Asthma Self-Management

Who is it for?
Keeping Families Healthy (KFH) is a program for children and adults, 25 years old or younger, who are insured by Medicaid. The KFH program caters to those patients who need help to maintain asthma control and/or are “at risk” for an asthma-related hospitalization.

Is your patient:
• 25 years old or younger
• Insured under Medicaid
• Recently hospitalized or been to the ER for an asthma-related incident
• At risk for hospitalization due to asthma

What Does the Community Health Worker (CHW) Do?
Upon referral to the KFH program, the KFH program coordinator will confirm the patient/families’ interest in participating, perform initial intake and assign a CHW. CHWs are matched with patients based on cultural and geographical characteristics. KFH staff make arrangements to meet the patient/family at their home and at their convenience.

The CHW can assist the patient and family by:
• Providing the patient and family with an Asthma Toolkit, created by Stony Brook Children’s Hospital’s pulmonary specialists and the Asthma Coalition of Long Island
• Ensuring the patient and family have an updated copy of the relevant Asthma Action Plan and equipment (i.e. medications, spacers) for school, extracurricular programs, etc.
• Conducting asthma trigger environmental evaluations in the home
• Providing education materials pertinent to promoting asthma self management
• Personalizing medication logs
• Providing spacers, masks, mattress and pillow dust covers (as needed)

Depending on the family’s needs, the community health worker can:
• Connect the patient to a provider
• Help make and coordinate follow-up appointments
• Set up a schedule of follow-up home visits and check in via phone/text messages
• Connect the patient with resources available in the community for trigger reduction
Why Promote Asthma Self-Management Programs?

The Delivery System Reform Incentive Payment (DSRIP) initiative was established by the Centers for Medicare and Medicaid Services to improve the way healthcare is provided to Medicaid patients.

The objective of this asthma self-management program is to reduce avoidable emergency department and hospital care among patients insured by Medicaid.

The Suffolk Care Collaborative has partnered with Stony Brook’s Keeping Families Healthy (KFH) Program, Federation of Organizations and the Asthma Coalition of Long Island to deliver home visits to Medicaid patients in need of asthma self-management support.

Frequently Asked Questions

Who are the Community Health Workers (CHWs)?
CHWs are recruited, trained and supervised by Stony Brook Children’s Hospital’s Keeping Families Healthy Program staff. CHWs are non-clinical workers who make home visits to families to promote asthma self management.

How are Community Health Workers (CHW) trained?
CHWs complete a comprehensive classroom-based training and orientation followed by field training and ongoing quality assurance monitoring provided by Stony Brook pediatricians, pulmonary specialists, nurses and KFH program staff. CHW training is supplemented with materials from the Association of Asthma Educators.

How do I make a referral?
To make a referral to the Keeping Families Healthy (KFH) Program, please confirm the families’ willingness to participate, complete the referral form and/or contact:

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Visit stonybrookchildrens.org/KFH