

Got Asthma?

**SOUTHEAST ASIANS LIVING
WITH ASTHMA IN PROVIDENCE, RI:**

**A STUDY OF SOUTHEAST ASIAN
AWARENESS, PERCEPTION, AND MANAGEMENT
OF ASTHMA**

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April 23, 2001

Presentation Outline

- Introduction
- Background Information
- Methodology
- Analysis
- Results and Conclusions
- Recommendations

Introduction: My Bumpy Start

- Why this topic?
- How I got involved
- Difficulties with the “front door”
 - Socio-Economic Development Center (SEDC)
 - The Draw A Breath Program (DAB)
- Slipping through the “back door”
 - I got lucky

Mucous, Meds, and Money: The Impact of Asthma

- Characteristics
 - Asthma: chronic inflammatory disease of the airways
 - Asthma triggers
- Treatment
 - Control Medicine: Flovent, Serevent, Tilade, etc.
 - Quick Relief Medicine: Albuterol, Ventolin, etc.
- Cost
 - Direct: \$7.5 billion/yr in the United States
 - Indirect: 18 million days of restricted activity for adults and 10 million missed school days for kids.

Trends in Asthma Prevalence by Age

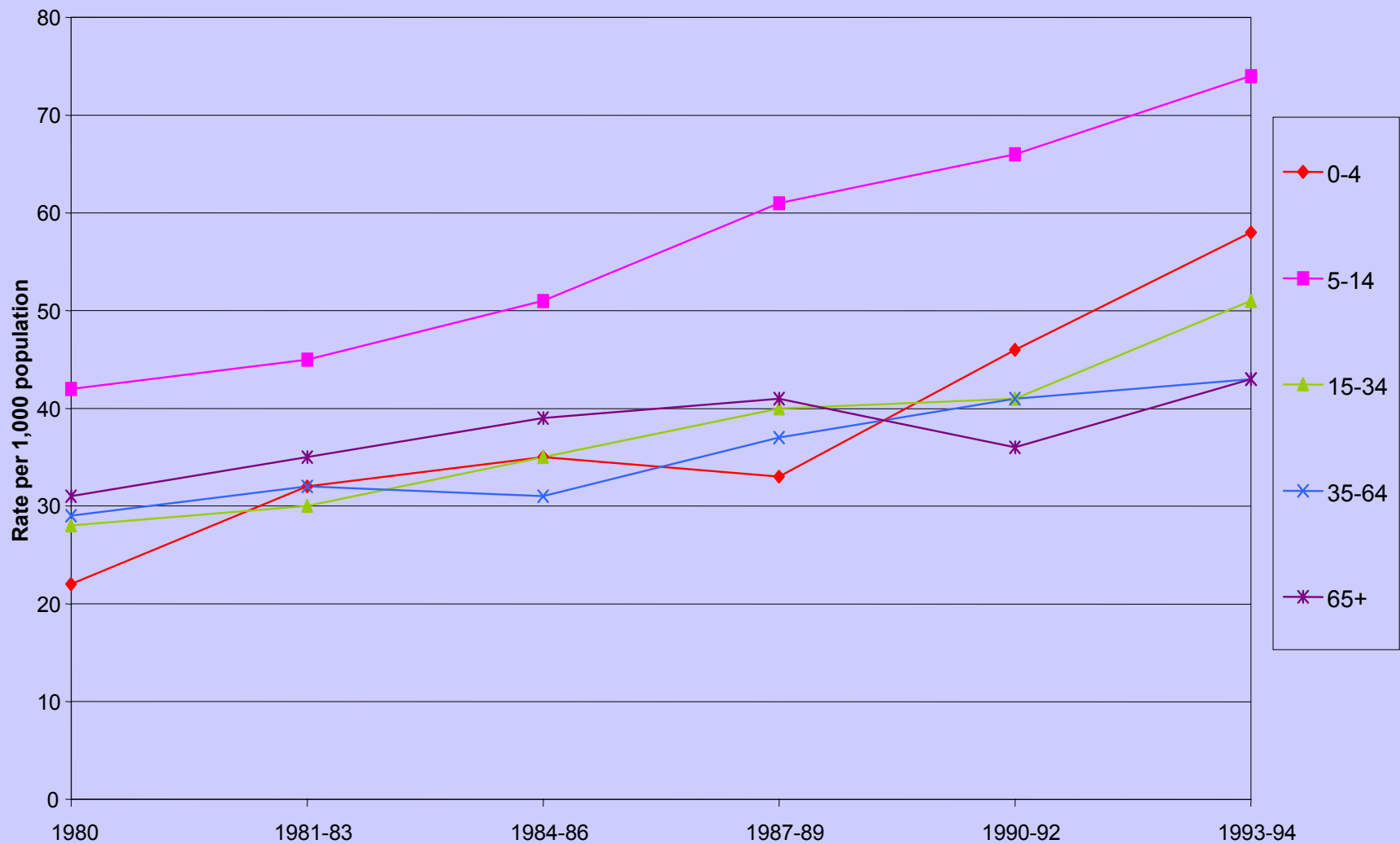


FIGURE 1

The Draw A Breath Program

- Asthma education program
- Its history
- Its goals
- How it works

Methodology

- Data Collection: Access Routes
 - Southeast Asian Communities
 - Home Visits
 - Temple Visit
 - Community Meeting
 - Providence Community Health Centers
 - Capitol Hill
 - Central
 - Allen Berry

Interviewing

- Minding Linguistic and Cultural Issues
 - Trust and Translators
- Structure of the Interview
- Sample Interview Sheet

Thesis Research Project Interview Questions

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I. For SEA people with asthma and/or have children with asthma (in settings outside of the DAB education session):

1. Are you familiar with the term 'asthma'?
 - o If yes: In your native language (Cambodian, Hmong, Laotian), is there a word or phrase that people use for asthma? _____
2. How much do you feel you know about asthma?
a lot / some knowledge / a little
3. Who in your family has asthma?
4. When were you (or your child) diagnosed with asthma?
5. How serious or severe do you consider your (or your child's) asthma?
6. What things trigger your (or your child's) asthma and make it worse? What helps to make it better?
7. Are you currently seeing a doctor for the asthma?
8. Are you (or your child) currently under medication for the asthma? If so, what kind of medication?
