



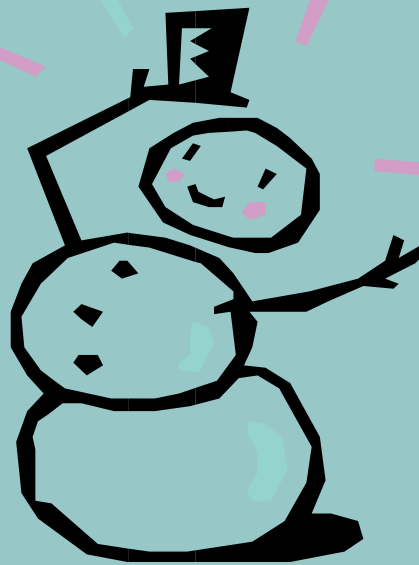


# WELCOME TO BREATHE EASY AT-HOME

## Welcome

Robert Frost, one of America's greatest poets, said "good fences makes for good neighbors". That may be true for in some situations, but other occasions require building bridges not dividers, creating doors and not walls. The Robert Frost poem that best applies to the Breathe Easy At Home Collaborative is the one where Frost says, "Two roads diverged in a wood, and I – I took the one less traveled by, and that has made all the difference."

The partnership of public, private agencies and individuals to battle asthma in the City of Boston is unique and epitomizes that path less traveled by. Boston Inspectional Services is proud to be part of this great initiative, we are excited about this program's ability to help children and families reside in asthma friendly housing. With the support that we have from Mayor Thomas M. Menino, this partnership will continue to grow stronger and others will no doubt follow the path chosen.



I look forward to our continued partnership, the continued development of this newsletter as one of our communication tools, to creating asthma friendly healthy homes.

*Dion Irish*

Assistant Commissioner  
City of Boston, Inspectional Services Department

## A Story From a BEAH Referrer

I work with a mother with two kids, ages 4 and 15 months. They live in an apartment that was infested with cockroaches. The wall had a large hole, leaking water. The family hated living there, so they lived doubled up in the cramped apartment of their grandmother. The mom had to travel an hour each way to her job.

We contacted Breathe Easy. The BEAH inspector found violations and cited the landlord. Upon re-inspection, the apartment was improved and the case was closed. The family moved back in. The 4 year old told me at the recent physical that "I now sleep in my own bed". Mom has gotten a job closer to home, saving travel time to care for her kids.

## Breathe easy

at home program

### Special points of interest::

- *BEAH Asthma Resource Cards*
- *A Frequently Asked Question*
- *Heating Resources for Your Patients*

A review of BEAH cases found that mice infestation was the most common violation. Other common violations were roach infestation and mold/moisture problems. Some homes had multiple violations.

| Issue             | 180 BEAH Cases: |
|-------------------|-----------------|
| Mice              | 33%             |
| Mold/<br>Moisture | 15%             |
| Cockroach         | 14%             |

### Frequently Asked:

**Q:** I requested to be registered via the BEAH website but was denied. Why?

**R:** Your facility may already be registered. Each facility has one username and password used by everyone in the facility. To find out what your username is, or to register your facility, contact BEAH at [asthma@bphc.org](mailto:asthma@bphc.org)





## Asthma Resource Cards

### ASTHMA RESOURCES

#### Asthma Education in-clinic or in-home:

BPHC in-home asthma education  
Home SAFE Program  
617.534.5966.

BMC Pediatric Asthma-Allergy Clinic  
617.414.4527

Children's Hospital Boston  
Community Asthma Program  
617.355.2144

Tufts-New England Medical Center Asthma  
Prevention and Management Initiative  
617-636-1339

#### Smoking Cessation Programs:

MDPH Quitworks – 1-800-679-8678 or  
1-800-TRY-TO-STOP (English and Spanish)

#### Health Plan Asthma Resources:

Boston Health Net - 1.888.566.0008

Network Health – 1.888.257.1985 –

ask for an asthma clinician

Neighborhood Health Plan – 617.478.7181

#### Asthma Advocacy:

Boston Urban Asthma Coalition (BUAC)  
617.279.2271



BOSTON  
MEDICAL

Caring for patients with asthma?  
Concerned about asthma triggers  
in their homes?

**Breathe Easy At Home can help!**  
And making a referral is E-A-S-Y!

1. <http://www.cityofboston.gov/isd/housing/bmc/default.asp> or phone: 617.635.5322  
and ask for Breathe Easy.

2. Click "Login to Breathe Easy"  
Username: Password:

3. Click "New Case" and enter patient info

4. To receive email updates, click on the  
box and enter your email address.

If you run into problems, contact:

BPHC Asthma Program  
[asthma@bphc.org](mailto:asthma@bphc.org)  
617.534.5966 or  
Megan Sandel, MD  
[Megan.Sandel@bmc.org](mailto:Megan.Sandel@bmc.org)  
617-638-5795 #0330

\*BEAH is for residents of Boston.  
If your patient lives outside Boston,  
please contact their local Board of Health  
([www.mahb.org](http://www.mahb.org)).

Check out the new Asthma Resource cards created by the BEAH program. These cards are the size of index cards, small enough to put in a pocket, on the desk, or on the wall but large enough to clearly read.

These resource cards contain

steps to refer a patient along with your facility's username and password.

The other side of the card includes Boston area Asthma Resources. These include educational services and area hospital and clinics that can help with patients who have

asthma.

BEAH hopes that your facility will use these resource cards. If your facility has yet to receive them, please contact BEAH at: [asthma@bphc.org](mailto:asthma@bphc.org) or 617.534.5966 to order your Asthma Resource cards!

## Breathe Easy at Home Tip Corner

Winter is here. That means it is flu shot season and it is heating season. While your patients with asthma are in receiving their flu shots, how about:

- Asking about housing conditions and making a BEAH referral, if necessary.
- Assessing their level of asthma control (Missing sleep

due to asthma, not participating in regular daily activities, missing school or work due to asthma or using a reliever medicine frequently may be signs of poor asthma control).

- Updating the Asthma Action Plan and for children, faxing a copy to school.

This winter, heating fuel is expected to be extremely expen-

sive. Using the kitchen stove for heat is very dangerous and can exacerbate asthma. There are some resources for your patients who have problems paying for heating fuel. Check out this City of Boston [website](http://www.cityofboston.gov/environmentalandenergy/winterheatingfaq.asp) (<http://www.cityofboston.gov/environmentalandenergy/winterheatingfaq.asp>) for a list of resources or call (617) 635-4500.