

# National Jewish Health Asthma ‘Bootcamp’ Improves Rural Pediatric Asthma Care

*National Jewish Health*

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## SOUNDBITES

<p><b>CG: Bruce Bender, PhD</b> <b>National Jewish Health</b></p>	<p>Dr. Bender explains the purpose of the Asthma Toolkit Bootcamp: <i>“Its purpose was, and is, to reach underserved populations, largely rural health. And so, we’re addressing primary care practices and teaching them how to take care of children with asthma following the most current evidence-based guidelines.” :16</i></p> <p>Dr. Bender explains how the Asthma Toolkit Bootcamp works: <i>“The way this training works is the providers take a 90-minute course online before we ever get there. Then we come in and have one intensive day where we train them on how to manage asthma; we train them how to use a spirometer. With the grants that we get, we actually give them a spirometer to use.” :18</i></p> <p>Dr. Bender says they return to practices a month later to review and answer questions: <i>“After we’re done that day, we step back. But we come back a month later for a booster, or refresher, to review critical information, to answer questions, to practice spirometry.” :12</i></p> <p>Dr. Bender says the booster visit and continued support make a big difference: <i>“That combination of going out into the community, coming back for a booster and then remaining available to answer questions, we can have follow up webinars depending on what the practice wants. Adapting to the practice has made a big difference.” :15</i></p> <p>Dr. Bender states the clinical improvements in the practices that participated: <i>“Outcomes included a significant reduction, a 35 percent reduction in hospitalization rates of the children who are in the practices that we trained.” :11</i></p>
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**CG: Bruce Bender, PhD**  
**National Jewish Health**

Dr. Bender says many rural communities have high asthma rates, yet often lack optimal care:  
*"Very few asthma studies have been conducted in rural areas, and yet that population of asthma patients often has very bad asthma, at the same rates or greater than we see in the cities, and they often aren't getting the kind of care they need in order to be well managed and under good control."* :18

Dr. Bender says this program could be adapted for any chronic health condition:  
*"This is a model that could be adapted to any chronic health care condition. If you take the big ones: asthma, chronic obstructive pulmonary disease, diabetes, cardiovascular disease, this could be fitted to any of those as a way to bring primary care providers up to speed and keep them there."* :21

Dr. Bender discusses their new asthma care initiative in the Navajo Nation:  
*"The Navajo Nation is the largest tribal population in the nation and the largest physical reservation in the United States, 2,700 square miles. Their asthma rates among children are double that of the rest of the United States. So we've received another grant from the National Heart, Lung and Blood Institute, and over a period of seven years, we're working with that population, building asthma programs in three different communities on the Navajo Nation."* :27

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