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NATIONAL
ASTHMA EDUCATOR
CERTIFICATION BOARD

AE-C

December 2018

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Welcome New and Returning Board Members for 2019-2021!

Rebi Connors, MPH, AE-C, CHES

Rebi Connors' experience with community health began as a Peace Corps Volunteer in El Salvador where she worked with community leaders to implement infrastructure and health projects. During her time in El Salvador, she also taught health education at the village school and facilitated evening health workshops for community members. Her work in El Salvador provided the impetus for her decision to pursue a Masters of Health at Columbia University's Mailman School of Public Health. She was interested learning more about how to deliver effective interventions to improve the health of underserved communities.

For the past six and half years, Rebi has been on the leadership team at AIRnyc, a community-based organization that provides home-based care coordination services to vulnerable communities in New York City. Rebi supervises a team of Community Health Workers (CHWs) to deliver evidence-based asthma education and care coordination to adults with asthma and to caregivers of children with asthma in order to decrease preventable emergency department visits and hospitalizations. Rebi collaborates with leaders at hospitals and clinics, managed care organizations, and other community-based organizations to ensure families are connected to clinical and community resources.

She delivered training on trigger mitigation for an AE-C preparation course led by the American Lung Association and developed a four-hour asthma self-management course for clinical care managers, delivering six sessions. She regularly presents on asthma self-management to community members, aiming to increase their asthma knowledge and decrease asthma's impact on their day-to-day lives. She aims to become a Masters Certified Health Education Specialist (MCHES) and a Certified Diabetes Educator (CDE).

As a member of the NAECB Board of Directors, Rebi aims to bring the community-based organization perspective to the Board. She is excited for the opportunity to represent the growing number of CHW-led initiatives that have proven effective in improving health outcomes for people with asthma. She is excited for the opportunity to serve on the Board.

Rebi also holds a bachelor's degree from Occidental College. In her spare time, Rebi enjoys pottery, running, and getting out of the city to go camping or snowboard.

Leila Gessner, BA, AE-C

Leila Gessner, AE-C, is an asthma educator and the Senior Process Improvement Specialist in the award winning IMPACT DC (Improving Pediatric Asthma Care in the District of Columbia) Asthma Clinic, based at Children's National Health System in Washington, DC. She engages with families throughout the lifecycle of their appointment through coordinating their visit to counseling the families, to reinforcing good asthma management.

Ms. Gessner recently transitioned the IMPACT DC Clinic, which sees over 1000 patients at three sites each year, to a new scheduling system, saving the team over 100 hours per year in administrative time. She joined IMPACT DC in 2015 after serving as an analyst at the US Department of Health and Human Services (HHS) where she helped lead and support internal consulting engagements and assisted with innovation programs through the HHS Idea Lab.

Ms. Gessner's diverse healthcare background also includes an internship at the District of Columbia Department of Health and research at the University of Iowa Public Policy Center. Her experience also includes working as an asthma educator and care coordinator with low-resource communities in Washington, D.C., as well as writing a report on a District of Columbia Department of Health (DC DOH) public health emergency preparedness training that convinced the Centers for Disease Control and Prevention that they wanted the DC DOH to help devise a national training model based on it. These experiences have fostered her strategic thinking and system-minded approach to problem-solving, an approach that allows her to thrive in interdisciplinary teams and would be very valuable to a national organization that reaches a wide range of healthcare professionals.

She would love to bring her diverse healthcare experiences, community mindedness, and strategy and passion for strengthening organizations to better serve its members and improve patient asthma management.

Ms. Gessner resides in Washington DC where she enjoys biking to new coffee shops and running into Midwesterners.

Kristin Topham Homze, RN, MSN, APRN, FNP-BC, AE-C

My name is Kristin Topham Homze. I was born with asthma. I have a vast history with medications, treatments and research trials that sought to bring about better medications. These experiences have helped to shape my career, first as a registered nurse, and now as a nurse practitioner. My career started at the Duke Medical Center in the MICU and then to the American Lung Association of MA, where I was

first nominated to be on the NAECB in 2003. I have had my AE-C since 2003.

I wore many hats while at the ALA of MA. First as a Community Program Coordinator, and later Acting Program Director. Next, I moved into a more clinical position as an Allergy and Asthma nurse with Harvard Vanguard Medical Associates. After obtaining my Family Nurse Practitioner Certification from Drexel University, PA, I worked as an Asthma and Allergy NP with Asthma and Allergy Associates in Fayetteville, NY.

After returning to Boston, MA, I worked with Partners Community Physicians Organization (PCPO), also as an Asthma and Allergy NP where in 2016, I solely initiated and successfully established a collaboration between PCPO and Partners Asthma Centers, which increased access to teaching materials and established this facility as a Center for Excellence. I currently work with developmentally and intellectually disabled patients. The challenge in this population is effectively and creatively treating asthma in clients who are not able to use traditional medication devices on their own. I am also actively exploring a project with the Danvers School Nurses to educate staff and students about asthma.

