

What is asthma and how common is it?

Asthma is a chronic condition of the airways in the lungs. Symptoms include gasping or shortness of breath, coughing or wheezing. Asthma affects nearly seven million children under 18 and is the most common chronic illness among school-age children and a main reason for missed school days.

What triggers asthma?

Asthma symptoms and attacks are often triggered by things like allergies, colds or viruses, cold air, exercise, second-hand smoke, bedding and bed linens, mold, cleaning products, dust, dust mites, pets, rodents, and cockroaches.

Using a color-coded asthma action plan

The NBAI provides an asthma action plan for each child. It uses traffic light colors green, yellow and red. The colors let you know which medicines should be taken and if other action is needed. Doctors across the country are using this plan to make sure asthma care for children is consistent no matter where they are treated.

- **Green:** the child is doing well
- **Yellow:** caution, the child should slow down and the healthcare provider should be called
- **Red:** danger, medical care is needed right away

New Britain Asthma Initiative

at The Hospital of Central Connecticut

Helping families live and breathe better together



New Britain Asthma Initiative at The Hospital of Central Connecticut

Program partners
New Britain Health Department &



100 Grand Street, New Britain, CT 06050

Program partners
The Hospital of Central Connecticut
& New Britain Health Department

Learning to live and cope with asthma

If your child has asthma, you may have questions about the disease and how to treat it. The Hospital of Central Connecticut's New Britain Asthma Initiative (NBAI) and the New Britain Health Department are working together to provide a free program for children with asthma and their families. It will help you learn about the disease and work with your child's doctor to help treat and manage it.

What services does the program provide?

- We'll check how severe the asthma is to determine which services are needed and come up with a proper plan for your child.
- You'll be given an asthma action plan, a color-coded guide to medications and treatment; and a plan to help control asthma triggers.
- We'll teach you about the child's asthma action plan, including how and when to use medication and equipment, including a peak flow meter, pictured below, (if given by your pediatrician), which measures how well air moves out of the lungs.
- We'll meet with you six months after the first meeting to reinforce the asthma action plan.
- If needed, we may visit your home to see if there are things inside that are making your child's asthma worse.



How does it work?

A program coordinator and a nurse both meet with each family at the hospital for one to two hours at first. Usually, there is a follow-up appointment six months later. More meetings can be scheduled, if needed. The coordinator works with your child's doctor to develop an asthma action plan. A progress report is sent to your child's primary care provider and/or the doctor who referred your child within two weeks of the first meeting.

How are children referred to the program?

Children are referred if they've been treated for asthma at The Hospital of Central Connecticut Emergency Department, been admitted to the hospital's pediatric inpatient unit with asthma or referred by their pediatrician. Most referrals come from pediatricians.

How does NBAI work with my child's pediatrician?

Before the family meets with the NBAI, the program coordinator works with the child's referring healthcare provider to develop an asthma action plan. The plan indicates which medications and treatments are best, depending on how the child feels and other symptoms.



Who is eligible?

Children through 18 years of age who live in Greater New Britain, including Bristol, Southington, Plainville and Berlin. Children who receive medical care from doctors in these areas who are on staff at The Hospital of Central Connecticut are also eligible.

**For more program information
Please call the New Britain Asthma
Initiative at (860) 224-5900 x4229.**

Our sponsors

The NBAI is supported by the American Savings Foundation; Greater Hartford Jaycees Foundation, Inc.; as well as the Community Foundation of Greater New Britain.