

November 2014

November

Oh, the merry month of November, the month of spring - at least in the southern hemisphere. November in the southern hemisphere is like May here in the north. In any case, here in Chicago summer is definitely over and winter seems to be ready to sink its icy fangs into the city. An interesting thing about November is the fact that it always starts on the same day as February (in the same year). In other words, if February starts on a Saturday, November will start on a Saturday. Now, what does this have to do with asthma and asthma education? Well, I'm getting to that. For one thing, November is lung cancer awareness month, and the third Thursday in November marks the Great American Smokeout. Smoking remains the single largest preventable cause of disease and preventable death in the United States. In spite of all of the medical and scientific information proving the health risks, there are more than 42 million Americans still smoking cigarettes. Children who are exposed to secondhand smoke are also at risk. Secondhand smoke can trigger asthma episodes and increase the severity of attacks. Secondhand smoke is

also a risk factor for new cases of asthma in preschool aged children who have not already exhibited asthma symptoms.

The winds of November sometimes come early and though outdoor allergens are quickly diminishing, exposures to indoor triggers can cause asthma risks of their own. As the winter season approaches, all of us, including our kids, will spend even more time indoors. Mold and moisture issues, unvented combustion appliances, pest problems, smoking, and household chemicals can all impact respiratory health. Avoid your asthma triggers, and stick to your asthma action plan. Thanksgiving is only weeks away - enjoy it with friends and family, and stay well.

Genetic ancestry influences asthma susceptibility and lung function among Latinos

Childhood asthma prevalence and morbidity varies among Latinos in the United States, with Puerto Ricans having the highest and Mexicans the lowest. The objective of this study was to determine whether genetic ancestry is associated with lung function. The researchers analyzed over 5,000 Latinos with and without asthma in three independent studies. For each participant, the research team estimated the proportion of African, European, and Native American Ancestry.

This research showed that Native American ancestry was associated with lower odds of asthma, while African ancestry was associated with higher odds of asthma. These associations were adjusted to consider other factors such as early life exposures, air pollution, and socioeconomic status.

<http://dx.doi.org/10.1016/j.jaci.2014.07.053>

CDC Launches New and Improved Info by Location Tool

The Centers for Disease Control and Prevention's (CDC) National Environmental Public Health Tracking Network just launched a new and improved "Info by Location" tool. This infographic-style tool allows you to enter your zip code or county name and view environmental health data and information specific to your county or state, such as data on: Demographics; Asthma; Air Quality; Smoking; and health insurance coverage.

<http://ephtracking.cdc.gov/InfoByLocation/>

Childhood asthma due to living near major roadways cost Los Angeles residents \$441 million in 2007

Asthma caused or worsened by living near major roadways cost Los Angeles more than \$441 million in 2007 alone, according to a new peer-reviewed article by researchers from the University of Massachusetts, the University of Southern California and the University of Basel, Switzerland. The article calculated the total costs that asthma imposes on children and families living within 75 meters of freeways, highways and major arterial roads. This calculation includes the direct costs of medical care and the problem of having to manage and live with the disease. Specifically examined were the impacts of two forms of air pollution that comes from living near a major roadway. These pollutants are ozone (O₃) and nitrogen dioxide (NO₂).

doi:10.1016/j.jaci.2014.09.029

Nonsmokers in Automobiles Are Exposed to Significant Secondhand Smoke

Nonsmokers sitting in an automobile with a smoker for one hour had markers of significantly increased levels of carcinogens and other toxins in their urine, indicating that secondhand smoke in motor vehicles poses a potentially major health risk according to a groundbreaking study led by University of California - San Francisco (UCSF) researchers.

<http://www.ucsf.edu/news/2014/11/120766/nonsmokers-automobiles-are-exposed-significant-secondhand-smoke>

Mouse Infestation Cause More Asthma Symptoms than Cockroach Exposure

According to a study presented at the American College of Allergy, Asthma and Immunology Annual meeting in Atlanta, mice infestation is a stronger predictor of asthma symptoms in young children than exposure to cockroaches. The study examined 49 children under the age of 4.

<http://www.sciencedaily.com/releases/2014/11/141107091226.htm>

Job Postings:

CITY OF LYNN

Lynn, Massachusetts 01902

JOB TITLE: Asthma Resource Nurse (Funded through Prevention Wellness Trust Fund Grant)

QUALIFICATIONS:

1. Valid license to practice as a Registered Nurse in Massachusetts
2. National certification as an asthma educator,(AE-C) highly preferred
3. Knowledge of EPR -3 Asthma Guidelines; experience in individual or group asthma education
4. Bachelor's or Master's degree in nursing, preferred
5. Two years experience in child health, community health or other relevant clinical setting
6. Possess and maintain certification in HCP-CPR

7. DESE certification as a school nurse, preferred but not required
8. Bilingual in Spanish, preferred
9. Computer proficiency
10. Excellent verbal communication skills including experience in group presentations

JOB GOAL: Responsible for implementation of the goals and objectives of the Prevention Wellness Trust Fund - Asthma Project - including improving clinical outcomes and reducing health care costs for pediatric asthma patients in Lynn, MA.

JOB TITLE: HealthCare Educator - Breathe America

The HealthCare Educator has direct responsibility for the evaluation, assessment, planning, and implementation of Chronic Airway Conditions such as Allergies, Asthma, COPD, etc. The Educator provides individualized self-management education/ training to individuals and groups. This position interacts with the Medical Director of the clinic, Midlevel Providers of the patients, nurses, medical assistants, wellness staff and any other health care professional providing care/services to the patients.

Full time or part-time opportunity at Breathe America for an Asthma Educator at an Allergy, Asthma, ENT, Immunology practice. Must be licensed as RN, NP, PA, RPh, MD, LPN, CRT, DO, CHES, or Respiratory Therapist; NAECB certified, or the ability to become certified; valid driver's license.

Must have a minimum of 2-years clinical experience as an Asthma Educator or in respiratory or related specialty. Should possess in-depth knowledge about asthma, allergy, COPD and airway disease treatment and management. Ability to lead and effectively manage treatment groups, working in a team-based setting or independently; a self-motivator. Possess excellent written and oral skills in addition to excellent presentation, coaching and interpersonal skills.

<http://www.breatheamerica.com/contact-us>

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Promoting Excellence in Asthma Education

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