



# Welcome to the **Asthma Tracker**

Control your asthma. Don't let your asthma control you.

**Welcome to the eAsthma Tracker and congratulations on setting up your account!**

The eAsthma Tracker is an asthma tracking tool that helps patients measure and monitor their asthma symptoms on a weekly basis. Using the eAsthma Tracker can help give a clearer picture of your or your child's asthma symptom patterns over time. It will also give you and your provider an early warning when you or your child's asthma is worsening to help avoid an asthma attack.



Scan the QR code or visit <https://bit.ly/3tBIzbQ> to watch a selection of patient and doctor testimonials.

To help you get the most out of your eAsthma Tracker experience, check out the information in this Welcome Packet! The information in this packet will help you learn about the features of the Asthma Symptom Tracker and graph, resources available to you in your account, and long-term benefits of using the tool! You can even read real stories from parents, teenagers with asthma, and doctors that use the eAsthma Tracker regularly. Check out the Instructions page in your account for further information.

We are excited for you to start this journey and hope you find the eAsthma Tracker to be a helpful resource for you and your family.

# Table of Contents

[Join the eAsthma Tracker Community](#)

[Page 1](#)

Learn more about opportunities to connect with other eAsthma Tracker families through our Facebook group, newsletters, and parent partners.

[Physician Welcome](#)

[Page 2](#)

Meet one of our physician champions and read about how the eAsthma Tracker has transformed the way he cares for his patients with asthma.

[Understanding Your Asthma Tracker Score](#)

[Page 3](#)

Learn how to interpret your Asthma Tracker Score, so you can take action accordingly.

[Annotated Asthma Symptom Tracker](#)

[Page 4](#)

Get answers to your questions about the Asthma Symptom Tracker, such as definitions for terms like “nebulizer medication.”

[Why Keep Tracking?](#)

[Page 6](#)

Learn more about the benefits of using the eAsthma Tracker consistently, even when you or your child maintains good asthma control.

[Parent Testimonial](#)

[Page 8](#)

Learn more about the benefits of using the eAsthma Tracker consistently, even when you or your child maintains good asthma control.

[Patient Testimonials](#)

[Page 9](#)

Meet two of our teen champions and read about how the eAsthma Tracker has helped them learn more about their asthma and take control of their health.

[eAsthma Tracker in the News](#)

[Page 10](#)

Watch videos and read articles about the eAsthma Tracker and how the tool can benefit your family.

# Join The eAsthma Tracker Community



## Facebook Group

Join the discussion! Members of our eAsthma Tracker Facebook community are encouraged to share their experiences with the tracker and asthma in general. To join, scan the QR code or visit [facebook.com/easthmatracker](https://www.facebook.com/easthmatracker).

## eAsthma Tracker Newsletters

Visit our newsletter archive by scanning the QR code (or visit <http://bit.ly/eatnewsletters>) to browse our collection of newsletters compiled by eAsthma Tracker parents. These newsletters include: tips for using the eAsthma Tracker, asthma trivia and more.



Sign up to receive our newsletters by clicking on the button at the top left of the newsletter archive page.



## Have questions about the eAsthma Tracker?

Want to talk to an experienced parent?

The eAsthma Tracker team works closely with a group of parent partners to ensure the tool is effective and accessible to all patients and families. Our parent partners are excited to connect with new eAsthma Tracker parents like yourself! Contact your eAsthma Tracker parent partner using the below contact information. They can help answer any questions you may have, address concerns, and provide helpful tips for using the eAsthma Tracker.

EMAIL: [AsthmaTrackerParent@gmail.com](mailto:AsthmaTrackerParent@gmail.com)

*(Please schedule a time to call via email)*

*If you are having technical difficulties using the eAsthma Tracker, contact [asthmatracker@hsc.utah.edu](mailto:asthmatracker@hsc.utah.edu) for support.*

# Physician Welcome

## Joseph M. Johnson, MD

Village Green Pediatrics



I am a private pediatrician with an office located in Provo. I have always had an interest in asthma and improving the quality of care for my patients with asthma. I have often felt in my practice that no matter how many times I review asthma protocols and medications with my patients, there are some who still have a difficult time managing their disease. There are not enough hours in the day to provide adequate teaching for this common problem.

For a number of years I have been involved in a hospital-based team trying to standardize the care of patients hospitalized with asthma, to ensure they are getting the best care possible. However, most of the care I give my patients with asthma occurs in an office-based setting. During this time, I have often thought to myself: What about the care of patients who come to my office every day? How can I give them the best chance of living a normal life despite their asthma and keep them out of the hospital? When I was introduced to the eAsthma Tracker, I felt that I finally had my answer.

