



Dear Indiana School Nurse Partner,

World Asthma Day is an annual event organized by the Global Initiative for Asthma with a goal to improve asthma awareness and care around the world. According to the World Health Organization, an estimated 300 million people suffer from asthma. In addition, it is the most common chronic disease among children. WHO also notes that asthma affects people in all countries around the world regardless of development, although most deaths occur in lower income countries. Indiana is home to over 500,000 of those asthma patients.

In an effort to heighten awareness, educate patients and decrease the asthma burden, the asthma partners of Indiana have joined forces to celebrate Indiana World Asthma Day. Our theme, "The Race to Decrease the Burden of Asthma, Helping Asthma Patients Maneuver the Curves," promises to be a fun and informative day for all ages. This event will take place in Indianapolis, on May 2nd from 11:00 AM – 1:00 PM at the Monument Circle (1 Monument Cir, Indianapolis, IN 46204).

We want to involve all 4th and 5th grade Indiana school children to learn more about asthma and maybe win a VIP Grand Prix race day package, garage tour and personal meet and greet with T.J. Fischer. Mr. Fischer was diagnosed with asthma at the age of 10, and because of his unique path with asthma, he has created Project 02. This campaign seeks to inform, inspire and innovate a new path in asthma awareness never seen before. Using his real life experiences of dealing with asthma in various sports and activities, it is his goal to not let that deter anyone from pursuing their dreams, no matter what they might be. Our team, The Indiana Zones characters and asthma crusaders, invite you to help educate asthma patients. **Choose to either create a theme song or write a five scene adventure of your own.** If your entry is selected, you can win (2) tickets to the Indianapolis Motor Speedway that includes photos and a garage tour. This prize pack is courtesy of Grand Prix driver TJ Fischer, an asthma patient and creator of Project 02. All entries are due by April 27, 2017. Contest open to all students in 4th and 5th grade in Indiana.

Indiana World Asthma Day Student Contest

Indiana Zones- Theme Song Contest	Indiana Zones- Graphic Comic Strip
<p>Make up a song using <i>The Adventures of Indiana Zones and the Asthma Management Plan story, The Asthma Facts or 6 Quick Tips for asthma patients</i></p>	<p>Make comic strip using <i>The Adventures of Indiana Zones and the Asthma Management Plan story, The Asthma Facts or 6 Quick Tips for asthma patients</i></p>
<p>No longer than 30 seconds long</p>	<p>No longer than 5 scenes</p>
<p>Uploaded to Youtube, MP3 or any other video method</p>	

As a gift for your efforts, the Indiana Joint Asthma Coalition will award a gift basket to the school nurse who has the most entries. All submissions are due by April 27th. Email submissions to indianaasthma@gmail.com. If you have any questions, contact Roni Ford, Director of InJAC at 317-520-9343.





the adventures of
INDIANA ZONES
and the Asthma Management Plan



The Adventures of Indiana Zones and the Asthma Management Plan



The Characters: Dr. Carlos is a pediatric doctor who helps asthma patients get better, Respiroria Zones is a respiratory therapist who teaches asthma patients how to use asthma medicines such as inhalers. Amy M. Plan, is a 10 yr. old asthma patient who uses her asthma management plan to keep her asthma well-controlled. Broniti-974, is a robot that dispenses medicine. There are three villains who use their evil asthma triggers to cause symptoms or asthma attacks. Betty Bleach is a secret agent who pretends to clean your house, but whose invisible fumes typically cause asthma patients to cough and/or experience chest tightness. Boris the cockroach leads an army of over 1 million cockroaches, and leaves his droppings in the smallest places, making it difficult to find them. Boris and his band of over 1 million are always looking for the next house to invade. Bill the cigarette "Butthead" uses his second hand smoke as a trigger by hanging in the air and making it very hard for asthma patients to breathe. Bill Butthead even uses third hand smoke by attaching his microscopic particles to hair, clothes and furniture.

