



STATEWIDE EASY BREATHING NEWS

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Summer is just around the corner! The days are longer and warmer, and many individuals take advantage of the pleasant weather to enjoy their vacations. Your local Easy Breathing Coordinator will be providing you with their summer schedules, and will work with your practice to continue meeting your needs throughout the summer months.

Your Easy Breathing Coordinators will be providing your site with pre-stamped envelopes for you to mail completed forms to the Asthma Center. Additionally, pre-stamped postcards will be provided, allowing your site to check off any forms or materials needed throughout the summer. These forms can include anything from Surveys, to educational handouts, to reports. Asthma Center staff will work with your coordinator to deliver needed materials and forms to your site, in a timely fashion. The coordinator that makes weekly visits to your site may not stop by your site weekly, or as regularly as she has during the past year, but our ultimate goal is to continue to address any questions or needs you may have during the summer months. And as always, if you have any questions, please let us know!

Inhalers and Spacers for School:

If a child needs an extra spacer or inhaler for School use, when writing the prescription, simply write "Dispense 2."

This will prevent the clinician from having to write more than one Prescription. Some insurance companies only cover a single prescription per medication, so this is helpful when patients go to fill their prescription.



Easy Breathing ASTHMA AND ENVIRONMENTAL ALLERGY TESTING CLINIC

We have had a great response from clinicians with referrals for our Asthma Center Asthma and Environmental Allergy Testing clinic. Services include environmental allergy skin testing, spirometry, and asthma education.

We simply request a referral form from the child's primary care clinician, and we take care of making the appointment.

For an informational brochure, or referral forms, please contact your Easy Breathing coordinator.



A word about the new HFA Inhalers

Many patients and families have had questions regarding the priming of the new HFA inhalers. One factor that is different about the new inhalers is that the medication dispensed comes out in a much finer "mist" than before, leading patients to think that the medication needs re-priming when it doesn't.

Remind patients that their medication is being dispensed, but not in the stronger "jet" they have been used to.

A second marked difference with the new inhalers is the need for certain inhalers to be re-primed after a certain period of no use by the patient. The time frame differs for each medication; therefore, encourage patients to read the priming instructions for their prescribed medicine. This information can be readily found on the package insert.

Please refer to the table below for some examples!

Top Producing Sites Per District
District 1 Saint Mary's Hospital (Children)
District 2 Pediatric Healthcare Associates
District 3 Barbara Ziogas, MD
District 4 Windsor Pedicorp
District 5 Norwich Pediatric Group
District 6 Fred Santoro, MD



Information about the new HFA Inhalers (Source: medication package insert)

Medication Name	Medication Class	Doses-Strengths	Comments
ProAir (albuterol sulfate) HFA	Short-acting beta ₂ -agonist	90mcg per inhalation (200 doses)	Shake 5 sec.; 3 primes to start; reprime after 14 days without use
Proventil (albuterol sulfate) HFA	Short-acting beta ₂ -agonist	90mcg per inhalation (200 doses)	Shake 5 sec.; 4 primes to start; reprime after 2 weeks without use
Ventolin (albuterol sulfate) HFA	Short-acting beta ₂ -agonist	90mcg per inhalation (200 doses)	Shake 5 sec.; 4 primes to start; reprime if dropped or after 2 weeks without use
Xopenex (levalbuterol) HFA	Short-acting beta ₂ -agonist	45mcg per inhalation (200 doses)	Shake 5 sec.; 4 primes to start; 4 primes after 3 days without use
Flovent (fluticasone) HFA	Inhaled Corticosteroid (ICS)	44mcg, 110mcg, 220mcg per actuation (120 doses)	Shake 5 sec.; 4 primes to start; after 7 days without use, or if dropped, reprime once; Inhaler often used with spacer (88mcg BID max. for 4-11 yrs)
QVAR (beclomethasone) HFA	Inhaled Corticosteroid (ICS)	40mcg or 80 mcg per actuation (100 doses)	Does not require shaking; 2 primes to start, reprime after 10 days. Inhaler, recommended to be used without spacer (80mcg BID max. for 5-11 yrs)
Advair (fluticasone and salmeterol) HFA	ICS and long-acting beta ₂ -agonist	45/21mcg, 115/21, 230/21 per inhalation (120 doses)	Shake 5 sec.; 4 primes to start; if dropped, or 4 weeks without use, 2 test sprays; twice daily dosage
Symbicort (budesonide and formoterol) HFA	ICS and long-acting beta ₂ -agonist	80/4.5mcg, 160/4.5mcg per inhalation (120 doses)	Shake 5 sec.; 2 primes to start, again after 7 days without use; twice daily dosage