My biggest accomplishment while on serving on the NAECB, was to establish guidelines, organize, and streamline the Linda B. Ford Scholarship Program. I have been involved in several other committees, including the Executive and Exam Committees.

My background as a clinician, nurse and patient (that has endured quite a bit over the years), poses a unique opportunity for the NAECB and I to work as partners. I have truly enjoyed my involvement and hope to be able to bring my new experiences and knowledge to the table once again.

Tracy Huber, RRT-NPS, AE-C

My background for 20+ years was as an office manager in the "outside" world. I worked in corporate America. During this time however, I did have a baby born prematurely who ended up being an Asthmatic. This experience brings a different level of my approach to educating my patients. I too, was one of the parents who would start the controller medication and then stop on my own thinking "he is doing better, he must not need this anymore." Little did I know at that point in time that he was "doing better" because he was on the controller. I find that as an Asthma Educator, my families can connect and relate to me with my personal stories. When they hear from me (an educator in the field now) that I was just like them, they relax and open up about some of their fears and concerns.

I hope to contribute to the board in several ways. One I hope to come in from the standpoint of a Respiratory Therapist, who has seen the sickest of the sick in the hospital and now as an educator who brings information to families in their homes. I work for a large non-profit in Dallas, Texas. We are a Joint Commissioned Certified Asthma Management Program, and have been for 17 years. This program specializes in home education, trigger recognition and remediation.

I feel being in this role with this hospital will allow me to help others learn how to become certified; bring to the board some of the information that The Joint Commission looks at; and ways we have changed and improved our program through the years.

I feel I can work together on the NAECB by sharing information and as a total body bring about ways to grow Asthma Education. I have personally witnessed how asthma can cause children to fear participating in activities (on a personal and professional level). I love to see the reactions when they realize that when we find the proper medication and they take them appropriately how they can still participate in sports and recreation that they love.

Tami Kochan, RN, MSN, CPNP, AE-C

Hello, my name is Tami Kochan and I am a Pediatric Nurse Practitioner who works in primary care but specializes in Asthma. I got interested in Asthma when I was getting my Masters as a PNP and worked part time as an Asthma Nurse Case Manager. After graduating I worked in Primary Care and was able to do a lot of asthma education for the families, patients and the staff. This interested me in getting my Certification as an Asthma Educator.

Since obtaining my certification I have been invited to lecture on Asthma (Pediatric) to the Family Nurse Practitioner (FNP) and Pediatric Nurse Practitioner (PNP) programs at our local University. I have provided parent classes on asthma through my clinic. I worked with a local elementary school to create an Asthma Education Program for the 3rd through 6th grade children and provided this education during their after school time. I have been very active in the NAPNAP Asthma Allergy Special Interest Group, currently serving as the Chair. I have written several articles for Ready Set Grow on Asthma and Allergies. I also serve on the Immunization Policy Advisory Team of Oregon and School Advisory Counsel.

Community activities I have been involved with include an Asthma Project with Marian Polk IPA - working to create useful guidelines for practitioners in improving the health and well-being of their patients with asthma. These guidelines are used to help increase patient and family knowledge of asthma with education on asthma, management, triggers and medications.

I currently serve on the NAECB Board and am excited to serve in an area that I am so passionate about. I am the chair of the Recertification Committee and member of the Examination, PR, and Admissions

Committees. I feel I can continue to benefit the NAECB as a member because I love working on projects with a team approach and I have a heart and the passion for asthma education.

Upcoming Events **Camp Not-A-Wheeze 2019**

Camp Not-A-Wheeze is a premiere camp for children with asthma in the state of Arizona. Having celebrated its 30th anniversary in 2016. Camp Not-A Wheeze is a unique recreational and educational program that has helped children ages 7-14 with moderate to severe asthma, along with their families, learn effective asthma management skills so they can lead active lives while successfully managing their asthma.

Dates: June 2-7, 2019

Where: Camp Shadow Pines in Heber, AZ

Online Registration available for campers and volunteers. Please visit the following link to complete your registration <https://app.campdoc.com/!/home/auth/login?r=notawheeze> Call 602-336-6675 with any question.

[Brochure](#)

New FREE Continuing Education From MMWR and Medscape Asthma In Children

CDC's *MMWR* and Medscape are proud to introduce a new [FREE continuing education \(CE\) activity](#) that describe trends and demographic differences in health outcomes and healthcare use for childhood asthma, based on a Centers for Disease Control and Prevention (CDC) analysis of asthma data from the 2001-2016 National Health Interview Survey for children 17 years and younger.

This activity is intended for pediatricians, pulmonologists, public health officials, nurses, and other clinicians caring for patients with childhood asthma.