The eAsthma Tracker has many great features for a physician taking care of patients. First, it gives the patient and family a sense of responsibility in taking care of their asthma. It serves as a great reminder to keep on top of medication administration. It reinforces why patients are taking each medication and helps them to recognize

when things are not working. It facilitates quick communication when problems arise and allows

me to see patients or adjust medications in a timely manner to keep them as healthy as possible and prevent emergency department visits and hospital admissions. As patients review and provide comments in the box at the end of the second set of questions, I feel it is almost like a journal, which helps them to recognize asthma triggers and other details regarding their disease and thus empowers them to take control of their health. In the age of shared accountability for medical care that is beginning right now, I anticipate that similar models will be developed for other chronic diseases. Thus, we are on the cutting edge of this new model of thinking, where physicians and patients work as a team to keep them healthy.

In short, the eAsthma Tracker is an exciting new tool which I feel can revolutionize the way we care for asthma. The medications have not changed, but the ability of patients to understand their disease and how to take control of it brings us all to the forefront of quality medical care. I look forward to continuing to incorporate its use into the care of my patients with asthma.



# Understanding Your Asthma Tracker Score

Heidi Shunk

Think of a traffic light.

## Green zone → GO

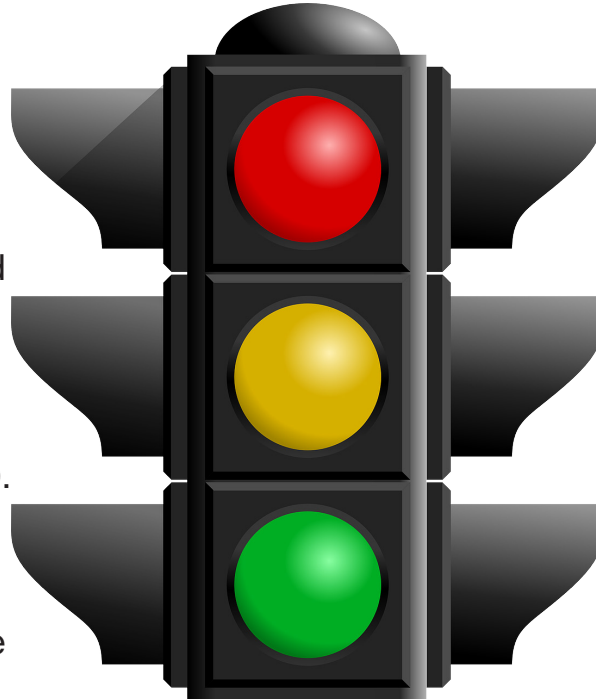
While in green, everything is going well. You find it easy to breathe, and you should continue taking your controller medicines (daily medicines prescribed by your doctor for your asthma).

## Yellow zone → Slow Down

While in the yellow zone you are experiencing occasional difficulty breathing. You may have had to use your rescue inhaler. Examine the things that you have been around or new things you may have been exposed to and make a note of them (e.g., visiting Grandma's house with a dog, being exposed to paint or even someone's perfume). If you continue having difficulties breathing, contact your doctor.

## Red zone → Stop

Your asthma is poorly controlled, you are likely using your rescue inhaler often, and you are at high risk of having an asthma attack. You may have difficulties breathing or using your rescue inhaler more. Contact your doctor to see what is affecting your asthma and discuss treatment possibilities.



**No matter what zone you are in, continue using the eAsthma Tracker to ensure your asthma is well controlled and you and your doctor are on the same page. Share your eAsthma Tracker graph with your doctor, so you can identify patterns in your asthma control together.**

Everyone presents differently when struggling from

asthma; your asthma symptoms may not present like other people's. When you are having difficulty breathing, your chest may make a "wheezing" sound or you might feel like an elephant is sitting on your chest, while someone else may cough a lot, or be extra fatigued.

Whatever your asthma looks like, the eAsthma tracker will help you learn and track how your asthma affects you so that you can learn to control your asthma. The three zones in the AST are different from the three zones of your Asthma Action Plan. If you're experiencing an acute asthma exacerbation, follow the zones in your Asthma Action Plan.

# Annotated Asthma Symptom Tracker (AST)

Michelle Frazier

## Questions on how to take your weekly Asthma Symptom Tracker test? Here are some things to know!

### Page 1 – Asthma Symptoms

Instructions | Message Inbox (0) | **Complete Asthma Test** | View AST Graph | Print Graph | Education Resources | Profile | Logout

In the **LAST WEEK**:

How much of the time did your asthma keep you from getting as much done at home, school, or work?

