



# Allegheny County Asthma Resources

## UPMC Children's Hospital of Pittsburgh Pediatric Asthma Center

[chp.edu/our-services/pulmonology/services/asthma](http://chp.edu/our-services/pulmonology/services/asthma)

Dedicated to improving awareness and reducing the burden of childhood asthma through clinical care, research, community outreach, and education.

## UPMC CHP Difficult-to-Treat Asthma Clinic

[chp.edu/our-services/pulmonology/services/asthma/difficult-to-treat](http://chp.edu/our-services/pulmonology/services/asthma/difficult-to-treat)

- Comprehensive Multidisciplinary Clinical Care for Pediatric Asthma
- Dr. Allyson Larkin and Dr. Erick Forno, **412-692-7885**

## Children's Hospital of Pittsburgh Asthma Care Videos

[chp.edu/our-services/pulmonology/services/asthma/resources/videos](http://chp.edu/our-services/pulmonology/services/asthma/resources/videos)

Assorted educational videos, all 2-4 mins long, on how to use a spacer, what well controlled asthma really is, and more!

## Children's Hospital Family Care Connections

[chp.edu/locations/family-care-connection](http://chp.edu/locations/family-care-connection)

Provides FREE home nursing visits AND family support services regardless of income. All will provide a home nurse visit in their catchment area if requested after asthma admission. Not dependent on income or insurance status. Any age child who needs extra support for asthma (or other medical condition). Locations are in: Braddock, Mt. Oliver, Turtle Creek, Rankin, Penn Hills, & Lawrenceville.

**Note:** Also provides services in parenting education, child development, mental health services and substance abuse prevention and treatment.

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## Allegheny Health Network Pediatric Institute

AHN Pediatric Institute's Allergy, Asthma, and Immunology office concentrates on diagnosing and treating children and adults with those health issues. The practice is built around individual needs and accepts all major health insurance.

### Locations:

#### Allergy Office—Wexford

6500 Brooktree Road  
Suite 101  
Wexford, PA 15090  
**Phone: 412-348-6868**  
**Fax: 412-348-1064**

#### Allergy Office—McMurray

455 Valley Brook Road  
Suite 300  
McMurray, PA 15317  
**Phone: 412-578-4003**  
**Fax: 412-578-4011**

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## Allegheny Health Network Pediatric Institute Locations (continued)

### **Bloomfield Multi-Specialty Office**

West Penn Hospital – Mellon Pavilion

4815 Liberty Avenue, Suite 154

Pittsburgh, PA 15224

**Phone: 412-578-4003**

**Fax: 412-578-4011**

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## American Lung Association

<https://www.lung.org/>

### **Open Airways for Schools –**

Children ages 8 to 11 can learn how to better manage their own asthma when they participate in the American Lung Association's award-winning Open Airways For Schools® program (OAS). It is a proven and effective evidence-based program offered to elementary children in the school, community and youth serving organization settings.

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/health-professionals-educators/open-airways-for-schools>

### **Kickin Asthma –**

*Kickin' Asthma* is an asthma self-management education program for kids ages 11-16 (grades 6-10) that empowers them through a fun and interactive approach to asthma self-management. *Kickin' Asthma* includes different learning techniques suitable for teen-aged kids and highlights self-management practices, such as recognizing triggers and proper medication use.

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/health-professionals-educators/kickin-asthma>

### **Asthma Basics –**

The American Lung Association's Asthma Basics program is offered as a self-paced online learning module or an in-person workshop and designed to help people learn more about asthma. The program is ideal for frontline healthcare professionals, such as school nurses or community health workers, as well as individuals with asthma, parents of children with asthma, and co-workers, friends and family who want to learn more about asthma.

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/learn-about-asthma/asthma-basics>

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## Breathe Pa Program and Resources for Allegheny County

[breathepa.org](http://breathepa.org)

**The School Asthma Initiative (SAI) Program** – provides asthma education, training, and intervention services to school nurses, early learning practitioners, children with asthma, and their parents/caregivers. SAI is implemented in the school and community settings. This program is group-based and taught by Breathe PA's Certified Asthma Educators. Each education session may be taught in-person or virtually. Education curriculum and an Asthma Kit include asthma educational materials on proper use of asthma medications, spacers and peak flow meters, a spacer, and Asthma Action Workbook.

**Target Population:** Children with asthma, their parents/caregivers, and school personnel (early learning, primary, and secondary school staff).

**Contacts:** Jeannie Simms, BA, AE-C, Senior Director, Asthma Education &/or Jessica Schuman, RN, BSN, AE-C, Director, Asthma Education

**The Direct Lung Disease Education Program** – provides tailored health education for adults with chronic lung disease that focuses on the pathophysiology of lung disease, techniques for communicating with health care providers, decision-making strategies, and disease self-management. In addition to education, patients may receive devices to better manage their lung disease (spacer or Positive Expiratory Pressure device) along with demonstration of proper technique provided by educator. This program is delivered one-on-one by a staff Respiratory Therapist and includes a patient interview, discussion, written materials, teach-back, and return demonstration.

**Target Population:** Adults with chronic lung diseases.

**Contact:** Marianne Drevna, BS, LRCP, Director of Adult Lung Education and Programs

**The Sleep Apnea Program** – consists of a sleep apnea support group for patients (SLEEP Group), printed resources for providers that diagnose, treat, and manage sleep apnea, and web-based resources for patients.

