

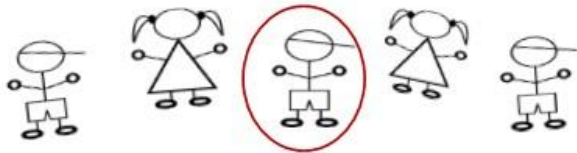
Open Airways - 2019 in review



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.

> 8,000 Estimated number of people in Bermuda with asthma.

EMERGENCY

(April 2018 - March 2019)
1,415 asthma-related visits

almost 4 per day!

ASTHMA is the #1 REASON
why people visit the ER

83% DECLINE
in **ASTHMA ADMISSIONS**
to the hospital since our inception 22 years ago

OVER 200
Health Care Professionals
(doctors, nurses, pharmacists, physiotherapists)
TRAINED

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

ESTIMATED REACH - 5,970 times
assisting patients over the past year.
(as estimated by recent workshop attendees)



346
Individuals accessed
"Supporting Children's Health"
(our 45 min online course)

OVER 700
spacers distributed - helping inhaled medications to reach the lungs more effectively.

8 **New Asthma Diploma Graduates!**

working in key locations throughout Bermuda.

14 Oxygen Concentrators
loaned to elderly people with no or inadequate insurance, helping them to breathe better.

MANY MICROFIBRE CLOTHS
given away as part of our "Cleaning without Chemicals" campaign.



45% DECLINE
in Asthma-related
PEDIATRIC

visits to **EMERGENCY** in last 5 years!

COUNTLESS
FREE
one-on-one
consultations
with our nurses

EDUCATION is our KEY STRATEGY

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, thereby impacting deeper and further throughout Bermuda.

- **Workshops** - Over 100 HCP's attended our one day workshops in February facilitated by Dr. Alan Kaplan, world renowned inspirational expert from Canada. Doctors unable to attend the one-day workshops came to a Saturday morning presentation. In November, over 50 HCP's attended our Beginner's workshop learning about asthma diagnosis, management and care.
- **Diploma in Asthma Care** - Eight nurses completed the 6-month internationally recognized college accredited diploma course, becoming Bermuda's future specialist asthma educators.
- **Pharmacists** - attended workshops throughout the year as we strive to work with pharmacists delivering the very best care.

Educating the Community & Individuals

Teaching about prevention and the "Goal is Control".

- **Asthma and COPD consultations in homes or offices** - We have taught many how to take control of their asthma by understanding their diagnosis and knowing how to self-manage and fine-tune their treatment.
- **Family Support Program** - We continue to help vulnerable families in the community by improving their home environment to ensure optimal control of their asthma symptoms. We provide beds for children found sleeping on old mattresses, we replace carpets with tiles, and much more.
- **'Supporting Children's Health'** - We've had 346 people access the 45-min online course thus far, now better equipped to assist children with asthma.
- **Perception Survey** - 279 people participated in our survey, with the results showing an overwhelming misperception of asthma control in Bermuda. 70% do not have asthma under control, while 62% responded they are in control.
- **Lively and interactive sessions** - with a variety of groups: PTA's, Seniors, Rotary Club, Church groups, etc.
- **World Asthma Day** - Joined countries around the world raising awareness of asthma and celebrating the joy of breathing freely. Over 100 people came to City Hall where HCP's were on hand to help them individually. Spacers, microfibre cloths and pillows were distributed, while school musical groups entertained.
- **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 flyers can be downloaded from our website. This year, we created a new flyer for pharmacists - 'Spacer Fact Sheet'.
- **Equipment** - Hundreds of spacers given to people of all ages ensuring medications reach the lungs effectively.

Educating in the Schools

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.



August 2019

"Open Airways literally turned my daughter's health around. It has been about 4 months since we first called Liz, and my daughter is back to 100% after at least 18 months of illness. We are so incredibly grateful to Liz and to Open Airways for helping us."

-Mother of a 16-yr old

2019 Challenges

- Raising funds in the current economic climate has been an extreme challenge; Local mergers and partnerships has resulted in fewer donors to ask, with many wishing to support projects and/or events vs. the vital behind the scenes administrative costs; To date, in 2019, we have only raised 45% of our 2019 Operating Budget of \$308,000.
- We continue to seek out people who may be struggling with asthma, but there are still so many more that we do not reach that could be assisted if we could have one-on-one consultations with them in their home environment.
- 70% of people in Bermuda with asthma do not have their asthma under-control - according to our Perception Survey. Many of those believe they are in control, but still live with symptoms daily, weekly and monthly, thinking that it is normal.
- Of the 1,415 ER visits, there are some who are 'frequent flyers' into the ER for their asthma. Due to patient confidentiality issues, we have no ability to reach out to these individuals unless they contact us to assist.

Board of Directors

Jonathan Betts
Liz Boden, R.N.
Toni Daniels

Dr. Kim Foley
Dr. Shaina Kelly
Jamillah Lodge

Sylvia Oliveira



Open Airways Team

Liz Boden, R.N., Co-founder, Nurse Educator
liz@openairways.com
Tracy Nash, R.N., Director of Asthma Education
nurse@openairways.com
Mary Ellen Ewles, Director of Operations
mary@openairways.com

Thank you for your continued support of Open Airways!

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Helping Bermuda Breathe!

www.openairways.com  