

Open Airways - A GREAT YEAR - in review

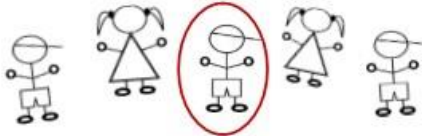
December 2018



Open Airways is dedicated to improving the health and well-being of over 8,000 people in Bermuda whose lives are affected by asthma and other long-term breathing difficulties.

SCOPE - In Bermuda

Approximately **1 in 5 school children** have asthma.



In a classroom of 15, most likely 3 children will have asthma.

Approximately **1 in 10 adults** have asthma -
That's *well over 8000 people in Bermuda.*



11
Candidates
for the
ASTHMA DIPLOMA

Six month training course -
beginning October 2018

35% DECLINE

in Asthma-related



PEDIATRIC

visits to EMERGENCY
in last 5 years!

14 Oxygen Concentrators

loaned to people with no
or inadequate insurance,
helping them to
breathe better.

MANY MICROFIBRE CLOTHS given to the community as
part of our "Cleaning without Chemicals" campaign.

EMERGENCY

(April 2017 - March 2018)

**1,535 asthma-related visits -
Almost 5 per day!**

ASTHMA is the #1 REASON
why people visit **EMERGENCY**

81% DECLINE
in **ASTHMA**
ADMISSIONS

to the hospital since our inception
over 20 years ago.

OVER 1000

spacers distributed - helping inhaled
medications to reach the lungs
more effectively.

Over 150

Health Care Professionals

(doctors, nurses, pharmacists, physios)

trained

and updated with the latest international
guidelines for asthma and COPD.

These professionals returned to their offices,
schools, homes etc. ready to assist an

INFINITE number of people island wide
with asthma.



Dedicated Team Members

3

Liz Boden, R.N.
Tracy Nash, R.N.
Mary Ellen Ewles

EDUCATION is our KEY STRATEGY - REFLECTIONS of the past year

Educating Health Care Professionals (HCP's) (doctors, nurses, pharmacists, physiotherapists, etc.)

OPEN AIRWAYS aims to
INSPIRE BEST PRACTICE IN RESPIRATORY CARE
by educating as many HCP's working throughout the island.

Our trained HCP's return to workplaces equipped with up-to-date information, better able to assist patients and clients with asthma and respiratory concerns. Through these professionals, we reach broader and deeper into the community with valuable information on how to care and control asthma to live a healthier and happier life.

- **March** - Over 100 HCP's attended one day Update Workshops facilitated by Dr. John Haughney, world renowned inspirational asthma and COPD expert from Scotland. He was extremely engaging and entertaining. Dr. Richard Fulton, from Edgewood Pediatrics, also presented an update on pediatric asthma and eczema. Doctor's unable to attend the one-day workshops came to an evening presentation. The feedback for these workshops was excellent.



- **November** - 'Beginners Workshop' presented by our Open Airways nurses, Tracy and Liz. Over forty HCP's attended our 1/2 day workshops learning about asthma diagnosis, management and care.
- **Diploma in Asthma Care** - Eleven nurses commenced the 6-month internationally recognized college accredited diploma course in October. The graduates will become our future specialist asthma educators working throughout the island.
- **Pharmacists** - attended workshops throughout the year as we strive to work with pharmacists delivering the very best care.

NEW Online Asthma Course

SUPPORTING CHILDREN'S HEALTH - ASTHMA For anyone who works with children with asthma or parents of children with asthma.

Following the tragic death of 3 year old George Collier from asthma in the UK, his family wanted to help and prevent this from happening to other families. A memorial fund, together with Education for Health UK, created an online course on asthma. Open Airways has now brought this to Bermuda, available to all, in hopes that all teachers, sports coaches, extra-curricular activity providers, etc. will take the time to complete the course and help to save the life of a child. The course is now available on our website - www.openairways.com. A certificate upon completion can be printed.

Educating in the Schools - students and their families

Working with the Department of Health School asthma nurse, children in schools have lively assemblies as students and teachers learn about asthma. Equipment used and distributed is provided by Open Airways. Our Action Asthma book continues to be very popular with the children loving our super-hero 'Action Asthma' and our villain 'Mr. Trigger'.



Educating the community

Teaching about prevention and the "Goal is Control".

- **Asthma and COPD consultations in homes or offices** - We have helped to teach many how to take control of their asthma and COPD by understanding their diagnosis and knowing how to self-manage and fine-tune their treatment.
- **Family Support Program** - we have reached out to vulnerable families in the community, providing assistance and materials to help improve their home environment - and thus reducing exposure to asthma triggers We have provided new beds, bedding and help as needed.
- **Lively and interactive sessions** - We have given talks to a variety of groups - from PTA's, Seniors, Rotary Club, Church groups, Lunch & Learn presentations etc. This year's theme has been "Love Your Lungs"
- **World Asthma Day** - In celebration of our 20 years as an asthma charity in Bermuda, we joined countries around the world raising awareness of asthma and celebrating the joy of breathing freely. Over 120 people came to City Hall where doctors, nurses and physiotherapists were on hand to help them individually. Spacers, microfiber cloths and pillows were distributed. School groups performed throughout the event and we had speeches from both Open Airways and the Minister of Health.
- **Health Fairs** - we have attended many health fairs throughout the year.
- **Educational flyers** - we continue to distribute information about all aspects of respiratory care. All our flyers can also be downloaded from our website. This year, we have a new flyer 'Asthma Symptoms in the Under 5's - Is it Asthma?'
- **Equipment** - We distributed hundreds of spacers to people of all ages to ensure inhaled medications reach the lungs effectively.



Thank you for your continued support of Open Airways!

Should you wish to **DONATE to OPEN AIRWAYS** please visit www.openairways.com