

# Breathe easy

at home program

# Yearly Review!

## Special points of interest:

- 2010 Referral Numbers & Statistics
- 2010 Accomplishments & Highlights
- List of Clinics & Hospitals Registered with BEAH
- Smoking Cessation Resources
- BEAH Referrals for patients outside of Boston

## BEAH Registrants

### Boston Medical Center

- Pediatrics
- Ambulatory Services
- Family Medicine Department

### Boston Public Health Commission

- Healthy Homes Program
- Healthy Baby/Healthy Child Program

### Children's Hospital Boston

- Primary Care

### Dorchester House

- Pediatrics

### Massachusetts General Hospital

- Partners Asthma Center
- Social Service Dept.
- Allergy Associates
- Institute of Health Professionals

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## Breathe Easy at Home 2010 Accomplishments & Highlights

Breathe Easy at Home case referrals seem to have leveled off in 2010, with 171 referrals. Referral numbers in 2009 reached 182, after 176 referrals in 2008.

Breathe Easy can now focus efforts on increasing the number of referrals that result in successful initial and completed case inspections. Breathe Easy can also assess referrals by clinical site to monitor how many of the referrals are completed in each site. Finally, with the Boston Housing Authority, Breathe Easy will attempt to analyze BHA data. We will monitor patterns in the violations and the success of case resolution within units owned by the Boston Housing Authority.

This year, Breathe Easy cases were concentrated in the four zip codes of Dorchester (40%) and three Roxbury zip codes (26%).

East Boston and South Boston each with one zip code received 6% of cases while the South End and Hyde Park received 5%.

In 2010, Breathe Easy at Home had many notable accomplishments. One of the program's biggest highlights includes the strengthening of a partnership between the Boston Public Health Commission's asthma education program, Healthy Homes and Breathe Easy at Home. The two programs complement each other and are now presented together for health facilities. For more information about the Healthy Homes program, please see page 2.

Breathe Easy also restructured the role of its Steering Committee, incorporating members from the Boston Urban Asthma Coalition, Health

Resources in Action, the Boston Renaissance Charter Public School and the Boston Housing Authority.

The program was happy to serve as a model for communities in Rhode Island and Oregon. New information sheets about the dangers of pesticides, how to identify mold as well as bedbugs were also added to the website.

Lastly, Breathe Easy was given a new opportunity to present our goals and methods to the Leadership Team and Parent Board of the Boston Renaissance Charter Public School.

Breathe Easy at Home is very proud and looks forward to many more successes in 2011!



## Home Heating Tips & Flu Shot information

Winter is here. That means it is flu shot season and it is heating season. While your patients with asthma are in receiving their flu shots, how about:

1. Asking about housing conditions and making a BEAH referral, if needed.
2. Assessing the level of asthma control (Missing sleep due to asthma, not participating in regular daily activities, missing school or work due to asthma or using a reliever medicine frequently may be signs of poor

asthma control).

3. Updating the Asthma Action Plan and for children, faxing a copy to school.

This winter, heating fuel is expected to be extremely expensive. Using the kitchen stove for heat is very dangerous and can exacerbate asthma. Space heaters can also be a fire risk. There are some resources for patients who have problems paying for heating fuel. Check out this City of Boston website ([http://](http://www.cityofboston.gov/environmentalandenergy/winterheatingfaq.asp)

[www.cityofboston.gov/environmentalandenergy/winterheatingfaq.asp](http://www.cityofboston.gov/environmentalandenergy/winterheatingfaq.asp)) for a list of resources or call (617) 635-4500.