9. How effective is the medication in treating asthma?
very effective / somewhat effective / not very effective
10. How do you first respond to an asthma attack? Probe: do you take medicines for it right away, try home remedies, call your doctor, go to the ER right away?
11. How often have you been to the ER because of your (or your child's) asthma?
Very often / often / sometimes / never
12. Do you know of any traditional home remedies that are used to treat asthma? Do you or others you know use these remedies?

Data Collected

- Laotian Community
 - 15 interviews
- Cambodian Community
 - 13 interviews
- Hmong Community
 - 3 interviews

Data Analysis

- Analysis within each community
 - Laotian Community
 - Cambodian Community
- Analysis across each community
 - Laotian and Cambodian Community

Results and Conclusions

- Respondents in both communities were very open about their asthma.
- Both Cambodian and Laotian respondents did not differentiate between “control” and “quick relief” medicines, referring to both as “inhalers”.
- Greater awareness of triggers among Laotian respondents than Cambodian respondents, although no one mentioned the word “trigger”.
- Laotian respondents took more preventative measures than Cambodian respondents.
- Frequency of doctor visitation does not seem to affect knowledge of asthma.
- Parents simply do not have the time to attend education sessions.

Recommendations

- **DAB:** Send home Asthma Information Packets in native language. Include in packet:
 - List of triggers and preventative measures
 - Identifying sheet of different meds and their purposes
 - Activity sheets for children
- **PCHCs:** Hand out Asthma Information Pamphlets to patients when they come in for appointments
 - Have information pamphlets in native languages
 - Pamphlets should include a list of triggers and should identify common meds and their purposes.

“A Learning Experience”

- Twists and turns in the road
 - Flexibility
- Surprise!
 - You never know what you’re going to discover

Acknowledgements

- Harold Ward
- Chris Zarcadoolas
- Cathy Mansell
- PCHC:
 - Mary Jean Francis
 - Chris Camillo
 - Nurses at CH, Ctrl, AB
 - Dr. Block
- Kris Hermanns
- Lucille Furia
- Savanh Chantharangsy
- Sokvann Sam
- Sing Yang
- Jenny Hahn
- Amy Parette
- Stephen Fournier
- AXΩ and Friends
- Mom, Dad, Minh, Khoi, and Grandma