



Spring
2005

The Pulse



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Our Vision

Our vision is to make a difference in the life of every family we serve by *taking care of the child.*

Our Mission

PHS provides specialized health care to children in their homes. Through cost effective use of cutting-edge technology, clinical excellence and innovative solutions, we strive to improve access to care and quality of life in a manner that is family friendly and community responsive.

Living with Asthma & Allergies

Being active, playing with friends, and enjoying the outdoors is a normal part of being a kid. But if your child has asthma or allergies there may be times when they have been forced to sit out and watch from the sidelines.

At PHS, we believe asthma and allergies can be managed with education, medications, and a proactive care plan. In addition to working with you and your child to gain effective control over your child's asthma or allergies, our asthma educators also work actively with your child's physician and school nurse.



Our goals are to increase awareness of asthma and allergy symptoms and triggers, as well as demonstrate effective ways to use inhalers and medications.

We begin by scheduling a home visit with you after we receive a referral from your child's physician. The purpose of our visit is to learn as much as we can about the factors affecting your child's condition. During our visit we will perform a comprehensive pulmonary, educational, and environmental assessment.

Our pulmonary assessment involves monitoring the lung sounds of your child along with their respiratory rate and levels of distress. We may also perform spirometry if your child's physician orders it.

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Focus on the Chronic Disease Team

Pediatric Home Service (PHS) began its in-home asthma program in 1995. Since that time, the PHS Chronic Disease team has made over 1,310 visits throughout the 13 county metro area of Minneapolis/St. Paul, Minnesota, and western Wisconsin. The Chronic Disease team consists of

respiratory care practitioners (RCPs) and asthma educators who help families learn how to cope with their child's allergies or asthma. From their visits, the Chronic Disease team sees the progress being made with their patients' ability to manage their allergies or asthma. Parents have told the team that their child's

emergency room visits, hospital admits, and lost school days are down by 80%. Even Prednisone use is reported to be down by 75%!

Currently the three members of the Chronic Disease team are Kay Kufahl, Barb Lehn, and Jennifer Trott.

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PHS Education Classes

PHS provides a variety of respiratory related educational classes for health care professionals.

If you are a professional, we can help you learn more about auxiliary home care equipment, tracheostomy tubes, bronchial drainage treatments, Bilevel/CPAP

systems, ventilators, respiratory assessments, and asthma management.

We offer hands-on time with the system(s) or equipment you are expected to use with your patients. You can even earn contact hours for attending our classes!

For more information on class content or how you can earn contact hours, please call Bruce Estrem, Education Coordinator at 651-604-5169. You can also visit our website at www.pediatrichomeservice.com



Joint Commission on Accreditation of Healthcare Organizations (JCAHO) seal of approval.

Maintaining Excellence

In June 2003, PHS was the first independently-owned home care company that achieved JCAHO's seal of approval for its In-Home Pediatric Asthma Education Program.

During this accreditation process, we were evaluated on our compliance in:

- Program management
- Clinical information management
- Patient self management support
- Clinical care delivery
- Performance measurement

Today, we are still practicing JACHO's

national standards to ensure we are doing our best to enhance the safety and quality of the care we provide.

For more information about Disease-Specific certification or the role of a Certified Asthma Educator, please contact PHS at 651-642-1825.



Getting Help from Grants

Help paying for your child's asthma or allergies intervention tools may be available through the following grants.

The *Environmental Interventions for Children with Asthma Grant* is sponsored by the MN Department of Health (MDH) and the Environmental Protection Agency (EPA). The EPA grant seeks children who are under age 18, have a physician diagnosis of asthma, use daily preventive

medications, live in the Twin Cities or surrounding area, and are in the lower income bracket.

The *HUD Healthy Homes Demonstration Grant* is sponsored by the Environmental Action for Children's Health (EACH). The HUD grant seeks children with asthma who are living in Minneapolis or St. Paul, Hennepin or Ramsey County, and are in the lower income bracket.

A wide range of intervention tools can be paid for through these grants. For example: bed and pillow encasements, HEPA furnace filters, a HEPA vacuum cleaner, air purifiers, smoke detectors, and carbon monoxide detectors.

If you are interested in these grants or would like to refer a family for these grants, call PHS today at 651-642-1825.