For information on Boston flu vaccination clinics, go to the Boston Public Health Commission website: <http://www.bphc.org/programs/infectiousdisease/infectiousdiseasesatoz/influenza/flu vaccinefinder/>



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Joseph M. Smith Community Health Center  
 Harvard St, Neighborhood Health Center  
 East Boston Neighborhood Health Center  
 Southern Jamaica Plain Health Center  
 Boston Asthma Initiative/  
 Codman Square Health Center  
 Whittier Street Health Center  
 Health Care Associates, Beth Israel-Deaconess Hospital  
 Neighborhood Health Plan  
 MGH Boston Renaissance Charter Public School  
 Faulkner Hospital  
 Thom Boston Metro Early Intervention  
 Dimock Preschool  
 Brigham and Women's Hospital  
 Harvard Vanguard Medical Associates-Braintree  
 Neponset Health Center  
 Martha Eliot Health Center  
 Greater Roslindale Medical & Dental Center  
 Boston Inspectional Services  
 Geiger Gibson Community Health Center  
 Bowdoin Street Health Center  
 Uphams Corner Health Center  
 South Boston Community Health  
 Roxbury Comprehensive Community Health Center  
 Tufts Medical Center  
 Brookside Community Health Center  
 South End Community Health Center  
**If you'd like to register your clinic, do so on the BEAH website.**

**If you don't know your clinic's username and password, contact the BEAH Coordinator.**

## Sign Your Clinic Up for BEAH Presentations!

The Boston Public Health Commission and Boston Inspectional Services work together to ensure that all Boston residents live in a healthy home. Breathe Easy at Home has a complementary relationship with the BPHC's Healthy Homes Program. To help educate residents about the environmental conditions in the home that can have a direct impact on asthma and disease management of asthma, Healthy Homes staff provide free and comprehensive home visits.

The visits consist of a visual inspection to identify asthma triggers, health education, cleaning and pest management supplies and referrals for additional help such as smoking cessation. Healthy Homes complements BEAH. The educational component can inform the inspectional components of Breathe Easy and vice versa. Breathe Easy inspectors bring Healthy Homes materials, so residents may self-refer. Similarly, Healthy Homes staff

make referrals to Breathe Easy if they see conditions that warrant an inspection. Health care providers may make referrals to Healthy Homes with or without a Breathe Easy referral. These programs are available for presentations for clinic and facility staff. To schedule one, please call the Breathe Easy at Home Coordinator at 617-534-2485.

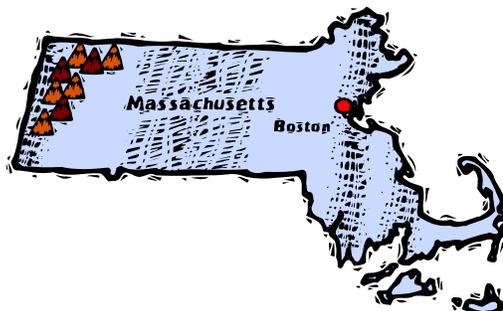
## Smoking Cessation

The Boston Public Health Commission is for the first time offering Boston residents free nicotine replacement patches to help quit smoking. Residents who are 18 and older, can call 1-800-QUIT-NOW to receive the free nicotine patch and quit smoking for good. Not only does quitting smoking add years to your life but it will also save you a significant

amount of money. The average smoker spends \$3,000 a year on cigarettes. While quitting smoking is never easy, using nicotine replacement therapy such as the patch can significantly increase one's chances of success. So call 1-800-QUIT-NOW today. Medical restrictions may apply.



## Do Your Patients Live Outside of Boston?



The Breathe Easy at Home program is limited to residents of Boston. Boston neighborhoods include **Dorchester, Roxbury,**

**Mattapan, Jamaica Plain, Roslindale, West Roxbury, Hyde Park, Allston/Brighton, South Boston, the South End/Fenway/Back Bay, the North End, East Boston and Charlestown.** Boston's

Inspectional Services Department for Housing uses the Massachusetts State Sanitary Code when working with landlords to eliminate in-home asthma triggers. All communities within Massachusetts also use this State Code. For patients with asthma living outside of Boston, please contact the city directly for information about housing inspections and public health services.