

## Pediatric Asthma &amp; Indoor Environmental Trigger Management

**Tip:**

The 6 “Cs” of Pediatric Asthma Case Management can be helpful to document & monitor status of indoor environmental triggers.

- **Cover**
- **Clean**
- **Clear**
- **Collaboration**
- **Cultural and Linguistic Competency**
- **Community Connections**

**Goal:** Control of environment—Partnering with families can improve environmental control of the indoor air environment.

**Questions to Assess Environment:**

*(Reminder: Think of a child in more than one environment on any given day.)*

- Where does the child spend time, in what settings, and with whom?
- Are there changes that can be made in any of these places?
- What are the families’ beliefs and values in relation to the needed changes?
- What kind of assistance does the family/caregiver need to improve the environment?

**Suggestions to Assist Family/Caregivers:**

- The Asthma Management Team can review and monitor self-management techniques.
- Home visits may complete and monitor environmental assessment.
- Use pictographs to explain location and control of asthma triggers.
- Document trigger management plan as part of overall case management.

**3 C’s of What to Do:**

**Cover**—Cover bedding and food.

**Clear**—Clear the environment of environmental tobacco smoke (ETS), rugs and stuffed animals.

**Clean**—Clean the home environment regularly, especially bedding, toys and areas where mold, dust mites, and pet dander can accumulate.

**3 C’s of how to implement indoor asthma trigger plans.****Collaboration**

Work in partnership with families and community agencies. Recognize and solicit their knowledge and experience

## Cultural and Linguistic Competency

- Learn about the values, beliefs and the social context of the family in a non-judgmental way.
- Ask about cultural, social, and financial barriers to implementing changes.
- Provide information in the language and formats preferred by families.
- Use trained interpreters appropriately.
- Document cultural beliefs and practices to impact case management

## Community Connections

Identify and partner with resources in the community.

Health care providers cannot treat asthma alone. Work with your local resources. Fill in the info. below.

Name	Telephone	Contact Person
Local Asthma Coalition:		
Local Health Department:		
Housing Authority:		
Legal Services:		
Children's Charities:		



Support provided through a Cooperative Agreement with the U.S. Environmental Protection Agency, Indoor Environments Division.

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