



Putting on AIRS*

FACT SHEET

*Asthma Indoor Risk Strategies

What is the Need for an Environmental Home Assessment?

It has been shown that environmental factors can play a role in increasing a child's risk of an asthma attack and may also increase their risk of developing asthma. Specific interventions can decrease environmental exposure in homes of children with asthma.

What are the Components of the AIRS Program?

In-home asthma education

Home visits

Identification of environmental triggers

Educational Materials

Patient monitoring

Follow-up Contacts

How are Patients and their Families Recruited?

Patients age 0-18 and their families are the main focus of the Program, however, the Program is open to all. The Program is promoted throughout the community at health care facilities including physician offices, community centers, schools and day cares. Referrals are received from clinicians, hospitals, school nurses, and self-referrals.

Who Conducts the Home Visits?

Visits are conducted by a registered nurse with experience in asthma management and an environmental specialist, such as a sanitarian, trained in the program.

What Happens during a Home Visit?

There are two main parts to the home visit: asthma education and environmental assessment. At the first visit, the nurse will ask questions about asthma-related medical history and knowledge of asthma, review medications, and provide asthma education; the sanitarian will walk through the rooms of the residence with the nurse and parent and look for things that could be environmental triggers for asthma. Families are shown how to reduce common indoor allergens in the home as needed. Recommendations for changes to the home environment and asthma self-management practices may be made.

Other visits and/or telephone calls will be done at 2 weeks and 3 months following the first visit. Additional education, assessment of knowledge retention and implementation/maintenance of recommended environmental interventions are discussed.

What Environmental Interventions/Recommendations might be made?

At the home visit, recommendations are made for relatively low-cost and low-technology interventions that each family may easily incorporate into their lifestyles in order to reduce exposure to asthma triggers. This may involve incorporating trigger-reducing products such as pillow covers, as well as, removing stuffed animals, clearing clutter and removing open bookshelves. Occasionally, a more expensive recommendation such as removing carpets may be recommended. Assistance will be provided to help families locate resources, if needed.

What is the Cost of the Program?

There is no cost to the patient or family, however, recommendations for changes may be made that could carry a cost, such as the purchase of mattress or pillow covers.

How are the Home Visits Evaluated and Monitored?

Criteria used to evaluate and monitor the effectiveness of the home visits/program include: hospital and emergency department visits, missed days of school, and implementation and maintenance of environmental interventions. The Program also assesses pre and post intervention asthma knowledge. A database has been developed to produce summary reports.

For more information on the AIRS Program, visit the CTDPH website or contact your local health department.