Easy Breathing

An asthma management program for Pediatricians, Primary Care Practitioners, and Family Practitioners.
The Asthma Center

The Asthma Center at Connecticut Children’s Medical Center was established on March 1, 2001 based upon the success of the Easy Breathing® program. For more than 15 years and under the direction of Dr. Michelle M. Cloutier, the Asthma Center focuses its programs and research on innovative approaches to asthma management.

For more information, please visit: www.connecticutchildrens.org
The Easy Breathing© Program

It is estimated that more than 25 million people live with asthma in the United States—many of them are children whose families are unaware they have the disease.

To help improve recognition of asthma and create a standardized approach to keep asthma under control, Connecticut Children’s Medical Center offers the Easy Breathing© Program—an asthma management program specially designed for busy pediatricians, primary care practitioners, and family medicine practitioners.

What is Easy Breathing©?

Easy Breathing© is a simple evidence-based asthma management program that includes tools to improve recognition of asthma, classification of asthma severity and asthma treatment. Easy Breathing© adheres to the National Asthma Education and Prevention Program Guidelines of 2007 and translates them into a simple approach to managing asthma.

The Easy Breathing© tools are designed to:

• Improve recognition of asthma and classification of severity.
• Assist clinicians in developing a systematic, standardized approach to asthma management in their practice.
• Decrease the need for unnecessary medical services and reduce health care costs for people with asthma.

Continuing Medical Education & Maintenance of Certification

The Easy Breathing© training qualifies as 1 AMA PRA category 1 Credit™ for CME. Physicians will be awarded 1 credit.

Easy Breathing© is also approved by the American Board of Pediatrics, Part 4 Quality Improvement Project for Maintenance of Certification (MOC). For more information visit: http://cme.connecticutchildrens.org/moc.php
Every day in America:
36,000 children *miss school* due to asthma.
27,000 adults *miss work* due to asthma.
What tools are available through Easy Breathing©?

• Easy Breathing Survey
  - Aids in asthma diagnosis and assesses triggers

• Provider Assessment
  - Determines disease severity

• Asthma Treatment Selection Guide
  - A treatment guide based on asthma severity

• Asthma Treatment Plan
  - Daily, Sick, and Emergency Plan
  - Available in 6 languages

• Asthma Control Test
  - For children four years of age and older to assess asthma control

How effective is the Easy Breathing© Program?

Easy Breathing© was developed and introduced by Michelle M Cloutier, MD, in Connecticut in 1998. The pilot study’s success promoted statewide expansion in 2007.

Results in Connecticut:

• More than 120,000 children in Connecticut have been enrolled in Easy Breathing.©

• More than 35,000 children with physician-confirmed asthma have been identified.

• Adherence to the national asthma guidelines for inhaled corticosteroid (ICS) use is 93% with 94% of children having a written asthma treatment plan.

• Increased ICS therapy three-fold; decreased oral steroid use three-fold.

• Decreased hospital days for asthma by 34% and emergency department visits for asthma by 31%.

• Reduced clinician and staff time by 50%.

• Return on investment for Medicaid children is $3.58 per child with asthma per year. (including pharmacy costs)

• An adult version of Easy Breathing© has reduced ED visits and increased adherence to national guidelines.
Connecticut Children’s Medical Center is a nationally recognized, 187-bed not-for-profit children’s hospital serving as the primary teaching hospital for the Department of Pediatrics at the University of Connecticut School of Medicine. Named among the best in the nation for several of its pediatric specialties in the annual U.S. News & World Report “Best Children’s Hospitals” rankings, Connecticut Children’s is the only free-standing children’s hospital in Connecticut that offers comprehensive, world-class health care to children. Our pediatric services are available at Connecticut Children’s Medical Center in Hartford and at Saint Mary’s Hospital in Waterbury, with neonatal intensive care units at Hartford Hospital and the University of Connecticut Health Center, along with five specialty care centers and 10 other locations across the state. Connecticut Children’s has a medical staff of nearly 1,100 practicing in more than 30 specialties.

For more information, visit
WWW.CONNECTICUTCHILDRENS.ORG