

Remote Visits Guidance

The following table is the cover page to the remote protocol guidance, it allows the CHW to have a background on the specificity of each of the protocols and how they will be delivered. The patient modules found here are also a useful resource to refer patients to when completing a remote visit: [Asthma education video modules - King County](#)

Figure 1 – Cover Page for Remote Guidance

Audio Only/Phone OK
Email or Video Access Necessary
Live Video Necessary

Protocol	Educational Materials to Send	Need to Show Graphics	Need to Show Video/ Patient Module	Need Virtual Home Tour
Educational Protocols				
Asthma Basics (Adults and Children)	X	X	X	
Colds and Asthma	X			
Communication with Provider and Access to Care	X			
Depression and Asthma	X			
Getting Help During and Asthma Attack	X			
Influenza and Flu Shots	X			
Medication Adherence & Technique	X	X	X	
Peak Flow Monitoring	X	X	X	
Seeking Emergency Care for Asthma	X			

Using a dust mask and asthma management	X	X		
Using an MDI and Spacer/DPI	X	X	X	
Using an Asthma Action Plan	X			
Warning Signs of Asthma	X	X		
What happens when you call 911?	X			
What to do during an Asthma Attack	X			
Obesity and Asthma				
Breathing Exercises	X	X	X	
Environmental Protocols				
Asthma and Air Pollution	X			
Allergies & Pollen	X			
Assessing Household Products and Asthma	X	X	X	
Cleaning Checklist	X	X		
Clutter and Asthma				
Cold Homes and Asthma				
Dust Control and Asthma	X	X		
Dust mites and Asthma				
Unsafe housing protocol				
Environmental Tobacco Smoke		X		
Mold and Moisture	X	X		
Occupational Asthma				
Asthma Triggers: Pets	X			
Cockroaches and Asthma	X	X	x	X
Rodents and Asthma	X			
Woodsmoke and Asthma	X			

Guidance for CHWs Completing Remote Visits

The following is the guidance provided for each protocol using the *Asthma Basics* educational protocols as an example. We identify some gaps to be filled before the final remote guidance report is completed for all educational and environmental protocols.

Step 1: Determine patient's access to technology and preference for remote visit by completing intake form

- Intake form needs to include basic patient identification as well as Email Address or Physical Home Address to send education materials. If video conferencing is available, CHW needs to receive verbal consent to conduct video conference.

Step 2: Email or prepare patient education materials to view with patient remotely via video. Send a reminder for patient to view patient module for visit.

- Patient and Family Education: What is Asthma?
- Patient and Family Education: Asthma Triggers for Children and Families.
- EPA Asthma Trifold
- (Video) Asthma: What Happens in your Lungs

Step 3: Follow CHW Actions under the Asthma Basics Protocol.**CHILD**

- Review basic lung function and basic asthma physiology using diagrams as needed and based on an assessment of participant knowledge.
- Assess level of asthma control by reviewing asthma symptoms, number of urgent clinic visits, ED visits & hospitalizations in the past year.
- Teach about asthma triggers.
- Teach about the *two* types of asthma medications, **relievers** and **controllers**.

ADULT

- Review basic lung function and basic asthma physiology, showing diagrams to patient as needed, based on assessment of participant knowledge.
- Assess level of control by reviewing asthma symptoms and number of urgent clinic visits, ED visits and hospitalizations in the past year.
- If asthma has led to any of the following, suggest that the participant contact their doctor or nurse and let the CHW know:
 - Persistent asthma symptoms (symptoms more than 2 days per week)
 - Any ED visits/hospitalizations or 2 or more urgent clinic visits