

May 2009 CMSA Newsletter



Case Management Society of America, Madison Area Chapter

CMSA - a non-profit multi-disciplinary society of health care professionals engaged in case management.

Join us on
May 28, 2009



Integrated Strategies in the Management of Nausea & Vomiting in Pregnancy

Speaker: Kathryn Hamilton
Sponsored by: Alere (Matria)

1.5 contact hours

Meeting Fees

Members—No Charge

Non Members— Invited to join us at a charge of \$15

Members of CMSA are not required to be Certified Case Managers. Please note, you may be required to show your membership card for admission to Madison CMSA Programs.

For more information on joining CMSA, please contact our Secretary, Brenda Bartz via e-mail at bbartz@mhsjvl.org

Location:

Comfort Inn of Madison 5:30 – 7:00 pm
4822 East Washington Ave.
Madison, WI 53704
608-244-6265

Dinner begins at 5:30 in the Madison Room

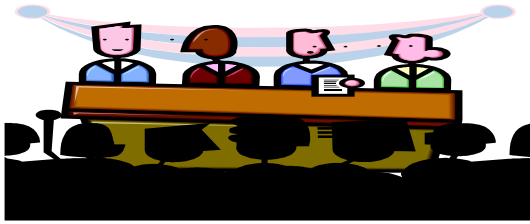
Please RSVP by 5-17-09 to Cindy Fawver
at cfawver@chartwellwisc.com
or call 608-664-6173



From I-90/94, exit Highway 151 south (exit 135A), turn right at first frontage entrance.

Please note: If you are attending in place of someone who is a designated member under a Company/Corporate account, please note this in your RSVP and when checking in. Thank you!

Your CMSA Board Members:



Officers

Sue Meudt, President

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Volunteers

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CMSA - Madison Chapter

P.O. Box 5175

Madison WI 53705-0175

Upcoming Events

June 25, 2009

Topic: Electrotherapy

Speaker: Elaine Kay, RN, CDMS, CCM

Sponsor: RS Medical

Location: Comfort Inn, Madison

No CMSA meetings will be held in July or August 2009

September 24, 2009

Topic: Advanced Pain Management

Speaker: to be announced

Sponsor: to be announced

Location: Comfort Inn, Madison



*Share Your Expertise!
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Share Your Expertise!

May is "**National Asthma and Allergy Awareness Month.**" The Asthma and Allergy Foundation of America (AAFA) yearly asks the President of the United States to officially designate May as National Asthma and Allergy Awareness month. It is a peak season for asthma and allergy sufferers, and a perfect time to educate patients, family, friends, co-workers, and others!

Facts Asthma affects people of all ages, often starting in childhood. In the US, over 22 million people have asthma; nearly 6 million are children. Every day, 60,000 miss school or work; 5,000 visit the emergency room; and over 1,000 are admitted to the hospital. Approximately 5000 people **die** of asthma each year.

What? Asthma is a serious lung disease that affects the lungs/airways. The frequency and severity of asthma symptoms vary from annoying to limiting to life threatening. There is no cure, so the vital goal of asthma treatment is to control the disease and respond quickly to worsening symptoms.

Why? The exact cause of asthma is not known. Researchers think genetics and environmental exposures may contribute. If asthma or allergies run in your family, exposure to allergens (house dust mites, cockroaches, cat or dog dander, viruses, sulfites, or air pollution) and irritants (tobacco smoke, temperature or humidity changes, exercise) may make airways more reactive.

How? If you have asthma, you have this condition all the time. When you have symptoms, your asthma is not in control. Asthma involves both airway **inflammation** and **constriction**. You may not feel inflammation or swelling of the airways of your lungs. You do feel constriction, the tightening of the muscles around the airways. Chronic inflammation leads to greater sensitivity to triggers, causing additional constriction or bronchospasm, and less air exchange in your lungs. This leads to asthma symptoms like coughing, wheezing, chest tightness or shortness of breath. This is an asthma attack!

Act! A severe asthma attack **CAN BE DEADLY**. You need immediate attention and action that can even save your life. You can safely manage worsening asthma symptoms only if you have already established an asthma action plan with your physician. You need emergency 9-1-1 medical attention if:

1. Your medicines do not relieve asthma attack symptoms.
2. You have a peak flow meter and the reading is at or below 50% of your personal best peak flow number.
3. You have trouble walking and talking because you are breathless.
4. You have blue lips or fingernails.

PLAN! Successful asthma management requires you to play an active role in your care. Work with your doctor to create and follow an asthma action plan which gives you guidance on when to take and increase your medicines, how to respond to worsening symptoms, and when to seek emergency care. See the National Heart, Lung, and

Blood Institute's (NHLBI) [Asthma Action Plan](#) for a sample plan.

Learn the triggers that make your asthma worse, take steps to avoid exposure to triggers, take asthma medicines as prescribed, track and record your level of asthma control or symptoms, get ongoing care, get an annual flu shot, and watch for signs that your asthma is getting worse. Your level of asthma control may vary over time so your doctor may step up or step down the dose or frequency of your medications based on your asthma diary.

Medicines Asthma is treated with two types of medicines. 1) Long-term control medicines reduce airway inflammation and prevent asthma symptoms. 2) Quick-relief or "rescue" medicines relieve asthma symptoms that flare up. **All** people who have asthma need to carry a quick-relief inhaler **at all times** which acts quickly to relax tight muscles around airways. If you use this medicine more than 2 days a week, talk with your doctor; you may need changes in the dose of long-term control medication.

Asthma Zones A peak flow meter is a small, hand-held device that shows how well air moves out of your lungs at any given time. Your own personal best or peak flow score is your best reading over several weeks **when you do not have any symptoms**. 100% to 80% of your personal best is your best asthma control or GREEN asthma zone, where you always want to be or return to. 80% to 50% is your cautionary or YELLOW asthma zone, where you may start to experience asthma symptoms. Your action plan should include what medicines to take to get back in your GREEN zone. Below 50% is your emergency or RED asthma zone. You need to act and to call 9-1-1!

Exercise If physical activity sets off asthma symptoms, talk to your doctor about the best ways to control asthma so you can stay active. Short-acting quick-relief medicines taken shortly before physical activity can last 2 to 3 hours and prevent exercise-related symptoms for most people.

Control your asthma; because if you cannot breathe, nothing else matters!

This month's contribution to Share Your Expertise is provided by Pam Burnett.



If you would like to share your expertise in an upcoming newsletter, contact Wendy Countryman at wcountryman@weatrust.com or call 608-661-6712.