Upon completion of this activity, participants will

1. Distinguish demographic differences in prevalence, health outcomes, and healthcare use for childhood

- asthma, based on a Centers for Disease Control and Prevention (CDC) analysis of asthma data from the 2001-2016 National Health Interview Survey for children 17 years and younger
2. Describe temporal trends in health outcomes and healthcare use for childhood asthma, based on the CDC analysis of asthma data
 3. Determine the clinical implications of trends and demographic differences in health outcomes and healthcare use for childhood asthma

To access this FREE *MMWR* / Medscape CE activity

visit https://www.cdc.gov/mmwr/cme/medscape_cme.html. If you are not a registered user on Medscape, you may [register for free or login without a password](#) and get unlimited access to all continuing education activities and other Medscape features.

Changes to the Recertification Grace Period

Effective January 01, 2019 the AE-C credential renewal grace period will be changed to one (1) year. There will be a \$50 late fee assessed to renewals that are submitted *after* the credential expiration. The renewal cost is \$300 before expiration and \$350 after expiration.

- **If your certification is about to expire**, you can recertify by continuing education units (CEUs), as an alternative to taking the examination, if you meet the recertification by CEU requirements.
- **If your certification has already expired**, you can still recertify by continuing education units (CEU) within a one (1) year grace period by meeting the recertification by CEU requirements and paying a late fee!
- **If your credential is 2 or more years past its expiration date**, you will be eligible to recertify by examination ONLY.

Renewal of AE-C by 35 hours of CEU

Obtain AE-C credentials. 7 years until credentials expire.	- AE-C good for 7 years
6 years until credentials expire.	- 6 years
5 years until credentials expire... 4 years until credentials expire... 3 years until credentials expire... 2 years until credentials expire...	- 5 to 2 years
1 year prior to expiration - apply during this year for renewal of AE-C with CEUs obtained over the PAST 5 years (first 2 years will not count). Must be clearly related to an asthma topic see the exam Detailed Content Outline for details on what is acceptable.	- Last year of credential period

Tell Us Your Story!

If you are a Certified Asthma Educator with an innovative approach to asthma education or a unique program, we want to hear about it!

Send an e-mail to info@naecb.org and we may feature your story in an upcoming newsletter!

Certified Asthma Educators in Action



Bianca Riboul, LPN, AE-C

"Asthma is a very serious problem in Staten Island, New York. About 15 percent of our pediatric patients and 5 percent of our adult patients at the Community Health Center of Richmond have been diagnosed with asthma. Becoming a certified asthma educator gives me the confidence to know that I have the correct information when I'm teaching our patients how to take their medication correctly and manage their asthma care. The education and training that I have received has also inspired me to want to take asthma education to the community - through programs in the schools and possibly an asthma camp for kids at here CHCR. Additionally, the certification allows me to serve as a resource to my peers, novice nurses, and other clinical staff so that they have the support they need to educate the community. Knowledge is power and when it comes to asthma, education really does save lives. Thanks, NAECB!"

Fresh Off the Press - New Asthma Publications

Caregiver's Poor Knowledge of Asthma Means Longer Hospital Stay for Child

Asthma is a complex disease, and it can be a challenge to keep up with your child's medications and treatments. New research being presented at the American College of Allergy, Asthma and Immunology (ACAAI) Annual Scientific Meeting shows children of caregivers with poor asthma knowledge were four times more likely to have a prolonged hospital stay. [Click here to read more.](#)

Secondhand Exposure to Aerosols From Electronic Nicotine Delivery Systems and Asthma Exacerbations Among Youth With Asthma

Secondhand exposure to aerosols from electronic cigarettes and other electronic nicotine-delivery systems (ENDS) was associated with a greater risk for asthma attacks among pre-teens and teens participating in a school-based, cross-sectional survey. [Click here to read more.](#)

NEW: 2018 Diagnosis and Management of Difficult-to-treat and Severe Asthma in adolescent and adult patients

[Available for download from the Global Initiative for Asthma here.](#)

Asthma in the News

AAFA's ASTHMA (Asthma Symptoms, Treatment, Health Management and Activities™) Care for Adults is a **FREE** self-paced course that helps adults and their caregivers learn how to manage asthma. It covers asthma basics, recognizing symptoms and triggers, asthma action plans and an overview of different types of asthma medicines. The information is presented in a variety of formats, including videos, handouts, animations and more.

[Access this resource here.](#)

*Please send potential article submissions or upcoming related events via e-mail to info@naecb.org.
The editors reserve the right to decline submissions for any reason.*

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Helpful Links

-  [Exam Info And Registration](#)
-  [Review Classes](#)

-  [Candidate Handbook](#)
-  [Recertification Handbook](#)
-  [FAQ's](#)
-  [Code of Conduct](#)

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SCHOLARSHIPS
AVAILABLE



**APPLY
TODAY**

[National Asthma Educator Certification Board Linda B. Ford, MD Scholarship Application](#)

[Association of Asthma Educators \(AAE\) E. Ellis Scholarship Application](#)

NAECB Members

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