

C.O.A.C.H. PROGRAM

Marie Gonzalez MSN, MS, RN-BC

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Community Outreach for Asthma Care & Health



What is the C.O.A.C.H. Program?

- Began in 2014
- Grant funded (DSRIP and Nicholson Foundation)
- Provide asthma education according to the 2018 National Asthma Education and Prevention Program (NAEPP) & Global Initiative for Asthma (GINA) 2019 guidelines
- See patients during their hospitalization or their visit to the ED
- Attend pediatric & adult asthma clinic at the Family Health Center



What is the C.O.A.C.H. Program?

- Provide home visits
- Attend community events
- Connect with community resources



C.O.A.C.H Program Goals

- Decrease ED visits
- Decrease hospital admissions and readmissions
- Decrease missed school days
- Decrease missed days of work for the parents



Inpatient Interventions

- Patient/family education
- Review discharge instructions
- Assist with making any needed follow up appointments:
 - PCP
 - Pulmonology
- Having all prescriptions filled before discharge
- Offer home visit
- Send detailed discharge summary to PCP
- Follow up phone after discharge





Spacer Teaching Checklist

Step	
1	Remove cap from Puffer (MDI) and check for any foreign bodies
2	Shake the Puffer (MDI) 3-5 times before use (PRIME IF NECESSARY)
3	Hold the Puffer (MDI) straight up and place into the spacer
4	Breathe OUT COMPLETELY
5	Place your mouth around the spacer mouthpiece between teeth and over tongue
6	Squeeze down on the Puffer (MDI) canister 1 time (1 puff)
7	Breathe in slowly and completely, for three to five seconds If spacer whistles SLOW DOWN
8	Hold breath for about 10 seconds and then breath out
9	If the physician has ordered more than one puff, repeat steps 2-8
10	Wait 1 minute between puffs
11	Rinse mouth and spit after use

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Step	SPACER TEACHING WITH MASK
1	Remove cap from INHALER (PUFFER) and make sure there is nothing in the spacer
2	Make sure you put the mask on the spacer tightly
3	Shake the INHALER (PUFFER) 3-5 times before use (PRIME IF NEEDED)
4	Hold the INHALER (PUFFER) upright and put it into the spacer
5	Place mask over nose and mouth (make sure masks rest flat)
6	Push down on the INHALER (PUFFER) 1 time (1 puff)
7	Watch child take 5-6 easy breathes.(Watch the valve or chest go up and down)
8	If the doctor has ordered more than one puff, repeat steps 2-7
9	Wait 1 minute between puffs
10	Rinse mouth and spit after use. Little children should take a drink.
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Community Outreach

- Attend asthma clinic at our Family Health Center
- Educational in-services with school nurses, teachers and administrators
- Lunch and learn at schools
- Hackensack Meridian Health Outreach Programs collaborate with C.O.A.C.H to reach more children and parents
- Asthma clinic at Midtown School with Dr. Nakhleh



Home visit Interventions

- Assess the home for asthma triggers
- Review medications
- Connect family with community resources
 - Department of Health
 - Housing assistance
 - Social services
- Offer mattress and pillow covers, vacuum cleaners with Hepa filter and air purifier



C.O.A.C.H Program (DSRIP) Home Visit Eligibility

- 2- 17 years old
- NJ Familycare, Charity care and no insurance
- Primary diagnosis of asthma during hospitalization



Nicholson Grant Home Visit Eligibility

- 2 – 17 years old
- Enrolled in NJ Family Care
- Hospitalization with primary diagnosis of asthma
- 2 ED visits for asthma or 1 hospitalization
- Previous diagnosis of asthma



C.O.A.C.H Program Team

Barbara Birde Cirella MS, RN, CPNP, AE-C - DSRIP Manager

Marie Gonzalez MSN, MS, RN-BC – Population Health Manager

Nyeshia Dorsey – Community Health Worker

How to contact C.O.A.C.H. Program

Marie Gonzalez – Office 732-776-4980
Cell – 732-552-7595

Nyesha Dorsey - Office – 732-776-4097
Cell – 732-963-7831



Thank
You

