



Doctors Develop Asthma App Designed for Children

App helps children & teens manage asthma better, aims to cut down on trips to the ER

Nationwide Children's Hospital

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SUGGESTED TEASE	COMING UP, AN APP THAT HAS CHILDREN AND PARENTS BREATHING A BIT EASIER. WE'LL SHOW YOU HOW IT'S HELPING YOUNG ASTHMA PATIENTS, NEXT.
ANCHOR LEAD	SOMEONE IS RUSHED TO AN EMERGENCY DEPARTMENT FOR ASTHMA ABOUT EVERY 20 SECONDS IN THIS COUNTRY ¹ AND MANY OF THOSE PATIENTS ARE CHILDREN. ASTHMA CAN BE WELL-CONTROLLED, BUT TOO OFTEN, CHILDREN DON'T TAKE THEIR MEDICINE IN TIME AND END UP IN THE HOSPITAL. RESEARCHERS ARE CURRENTLY EVALUATING HOW AN APP IS WORKING TO HELP KIDS AND PARENTS STAY ON TOP OF THEIR ASTHMA. CLARK POWELL REPORTS.
	(Nats - Karma going down a slide) :02
CG: Courtesy: Nationwide Children's Hospital Shots of Karma going down the slide Shot of Karma taking medicine	WATCHING 3 YEAR OLD KARMA TAYLOR PLAY, YOU MIGHT THINK THERE IS NOTHING THAT SLOWS HER DOWN. BUT LIKE MORE THAN 6 MILLION ¹ OTHER CHILDREN IN THE U.S., KARMA HAS ASTHMA - WHICH USED TO GET SO BAD, SHE OFTEN WOUND UP IN THE EMERGENCY DEPARTMENT. :11
CG: Joyce Kelso Mother	"We'd go through breathing treatments here, they'd send us home with steroids the prednisone and she'd get better for a little bit and then we'd be right back to the same cycle pretty much." :09
Shots ED/ graphic	THAT'S NOT UNCOMMON. THERE ARE NEARLY 2 MILLION ¹ VISITS TO EMERGENCY DEPARTMENTS EACH YEAR FOR ASTHMA - HALF INVOLVING CHILDREN. :07
CG: David Stukus, MD Nationwide Children's Hospital	"It's hard for anybody to remember to take medications every day, especially when they're feeling well which is often the case with asthma. So, we thought that we would provide a reminder system." :07
Shot of app team meeting Shots of app Shots of Joyce using app	DOCTOR DAVID STUKUS (STOO-kiss) TEAMED UP WITH COLLEAGUES AT NATIONWIDE CHILDREN'S HOSPITAL TO DEVELOP THE ASTHMA-CARE APP. IT SENDS ALERTS WHEN IT'S TIME FOR PATIENTS TO TAKE THEIR MEDICINE, ALLOWS THEM TO LOG TIMES WHEN

	BREATHING PROBLEMS OCCUR - AND EVEN HELPS KEEP TRACK OF SOME ENVIRONMENTAL TRIGGERS. :20
Dr. Stukus (CG'd earlier)	“We actually have access to local pollen stations, so as long as they're connected to wifi, whatever pollen counting station is closest to them can give them up to date accurate data regarding levels of outdoor tree or grass pollen or ragweed or things like that.” :12
Shots of app (Graphic) AsthmaCare Study -Patients used app everyday -81% of the time used it more than once -No patient carried paper action plan Shot of family at park	THE APP ALSO HAS AN ACTION PLAN TO HELP PATIENTS THROUGH EMERGENCY SITUATIONS. IN A PILOT STUDY, PATIENTS USED THE APP EVERY DAY - AND 81-PERCENT OF THE TIME USED IT MORE THAN ONCE. ² NO PATIENT WHO WAS GIVEN AN ACTION PLAN WRITTEN ON PAPER CARRIED IT WITH THEM. BUT EVERYONE WHO HAD THE APP DID - INCLUDING JOYCE. :17
Joyce Kelso (CG'd earlier)	“It's changed our lives in the fact that my child's not going to the ER constantly, she's not have as severe of asthma attacks, and it's kind of keeping me on top of medicine.” :08
Shot of Joyce and Karma	AT NATIONWIDE CHILDREN'S HOSPITAL, THIS IS CLARK POWELL REPORTING. :03
ANCHOR TAG CG: www.nationwidechildrens.org/asthmacare	PATIENTS CAN ALSO SEND A COPY OF THEIR SYMPTOMS DIARY TO THEIR DOCTORS SO THEY CAN DISCUSS TREATMENT OPTIONS DURING OFFICE VISITS. THE APP IS FREE - IF YOU WOULD LIKE TO DOWNLOAD IT, GO TO nationwidechildrens.org/asthmacare .
 Share it! Suggested tweet:	Doctors @NationwideKids develop asthma app to keep kids on their medicine schedule and out of the ER. bit.ly/1XIMbKy
 Suggested post:	About every 20 seconds someone is rushed to an emergency department to be treated for asthma and about half the time it's a child. So, in an effort to help kids better manage their asthma and avoid trips to the ER, doctors at Nationwide Children's Hospital have developed the AsthmaCare app. bit.ly/1XIMbKy .
References -	¹ <i>National Center for Health Statistics / FastStats: Asthma, Centers for Disease Control and Prevention, 2016.</i> Online: http://www.cdc.gov/nchs/faststats/asthma.htm ² <i>Acceptability of an interactive asthma management mobile health application for children and adolescents, Annals of Allergy, Asthma & Immunology Volume 114, Issue 6, June 2015.</i> Online: http://www.annallergy.org/article/S1081-1206(15)00157-X/abstract
	Extra Bites
CG: David Stukus, MD Nationwide Children's Hospital	<i>Dr. Stukus explains how parents can download the app -</i> “The name of the app is Asthma Care and it's available through the Nationwide Children's Website at www.nationwidechildrens.org/asthmacare . We have versions

	<p>available for both apple and iOS devices as well as android phones as well. And it's free for anybody.”</p> <p><i>Dr. Stukus says the goal was to create an app proven to work -</i> “The hard part is nobody's regulating these apps that are out there, so anybody can just produce an app and put it out there for somebody to find And that means that the apps have variable quality, some of which may not be evidence based. We really wanted to strive to provide something that was very useful and also based in evidence, so we wanted to give the right information and provide a tool that would be helpful for people.”</p> <p><i>Dr. Stukus explains the idea behind the app -</i> “Asthma can be frightening for parents, especially for younger children who can't always verbalize what they may be feeling, so with the Asthma Care App we hope that we can give them the confidence to help really control their disease and make sure that they administer medications for asthma on a consistent basis.”</p>
<p>CG: Joyce Kelso Mother of a child with asthma</p>	<p><i>Joyce talks about her daughter's asthma attacks -</i> “As a mom it's very terrifying. Because I've come into the ER, we've literally sat down and they'd have us back in triage and have a respiratory, in a room within 5 minutes because of how bad her breathing was.”</p> <p><i>Joyce explains how the app helps -</i> “You can set what kind of medicine your child's on and then you can set like what times and then you get the reminder on your phone like it's time for your medicine at this time.”</p> <p><i>Joyce says her daughter will use the app once she's old enough -</i> “Definitely once she gets a little bit older and has a smartphone she can definitely use it. It's very friendly app it's not hard to use at all.”</p>
<p>Producers & Reporters:</p>	<p>To download scripts, video and photos go to: http://www.multimedianewsroom.tv</p>

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