

A MULTIMEDIA ASTHMA ASSESSMENT PROGRAM - CHILDREN 7-12

The 2005 Missouri School Asthma Manual provided a CD tutorial. On the CD you will find a folder entitled "Multimedia Evaluation". Open this folder and double click on "Start Assessment". If you do not have the CD, you can access this Asthma Screening Program at <http://impactasthma.missouri.edu/screening/index.html>. The ideal use of this program is with a child and parent. Enter the firstname only of the child. This preserves confidentiality in the event that the report is later misplaced. No record of the answers is saved on the computer. Next, click "GO". Eight brief movies will play. After each movie the child will respond by selecting "Never", "Sometimes", or "Often" to the question "Does this ever happen to you?" After selecting an answer it is possible to change that answer before going to the next movie. After all questions are answered a report will appear on screen with a print button. After printing the report you can "CLICK HERE" at the bottom of the page to open a page for the parent to complete. This form can be printed blank for completion at home or answered on screen by a parent and then printed. The form below illustrates the contents of the report generated after a child completes the multimedia assessment form.

Title	Never	Sometimes	Often
I wheeze & cough while sitting quietly			
I wheeze, cough, or feel short of breath after running			
I wake up at night wheezing and struggling to breathe			
I wake up at night due to coughing			
People smoke around me			
<i>Tobacco smoke exposure greatly increases the likelihood that children will be troubled by respiratory problems. Children who have asthma & are exposed to smoke are at much greater risk for serious symptoms requiring urgent care. Tobacco smoke also causes many other health problems including ear and sinus infections, allergies, and an increased number of colds & respiratory infections.</i>			
Other things make me cough, wheeze, or feel short of breath			
<i>Many things can make asthma worse. Airborne particles such as pollen, animal dander, & dust mites can trigger asthma or allergy symptoms. Very cold air & heavy breathing can also trigger asthma symptoms. Allergy tests can help identify triggers. Learning to avoid triggers can help with asthma control. Allergy medications such as nose sprays and antihistamines might be helpful too, especially during peak pollen seasons in the spring and fall.</i>			
When I run or play hard coughing, wheezing, or difficulty breathing make it hard for me to keep up with other kids.			
<i>Running or playing hard might cause someone who has asthma to feel unable to breathe well enough to keep up. Pay attention to the concerns of children who shy away from physical activity because of breathing problems. Being overweight or out of shape might also cause shortness of breath, but it is important to always consider asthma as a possible explanation too. Exercise is important for everyone. Let's identify & control asthma so kids can keep fit.</i>			

If you have concerns about your child's breathing after these activities make an appointment with your health care provider. Keep a daily symptom diary (see E-4) until your appointment. Share these results and your child's symptom diary at this appointment.