The Story: Somewhere in Indiana, Amy M. Plan's mother is worried that Amy might have asthma. Amy's mom schedules a visit to see a special doctor, Dr. Carlos, who treats asthma patients. At the visit, Dr. Carlos asks, "what are your symptoms and triggers." Amy says, "dust seems to makes me sick, and when my mom cleans with bleach, it feels like my chest has an elephant's foot on it." Dr. Carlos determined that Amy's asthma level of severity was mild. Dr. Carlos asks his office assistant, Bronti-974, to give Amy an inhaler with a corticosteroid. Then, he brings Respiroria Zones, a respiratory therapist and asthma educator, to teach Amy how to properly use her new inhaler and to review her InJAC Asthma Management Plan. Ms. Zones tells Amy she must always keep a copy of her asthma management plan at home and at school. Before they leave the office, Amy says to her mom, "don't forget to schedule a follow up appointment with Dr. Carlos." Dr. Carlos told Amy's mother at the next visit he would review how the asthma control medicines are helping. As they left the office, Amy smiled and said, "Thank you for the medicine, I feel better already," to Bronti-974, "See you next time."

Now, it's your turn!

The Indiana Joint Asthma Coalition wants to help the 510,000 people in Indiana with asthma. Our team, The Indiana Zones characters and asthma crusaders, invite you to help educate asthma patients. **Pick to either create a theme song or write a five scene adventure of your own.** If your entry is selected, you can win (2) tickets to the Indianapolis Motor Speedway courtesy of Grand Prix driver, TJ Fischer and garage tour. So, get started! All entries are due by April 27, 2017. The contest is open to all students in 4th and 5th grade in Indiana.

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<p>No longer than 30 seconds long.</p>	<p>No longer than 5 scenes.</p>
<p>Upload to Youtube, MP3 or any other video method.</p>	

Need some more clues to make either your song or graphic comic strip?

Asthma Facts:

What is Asthma?

Asthma is a lung disease. Asthma causes wheezing, chest tightness and coughing at night or early morning. It is called an asthma attack or symptoms when someone with asthma cannot breathe.

What causes Asthma or it's symptoms?

We don't know what causes asthma, but doctors hope to find a cure someday.

What causes an Asthma attack?

The symptoms are caused by triggers. Things like secondhand smoke, dust, mold, or pet dander, cleaning products and even exercise can be a trigger. Staying away from your triggers is one way to keep your asthma well controlled.

How is Asthma Well-Controlled?

Doctors give asthma patients medicines to prevent asthma attacks. These medicines are called corticosteroids and are taken in an inhaler. Sometimes, these medicines are taken when an asthma attack happens to get rid of the symptoms immediately. However, most medicines are used every day to prevent asthma attacks or symptoms.

6 Quick Tips for asthma patients to always remember

<u>1)Inhaled Corticosteroids -</u> Inhaled corticosteroids are the most effective medications for long-term management of persistent asthma and should be utilized by patients and clinicians as is recommended in the guidelines for the control of asthma.	<u>2)Asthma Control-</u> At planned follow-up visits, asthma patients should review level of control with their health care provider based on multiple measures of current impairment and future risk in order to guide clinician decisions to either maintain or adjust therapy.	<u>3)Follow-up Visits -</u> Patients who have asthma should be scheduled for planned follow-up visits at periodically in order to assess their asthma control and modify treatment if needed.	<u>4)Asthma Severity -</u> All patients should have an initial severity assessment based on measures of current impairment and future risk in order to determine type and level of initial therapy needed.	<u>5)Allergen and Irritant Exposure Control or Triggers -</u> Clinicians should review each patient's exposure to allergens and irritants and provide a multipronged strategy to reduce exposure to those allergens and irritants to which a patient is sensitive and exposed, i.e., that make the patient's asthma worse.	<u>6) InJAC Asthma Management Plan -</u> All people who have asthma should receive a written asthma management plan to guide their self-management efforts.
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Key Words

Asthma Management Plan, trigger, inhaler, pollen,
cockroaches, second hand smoke, doctor, respiratory therapist, asthma attack