

MARCH, 2000

ADAMS COUNTY CHILD HEALTH NOTES:

Adams County Child Health Notes is distributed by Adams County Interagency Coordinating Council(ICC) and Adams County Health District. This newsletter provides physicians and nurse practitioners with current information regarding identification and management of special health issues for children. Contributing agencies and programs include: Adams County Health District – Adams County ICC - Department of Health - Children With Special Health Care Needs Program (Contract #N08400), Univ. of Washington - Center on Human Development and Disability, Whatcom County Medical Home Team. Additional Child Health Notes are available at <http://depts.washington.edu/medhome/>.



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.

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. 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.

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:

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| • Allergy and Asthma Disease Management Center | www.aaaai.org/aadmc/default.htm |
| • American Academy of Allergy, Asthma and Immunology | www.aaaai.org |
| • American Lung Association | www.lungusa.org |
| • Asthma and Allergy Foundation of America | www.aafa.org |
| • Global Initiative for Asthma (GINA) | www.ginasthma.com |
| • Allergy and Asthma Network/Mothers of Asthmatics, Inc. | www.aanma.org |

ADAMS COUNTY RESOURCES FOR DEVELOPMENTAL SCREENING AND ASSESSMENT

- **For children under age three:** Contact: Adams County Health District, Infant Toddler Early Intervention Program at 659-3317 or 488-2031 (for messages)

Contact local school district for developmental assessments: see numbers below.
- **For children age three and older:** Contact: Local school districts, see numbers below.

District:	Phone	Fax	District:	Phone	Fax
Othello	488-2659	488-5876	Ritzville	659-0232	659-0927
Lind	677-3481	677-3463	Washtucna	646-3237	646-3249

SPECIAL NEEDS INFORMATION AND RESOURCES:

- **Local:** Adams County Health District – Children With Special Health Care Needs Program 659-3317 or 488-2031 (for messages)
- **Regional:** Children's Hospital and Regional Medical Center
Health Professional Hotline (800) 293-2462
Parent Resource Line (877) 526-2500

Infant Toddler Early Intervention Program www.wa.gov/shs/iteip/iteip.html
- **National/Internet:** AAP Developmental and Behavioral Pediatrics www.dbpeds.org/
American Family Physician www.aafp.org
American Academy of Child and Adolescent Psychiatry www.aacap.org.htm
Family Village www.familyvillage.wisc.edu/
Family Voices www.familyvoices.org

* The **summer camp directory** for Children With Special Needs is now available. It is a free directory listing camps and programs in Washington State for children with special needs. There are several asthma camps available. You can request information from Adams County Health District or you can find the guide on the Childrens Hospital website www.seattlechildrens.org. Go to "Parents, Children & Families" and then select "Children With Special Needs".

Adams County Health District
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