc>
- CDC's Community Preventative Service Task Force-Asthma Control: <https://www.thecommunityguide.org/media/pdf/Asthma-Home-Based-Children.pdf>
- Washington State's Asthma Management in Educational Settings Guide: <https://ospi.k12.wa.us/sites/default/files/public/healthservices/pubdocs/asthmamannual.pdf>
- Asthma and Allergy Foundation of America: <https://aafa.org/asthma-allergy-research/our-research/climate-health/>

**Read the full Bree Report on Pediatric Asthma online by scanning the QR code:**



**Connect with the Bree Collaborative at [bree@qualityhealth.org](mailto:bree@qualityhealth.org)**

References: 1. Ferrante, G., & Grutta, S. 2018. The Burden of Pediatric Asthma. *Frontiers of Pediatrics*. <https://doi.org/10.3389/fped.2018.00186>. WA 2. Department of Health. (2010). Children and Youth with Asthma: Washington State 2009-2010. <https://www.doh.wa.gov/Portals/1/Documents/Pubs/345-305-ChildAsthmaFactSheet.pdf>. 3. WA Department of Health. (2022). Asthma Data <https://www.doh.wa.gov/dataandstatisticalreports/diseasesandchronicconditions/asthma>. 4. Washington State Department of Health. 2013. The Burden of Asthma in Washington State. Accessed August 2022. Available: <https://doh.wa.gov/sites/default/files/legacy/Documents/Pubs/345-240-AsthmaBurdenRept13.pdf>. 5.5 Asthma and Allergy Foundation of America. 2020. Asthma Disparities in America: A Roadmap to Reducing Burden on Racial and Ethnic Minorities. Aafa.org. Accessed June 2022. Available: <https://www.aafa.org/media/2743/asthma-disparities-in-america-burden-on-racial-ethnic-minorities.pdf>