Living with Asthma & Allergies

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Spirometry is a noninvasive way of measuring different aspects of your child's lung using a computer.

Our educational assessment is very hands on. "We don't just talk asthma; we *do* asthma." For example, we use a placebo inhaler which allows your child to practice correct breathing techniques. This interaction tells us if your child has the right delivery device for their asthma management. You will learn to know when your child's inhaler is empty and the right infection control methods to keep your child's inhaler clean. If your physician has

prescribed a peak flow meter, we will demonstrate how to use this metering device to measure your child's lung function. Peak flow measuring lets you know if your child's asthma is being managed effectively.

We will also educate on the action plan given to you by your child's physician. This action plan provides guidelines for what to do when your child begins to show many of the symptoms of asthma or allergies.

Our environmental assessment looks at the impact the environment is

having on your child's asthma or allergies.

We will educate you on potential triggers that may be causing your child's asthma or allergy attacks and we will suggest ways to help you reduce your child's exposure to those triggers. There are also two environmental grants available for lower income families to help obtain allergy products. Your asthma educator will refer you to these programs if necessary.

Once we have completed our assessments, we put all the pieces together and

"We don't just talk asthma; we do asthma."

create a care plan based on your child's symptoms, medications, peak flow numbers, and environmental factors.

A child with asthma or allergies no longer needs to sit and watch others at play. Call PHS and discuss how we can help your child stay in the game.

Focus on the Chronic Disease Team

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Kay Kufahl, RCP, AE-C.

Kay obtained a degree in Respiratory Care from the Mayo Clinic School of Allied Health. Kay has been with PHS for over 16 years and was one of the original six PHS employees. Kay was also one of the first certified asthma educators in the nation. Kay is a dedicated advocate for the child. Her greatest joy is when a family acquires the understanding and skills necessary to manage their child's asthma.

Barb Lehn, RCP has been with PHS since 1992 and is currently in the process of attaining her

certification as an asthma educator. Barb loves being a respiratory care resource for her families. She especially loves helping children and their families with practical knowledge about asthma and seeing them make progress in managing their health.

Jennifer Trott, Health Unit Coordinator

has been with PHS for over three years. Jennifer helps schedule and coordinate the family in-home visits. Jennifer loves the variety of patients at PHS and enjoys working with all of the PHS clinicians.



PHS Chronic Disease Team:
Barb Lehn, Kay Kufahl, and Jennifer Trott

Pediatric Home Service

2800 Cleveland Avenue North
Roseville, MN 55113
Phone: 651-642-1825
Fax: 651-638-0680
Website: www.pediatrichomeservice.com

Address Service Requested



PHS has earned the
Joint Commission's
Gold Seal of Approval™

Pediatric Home Service is able to serve you 24 hours a day, 365 days a year. Contact us at either of these numbers and a PHS representative will assist you.

651-642-1825

800-225-7477

Other services are available upon request.



Taking Care of the Child...

PHS Services

Chronic Disease Service

- Pulmonary Assessments
- Educational Interventions
- Environmental Assessments

Infusion Therapy Service

- Patient Assessment, Monitoring, and Education
- Antibiotics and Anti-Infectives
- IntraVenous Immune Globulin (IVIG)
- Respigam
- Hydration Therapy
- Total Parenteral Nutrition (TPN)
- Enteral Therapy
- Corticosteroids
- Aerosolized Medications
- Pain Management
- Blood and Blood Products
- Chemotherapeutic Agents and Aftercare Needs
- Post-Transplant Medications and Monitoring

Medical Social Work

- Crisis Intervention
- Community Resource Planning and Referrals
- Short Term Therapeutic Interventions
- Emotional and Social Support Guidance

Nutrition Support Service

- Nutrition Assessment and Reassessment
- Feeding Regimen Evaluations
- Community Resource Referrals

Respiratory Service

- Patient Assessment, Monitoring, and Education
- Ventilator Systems
- BiLevel Devices
- CPAP Systems
- Heat & Humidity Systems
- Oxygen Systems
- Oximetry
- Apnea Monitoring
- Endtidal CO₂ Monitoring
- Multi-channel Recordings
- Suction Equipment
- Percussors
- Enteral Pumps