1. All of the time     2. Most of the time     3. Some of the time     4. A little of the time     5. None of the time

How often have you had shortness of breath?

1. More than once a day     2. Once a day     3. Three to six times a week     4. Once or twice a week     5. Not at all

How often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

1. Four or more nights     2. Three nights     3. Two nights     4. One night     5. Not at all

How often have you used your quick-relief inhaler or nebulizer medication (such as Albuterol, Atrovent®, Ipratropium Bromide, Levalbuterol, ProAir®, Xopenex®)?

1. Three or more times per day     2. One or two times per day     3. Two or three times during the week     4. Once this week     5. Not at all

How would you rate your asthma control?

1. Not controlled at all     2. Poorly controlled     3. Somewhat controlled     4. Well controlled     5. Completely controlled

Next

If you have questions about an underlined word in the Asthma Symptom Tracker (AST), hover your mouse over it for additional information.

### Quick-relief inhaler or nebulizer medication

These medications help to relieve asthma symptoms that come on quickly. They usually work within 5-10 minutes by opening airways during an asthma flare-up. They cannot prevent future asthma symptoms.

1. All of the time     2. Most of the time     3. S

How often have you had shortness of breath?

1. More than once a day     2. Once a day     3. T

How often did your asthma symptoms (wheezing, coughing, shortness of br

1. Four or more nights     2. Three nights     3. T

How often have you used your quick-relief inhaler or nebulizer medication?

1. Three or more times per day     2. One or two times per day     3. T

How would you rate your asthma control?

1. Not controlled at all     2. Poorly controlled     3. S

# Annotated Asthma Symptom Tracker (AST)

## Page 2 – Medications and Treatment

	Person filling this out (relationship to patient) :	- Select One - v
1	Did you use any <u>controller medications</u> this week?	- Select One - v
2	In addition to your inhaled medications, did you take a steroid in <u>liquid or pill</u> form this week?	- Select One - v
3	This week, did you use anything besides your prescription medication to ease asthma symptoms?	- Select One - v
	Any unscheduled sick visits to a doctor this week due to your asthma?	- Select One - v
	Any unscheduled sick visits to the hospital (Instacare, or Emergency Room) this week due to your asthma?	- Select One - v
	Did you have any interrupted school days (i.e. late to school, leaving school early, sitting in with school nurse during school hours, etc.) or miss school days this week due to your asthma?	No v
	Did your parent(s) have any interrupted (i.e. working half day, taking time to make phone calls to clinic during work hours, etc.) or missed work days this week due to your asthma?	No v
	Comments: (optional)	

1

### Controller medicines:

These medications help to prevent asthma symptoms. They only work well when they are taken daily, and should be taken even when there are no asthma symptoms. They cannot stop a sudden or severe asthma flare up.

2

**Steroids in liquid or pill form:** These may be prescribed by your provider if additional help is needed with an asthma flare-up. They help to decrease inflammation in your airways.

3

**Make sure you check with your provider** before trying any additional treatments for asthma, including but not limited to herbs, supplements, and diet changes.

You can even take your weekly AST test on your phone when you're on the go!

# Why Keep Tracking?

Stacey Riding

What if you didn't get a ticket for not wearing your seat belt? You could just get in your car and go, arrive at your destination without trying to escape some kind of confinement. What would be your motivation to wear it? Believe it or not, asthma is one of the leading causes of hospitalization in children. And like the seat belt, the eAsthma Tracker system is something that should be continually used; the incentive is staying a step ahead and protecting your child and yourself.

**“The tracker helps me manage my son’s medications”**

An attack can happen at any time if you don't control it. Who wants to speed to the hospital when it happens?

So what are parents saying about the tool? Well, Michelle, a parent in Utah says, “The tracker helps me manage my sons’ medication. Tracking the symptoms helps me know whether or not they need to go up or down on their medication. I currently have a son who has been able to go off

of his medication and I have loved having the tracker to be able to record and see the patterns that let me know how he is doing on that medication change. In the past the tracker helped me see how my other son actually needed to go up on his medication dose.”

The eAsthma Tracker is more than just reading material – another parent using this knowledge to her advantage is Andrea: “I use the eAsthma Tracker because it helps me see patterns in my graph (am I worse in Spring? Summer? Fall?) It also helps me track what my triggers are. For my teenager, it helps her because she sees that she's really not in control. It helps our asthma specialist see patterns and how often she is in her yellow or red zone. That helps the specialist know how to adjust her medicine.”