**Target Population:** Adults and health care providers in the sleep apnea community.

**Contact:** Alison Garcia, BS, MLS, Program Associate

Discounted Kennywood, Children's Museum, or Zoo day every summer for kids ages 5-10, with asthma, along with their families. Please contact [breathepa.org](http://breathepa.org) or call **724-772-1750** for more information

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## Duquesne University Center for Integrative Health (DUCIH) Asthma Programs

[duq.edu/academics/schools/pharmacy/centers-and-programs/integrative-health/asthma-program](http://duq.edu/academics/schools/pharmacy/centers-and-programs/integrative-health/asthma-program)

**DUCIH School-based Asthma Clinic:** An interdisciplinary care team from DUCIH and local FQHCs provide comprehensive school-based asthma management in Allegheny County. This can include diagnosis, medication management, asthma-self management education, and/or coordination of care.

**Contact:** Brittani Namey – **412-377-6326** – [nameyb@duq.edu](mailto:nameyb@duq.edu).

**Schools:** Clairton School District, Propel Hazelwood, South Allegheny Elementary, Woodland Hills (Edgewood & Wilkins).

**DUCIH Asthma Home Visiting Program** – A team of community health workers provide in-home asthma self-management education, address social determinants of health, provide care coordination, and connect families to home remediation programs.

**Contact:** Brittani Namey – **412-377-6326** – [nameyb@duq.edu](mailto:nameyb@duq.edu).

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## Women for a Healthy Environment

Financial Help for Housing Repairs with their new HUD Health Homes Grant WHE provides funding to renovate homes to address asthma triggers such as roof leaks, carpet replacements and integrated pest management strategies. Priority will be given to families that are at or below 80% Area Mean Income (AMI), which is \$67,850 for a household size of four. Interested? Email: [karen@womenforahealthyenvironment.org](mailto:karen@womenforahealthyenvironment.org) or call **412-404-2872**

**Home visiting programs for environmental asthma triggers** – WHE provides FREE virtual or in-person healthy home checkups for families who live in Allegheny County. They help eliminate asthma triggers, identify lead-based paint concerns, and discover hazards related to radon and asbestos. Get free healthy home kit and \$25 gift card to Wal-Mart or Giant Eagle for home checkup completion.

- Contact Germaine Gooden-Patterson if you live in Duquesne, McKeesport, or Clairton – **412-425-0710** – [germaine@womenforahealthyenvironment.org](mailto:germaine@womenforahealthyenvironment.org)
- Contact Trya Cosby – **724-472-8414** – if you live in Monroeville, Tarentum, Penn Hills, Turtle Creek, Rankin, or Braddock - [tyra@womenforahealthyenvironment.org](mailto:tyra@womenforahealthyenvironment.org)
- Contact Shawn Williams – **724-393-0317** – if you live in other parts of Allegheny County or Wilkinsburg - [shawn@womenforahealthyenvironment.org](mailto:shawn@womenforahealthyenvironment.org)

# Allegheny County Asthma Resources

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## Resources to Help Quit Smoking/Tobacco

For many people, quitting smoking is hard. Some people try to stop many times before they succeed. Trying is part of the process. Don't give up. You can do this! If a young family member wants to quit smoking, you can ask their pediatrician to write a prescription for nicotine patches and gum that they can access from the pharmacy at child's discharge. Typically covered by the adult insurance plans.

### PA Free Quitline

- Pennsylvania Quitline: **1-800-QUIT-NOW (1-800-784-8669)**  
[pa.quitlogix.org](http://pa.quitlogix.org)
- PA Free Quitline Services Include:
  - Up to five quit coach calls
  - Two or more weeks of nicotine replacement therapy, if available
  - Unlimited, inbound calls for additional support during times of high risk for using tobacco
  - Pregnancy Protocol designed specifically to help women during pregnancy
- **Spanish Quitline Services Are Available at: 1-855-DEJELO-YA**

### Other Smoking Cessation Resources

**UPMC Quitting Smoking** – [upmc.com/health-library/article?hwid=center1045](http://upmc.com/health-library/article?hwid=center1045) – call **1-800-533-8762** (main line) or **412-784-5043** (Free smoking cessation classes are offered with this local number)

**Duquesne Asthma Clinic** and **Live Well Allegheny** Virtual Smoking Cessation classes. For information call or text **412-342-8276**

**Smokefree.gov** – A great website that has information about how to set a quit date, tips for stopping smoking, making a quit plan, explore different quit methods, etc. You can sign up for texts or chat online for information.

**Smoke free TXT** – A free text service that helps you stop smoking. Text QUIT to **47848** [\*data message rates may apply]

**Tobacco Free Adagio Health** - [Tobacco Free Adagio Health](http://TobaccoFreeAdagioHealth.org) – **1-800-215-7494** - Casey Monroe, Senior Director Health Promotion and Disease Prevention [cmunroe@adagiohealth.org](mailto:cmunroe@adagiohealth.org), Hannah Cristofano, Allegheny County Tobacco Free Adagio Health Program Manager [hcristofano@adagiohealth.org](mailto:hcristofano@adagiohealth.org)

**CDC Tobacco Information and Prevention Source** – [cdc.gov/tobacco](http://cdc.gov/tobacco) - Great source of videos, including tips from former smokers.

**Lung Association** - **1-800-586-4872** - [lung.org/stop-smoking/](http://lung.org/stop-smoking/) - Also offers tips for how to help someone quit

**American Cancer Society** - **1-800-227-2345** – [quitnow.net](http://quitnow.net)

**American Heart Association** - **412-208-3550** – [heart.org](http://heart.org)

**Twitter** – [twitter.com/quitnet](https://twitter.com/quitnet)