

# Child Health Notes

Promoting early identification and partnerships between families, primary health care providers & the community.

Distributed by the Lewis County Interagency Coordinating Council (ICC) and Parent to Parent.  
Contributors: UW Center on Human Development and Disability and Washington State Department of Health



## ASTHMA IN EARLY CHILDHOOD

Asthma is a chronic disorder in which airflow to the lungs is impeded by inflammation, increased secretions, and constriction. Asthma is the most common chronic condition of childhood. The incidence of asthma is increasing in the United States and industrialized countries worldwide. With it, the impact on families and the associated costs of medical care is also increasing.

Identification of asthma in infants and small children can be difficult. While wheezing is the hallmark of asthma in adults, recurrent cough may be the only observable symptom as asthma in a young child. Wheezing may be symptomatic of other pediatric conditions, such as:

- ⇒ Foreign bodies
- ⇒ Developmental malformations
- ⇒ Respiratory infections
- ⇒ Cystic fibrosis
- ⇒ Gastroesophageal reflux
- ⇒ Congenital heart disease



Early recognition and successful management of childhood asthma depends on a strong alliance between families and health care providers.



Office: (360) 736-9558

Cell: (360) 269-4828

email:

[anaillon@reliableenterprises.org](mailto:anaillon@reliableenterprises.org)

## PRIMARY CARE OF CHILDHOOD ASTHMA INCLUDES:

### Prevention measures:

Reduce exposures to environmental allergens, second-hand smoke, and other airway irritants.

### Management strategies:

Provide a stepped approach to use of medications with emphasis on a combination of long term control medications and quick relief medications

Increase attention to identifying specific allergens and work to reduce exposure to those allergens.

### Provider-patient partnership:

Emphasize child/family education and self-management.

## INTERNET RESOURCES FOR ASTHMA GUIDELINES AND PATIENT HANDOUTS:

- Allergy and Asthma Disease Management Center [www.aaaai.org/aadmc/default.htm](http://www.aaaai.org/aadmc/default.htm)
- American Academy of Allergy, Asthma and Immunology [www.aaaai.org](http://www.aaaai.org)
- American Lung Association [www.lungusa.org](http://www.lungusa.org)
- Asthma and Allergy Foundation of America [www.aafa.org](http://www.aafa.org)
- Global Initiative for Asthma (GINA) [www.ginasthma.com](http://www.ginasthma.com)
- Allergy and Asthma Network/Mothers of Asthmatics, Inc. [www.aanma.org](http://www.aanma.org)
- WA State Medical Home Website – Asthma page [www.medicalhome.org/diagnoses/asthma.cfm](http://www.medicalhome.org/diagnoses/asthma.cfm)

## SPECIAL NEEDS INFORMATION AND RESOURCES:

<b>Regional:</b>	Children's Hospital and Regional Medical Center Health Professional Hotline Parent Resource Line	(800) 293-2462 (866) 987-2500
	WithinReach (formerly Healthy Mothers, Healthy Babies) (for a listing of your county's Lead FRC's)	1-800-322-2588, 1-800-833-6388 TTD <a href="http://www.withinreachwa.org">www.withinreachwa.org</a>
	Infant Toddler Early Intervention Program	<a href="http://www1.dshs.wa.gov/iteip">http://www1.dshs.wa.gov/iteip</a>
	Parent to Parent Support Programs of Washington	(800) 821-5927
	Washington State Fathers Network	(425) 747-4004 ext. 4286 <a href="http://www.fathersnetwork.org">www.fathersnetwork.org</a>
	Washington State Medical Home Website	<a href="http://www.medicalhome.org">www.medicalhome.org</a>
<b>National/ Internet:</b>	American Academy of Pediatrics	<a href="http://www.aap.org">www.aap.org</a>
	AAP Developmental and Behavioral Pediatrics	<a href="http://www.dbpeds.org">www.dbpeds.org</a>
	American Academy of Family Physicians	<a href="http://www.aafp.org">www.aafp.org</a>
	Family Village (Extensive family resources for CSHCN)	<a href="http://www.familyvillage.wisc.edu">www.familyvillage.wisc.edu</a>
	Family Voices (Links to national and state family support networks)	<a href="http://www.familyvoices.org">www.familyvoices.org</a>

## LOCAL RESOURCES FOR DEVELOPMENTAL SCREENING AND ASSESSMENT:

<b>For children under age three:</b> In any Lewis County School District In Centralia or Chehalis School District only	<b>Contact:</b> In-tot Developmental Center 748-4359 or 1-888-548-4359 Growing Together 748-2277 or Student Support 807-7245
<b>For children age three and older:</b> Within Centralia Chehalis School Districts Outside Centralia Chehalis School Districts	<b>Contact:</b> Local school district Lewis County Special Education Coop 748-3384 or local elementary school

## FURTHER READING:

- Chronic Asthma Therapy. Kwong KYC, Jones CA. Pediatrics in Review. 1999; 20:327-334.
- New Strategies in the Medical Management of Asthma. Gross KM et al. Amer Fam Phys. 1998; 8(1):89-100.
- Providing Asthma Education in Primary Care Practice. Stoloff SW et al. Amer Fam Phys. 1997; 6(1): 117-125.

**Disclosure:** We release, absolve, indemnify and hold harmless the Centralia School District and the City of Centralia which does not sponsor this information and assumes no responsibility for it. In consideration of the privilege to distribute materials, the Centralia School District and the City of Centralia shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of distribution of these materials, including costs, attorney's fees and judgments or awards.