Wouldn't it be great to know when to adjust your child's meds, what triggers to stay away from, or what signs to look for to ensure they stay in the green zone? Who wants to stop their kids from having fun or putting restrictions on the games they play?



# Why Keep Tracking?

Continued

Tracking their asthma can let you know about any limitations to the extracurricular activities that you and your child enjoy.

No one can truly beat asthma, but we can keep up and keep track and that's what we need to do. Take it from me, I have two chronic asthmatics in my home. One is my 8 year old who can't just come up and tell me what's wrong, but with the tracker I use, he doesn't need to tell me because

I'm already ahead of it. I love using the tracker because now we haven't seen the inside of an emergency room for so long, I've forgotten what it looks like.

It's so important to keep using the tracker instead of getting lost and asking yourself if we're out of the woods yet. Take a piece of this knowledge and in return, it'll give you peace of mind.



# Parent Testimonial

## Michelle Frazier

### Mother

When I started using the eAsthma Tracker, I had two young boys being treated for asthma. They had both been on controller medications for a couple years, but I still felt uncertain with their care. Both of them only had trouble with their asthma when they were sick with colds or other respiratory illnesses. So, I found it hard to be consistent with their controller medications because most of the time their asthma wasn't apparent. Even though it was a plan their doctor and I had discussed, I often questioned whether they were on their controller medicine unnecessarily.

Soon after I started using the eAsthma Tracker, my older son got sick. I was really surprised to see that he actually dipped down into the red zone at one point. Another thing my son had always struggled with was that he took a long time to recover from being sick because of his asthma. I was aware of this before using the eAsthma Tracker, but



to see it on the graph and to visibly see how long his asthma would flare up for after, helped me to realize that his asthma was actually worse than I thought. I was able to take this information to his next doctor appointment, and his doctor and I decided to increase his controller medication dose. I was amazed to see that the next time he got sick, he did so much better. His symptoms were better during the illness, and he recovered much sooner. This experience helped me feel more confident about his plan of care, and as a result, I was much more consistent giving him his controller medication when he wasn't having an asthma flare-up. It also helped build my confidence in my ability to take care of my other son's asthma.

# Patient Testimonials

## Kai Malmgren

Teen eAsthma Tracker User



I have found the eAsthma tracker to be a great way to keep track of my asthma. It's easy to look at the graph and quickly see how my asthma is doing. This way I

know if my asthma is getting better or worse week to week and overall.

The notes feature is a handy way to keep track of exposures and triggers. When I have an attack I can go back, look at the notes and look for patterns and identify underlying issues that are exacerbating my asthma.

The tracker doesn't require a lot of time or effort. I just answer a few questions, and it shows my asthma graph from the current and previous weeks. I can even print the graph and share it with my doctors.

The tracker gives me all the information I need to track and control my asthma quickly and easily. The fact that I am able to use this information to help prevent future asthma attacks makes the eAsthma Tracker the perfect tool for me.

## Aubrey Shunk

Teen eAsthma Tracker User



Hi my name is Aubrey Shunk. I am 16 years old, and I have been using the eAsthma tracker for about 3 to 4 years now.

I find it extremely helpful to be able to monitor my asthma symptoms and triggers. I don't have very severe asthma, but I still find the eAsthma Tracker very useful. It used to be a lot worse when I was a kid and I would have to take medicine to help control my symptoms. Through the eAsthma Tracker I have found out that my symptoms tend to act up in the fall. By knowing this I can be more aware of my surroundings, and how my asthma is acting.

Although I don't have really severe asthma, my brother does. He also uses the eAsthma Tracker, and he has found great help in using it. He has found out what he is allergic to, environments that make it worse, and how sickness makes it act up a lot. So not only have I seen how it has affected me, but I can see how it has influenced someone else's life. I would definitely recommend using eAsthma Tracker!

# eAsthma Tracker in the News



## Healthcare Reform and Academic Pediatrics

Chris Maloney and Flory Nkoy talk about how the eAsthma Tracker has helped people manage their asthma and reduced costs to individuals and hospitals.

Eccles Health Sciences Library Digital Publishing July 8, 2015  
To watch, scan the QR code or visit <https://bit.ly/3rg944n>



## Patient-first approach leads to a new tool for asthma

*Tracker is part of new trend allowing patients, parents to 'become the experts'*

Deseret News March 5, 2016  
To read, scan the QR code or visit <https://bit.ly/3d2SPma>



## New tool helps parents predict when an asthma attack is about to happen

KSL.com March 14, 2016  
To read, scan the QR code or visit <https://bit.ly/2PqL4yw>