



Helping children  
and families in  
Northeast Florida

# Breathe Easier



**Easy Breathing<sup>®</sup>** AN ASTHMA MANAGEMENT  
PROGRAM FOR PEDIATRICIANS & PRIMARY CARE PRACTITIONERS

## Easy Breathing® Program

It is estimated that more than 60,000 people live with asthma in the greater Jacksonville area—many of them are children whose families are unaware they have the disease.

To help improve recognition of asthma and create a standardized approach to keep asthma under control, the **Community Asthma Partnership at Wolfson** offers **Easy Breathing®**—an asthma management program specifically designed for pediatricians and primary care practitioners.

### What is Easy Breathing®?

An evidence-based asthma management program that includes training and tools to improve recognition of asthma among children, as well as classification of asthma severity. **Easy Breathing®** adheres to the National Asthma Education and Prevention Program Guidelines of 2007.

The **Easy Breathing®** tools are designed to:

- Improve recognition of asthma and classification of severity
- Assist clinicians in developing a systematic, standardized approach to asthma management in their practice
- Decrease the need for medical services and reduce health care costs for children with asthma
- Improve the health of children with asthma

**Community Asthma Partnership at Wolfson** provides an on-site Easy Breathing® coordinator to work with your team ensuring you have the tools and information necessary to successfully implement the Easy Breathing® program in your practice.



**Asthma is the  
number-one reason  
children miss school,  
and the leading  
cause of  
hospitalization  
among children in  
Northeast Florida.**

## What tools are available through Easy Breathing® ?

- Easy Breathing Survey (EBS)
- Provider Assessment
  - > Determine asthma severity for children with newly diagnosed asthma
  - > Determine adequacy of control for children with previously diagnosed asthma
  - > Alternatively, the Asthma Control Test (ACT) can be used with children four years of age and up to assess asthma control
- Treatment Selection Guide (Buffet)
  - > Treatment selections based upon asthma severity
- Asthma Treatment Plan
  - > Daily, Sick and Emergency Plan
- Asthma Follow-Up Label or an Asthma Control Test

## How effective is the Easy Breathing® Program?

**Easy Breathing®** was developed and introduced by Michelle M. Cloutier, MD, in Connecticut in 1998. The pilot study's success prompted statewide expansion of the program by 2007. **Easy Breathing®** has clearly demonstrated that primary care clinicians and pediatricians can use these guidelines and, when used, they are effective.

### Results in Connecticut:

- More than 70,000 children in Connecticut have been enrolled in **Easy Breathing®**
- More than 20,000 children with physician-confirmed asthma have been identified
- Adherence to the national asthma guidelines for inhaled corticosteroid (ICS) use is 93 percent with 94 percent of children having a written asthma treatment plan



- Increased ICS therapy three-fold; decreased oral steroid use three-fold
- Decreased hospital days for asthma by 31 percent
- Decreased emergency department visits for asthma by 29 percent
- Decreased urgent care outpatient visits for asthma by 35 percent
- Reduced clinician and staff time\* by 50 percent (\*dedicated to asthma management/education)

## Who is behind Easy Breathing® in Northeast Florida?

The **Community Asthma Partnership at Wolfson** is a cooperative effort among hospitals, the Duval County Health Department, and pediatric and adult pulmonologists and allergists across the region. Our goals include improving asthma awareness, education and quality of care, and increasing access to asthma care, regardless of insurance status.

## Community Asthma Partnership at Wolfson Children's Hospital

Established in 1992 as a grassroots coalition of volunteers from the private and public sectors, the program is now located on the campus of Wolfson Children's Hospital.

### Services we provide:

- Asthma education in schools, child care centers and the community
- In-home asthma education for children and families with difficult-to-control asthma

For more information about  
**Easy Breathing<sup>®</sup>** and the Community  
Asthma Partnership call **202.5132.**



[wolfsonchildrens.com/asthma](http://wolfsonchildrens.com/asthma)

