

Asthma Program Proposal

Tax ID number for Ryan-NENA: 13-2884976

Description of the Organization, Project Goals, Activities, Leadership, and how proposed Project fits in organizational mission.

The Ryan-NENA Community Health Center (Ryan-NENA) is a satellite site of the William F. Ryan Community Health Center and provides a broad range of integrated, high quality, affordable, culturally and linguistically competent primary and preventive health care, dental, mental health, and support services to minority, medically underserved residents on the Lower East Side (LES). All the Centers that comprise the William F. Ryan Community Health Center share a common mission supported by the founding principle that health care is a *right*, not a privilege. Since 1969, Ryan-NENA has offered a full range of high quality, affordable, multilingual/ multicultural, coordinated health care, prevention, and support services that are responsive to the health care needs of the target populations regardless of the patient's ability to pay. They include: adult medicine, pediatrics, women's health, adolescent health, geriatrics, ophthalmology/optometry, allergy, cardiology, gastroenterology, podiatry, radiology, dental, mental health, nutrition, health education, HIV services, home visits when necessary, and transportation when medically indicated. The William F. Ryan Community Health Center's annual budget is \$41 million, which includes Ryan-NENA, as well as the other 12 Ryan service sites. *Please see attached the William F. Ryan Community Health Center's letter of incorporation and audited financial statements.*

The Ryan-NENA Community Health Center is located at 279 East 3rd Street (between Avenues C and D) in the Lower East Side of Manhattan, an area where nearly 1 in 4 residents is living below the poverty level (NYCDOHMH). Of Ryan-NENA's 10,361 patients, 89 percent live at or below 200 percent of the federal poverty line, and 40 percent are from the 10009 zip code, in the immediate area around the Con Edison plant at 14th Street and Avenue C. Over 1,000 patients at Ryan-NENA have been diagnosed with asthma. Asthma is a leading cause of missed school days among children and the most common cause of hospitalization for children 14 years and younger. Asthma can be controlled by taking anti-inflammatory medicines which require regular check-ups and management. With control, most asthmatics can lead normal, active,

healthy lives.¹ Good medical management of asthma can prevent many asthma-related hospitalizations, and patients can work with health care providers to better control their asthma.

In order to help Ryan-NENA patients and the surrounding community improve their health, the Center is requesting funding to support an Asthma Care Team. The Asthma Care Team’s main goals are to 1) help asthmatic patients take control of their health and well being, and 2) screen and find new cases of asthma in the target area. The overall goal of the Program will be to help impacted LES community residents gain more control over their asthma.

In the proposed Program, Ryan-NENA will provide the following deliverables: 1) 32 on-site and off-site free asthma screening events; 2) will provide 1,200 individuals with free asthma screenings via the on-site and off-site events; 3) will increase the number of Asthmatic patients seen at Ryan by 15 percent (from 1,000 patients to 1,150); 4) distribute 750 asthma kits to newly diagnosed asthmatic patients and existing patients who are not in control of their symptoms during one-on-one case management sessions; 5) conduct quarterly Asthma Control Tests on every asthmatic patient at the Center (this test is a standardized assessment tool of asthma’s impairment which can measure and tracked overtime); and, 6) conduct surveys on each asthmatic patient that asks about perception of asthma control (before and after working with the Care Team).

18 Month Deliverables		
Deliverable	Timeline	Site/Staff
32 on-site and off-site free asthma screening events	One to three each month as the Program develops	LPN/RN
1,200 individuals screened for asthma during free screening events	38 individuals per screening event	LPN/RN
150 new Asthmatic patients served at Ryan (15% increase from current numbers)	An average of eight to nine new Asthmatic patients each month	LPN/RN
750 new and current Asthmatic patients to receive targeted asthma kits	Distribute about 40 kits each month to high need, low-income patients	LPN/RN
5,500 Asthma Control Tests	Depending on when the new	Provider conducting test.

¹ Asthma Initiative, NYCDOHMH,

(ACTs) conducted on each patient	patient begins being seen at Ryan-NENA, they will receive between one and six ACTs	LPN/RN gathering and analyzing data.
750 before and after surveys conducted	This measure is difficult to break into months since it will depend on 1) how long the particular patient needs Care Team support; and 2) how many current and new patients will be targeted for care. Ryan-NENA estimates around 750 in 18 months.	LPN/RN

The Care Team will be overseen by Kathy Gruber, Executive Director, who has been at the Ryan Center since 1981 and will administratively oversee the proposed Program. Over the course of the last 21 years, Ms. Gruber has played a major role in reviving the Ryan-NENA Community Health Center to become a major provider of comprehensive high quality primary health care in Manhattan's Lower East Side. Ms. Gruber is a member of the Advisory Committee of the Center's School Based Health Programs, a member of both the Finance and Nominating Committees of the Community Health Care Association of New York State (CHCANYS). Mr. Gruber has been involved in a number of ad hoc health committees during her tenure at Ryan-NENA, including the Health Advisory Committee of University Settlement and the Lower Manhattan Healthcare Coalition.

The Care Team will work to coordinate patient care, remind patients of upcoming appointments, and overall help patients navigate the health care system by creating an individualized treatment plan based on the each individual's triggers, symptoms and the medications they have been prescribed. Newly diagnosed patients will also receive an asthma kit, which includes a peak flow meter, a calendar to help track appointments, and educational materials on asthma. To help diagnose unknown cases of asthma, Ryan-NENA will provide on-site and off-site free asthma screenings and referrals for care. These screenings will be available at partner organizations in the neighborhood, in particular local schools and shelters, local health fairs, and Ryan-NENA during specified hours, including evenings and weekends as necessary. Specific screening sites will include Immigrant Social Services, PS 63,

Grand Street Settlement, Escuela Hispana Montessori, Inc., DeWitt Reformed Church, Inc., University Settlement Early Childhood Center, Good Ol' Lower East Side (GOLES), and Jacob Riis Child Care Center. Staff will also investigate working with tenant group in housing developments and NYCHA buildings in and around the immediate area of ConEd. The Ryan Center has experience working with NYCHA, particularly in East Harlem, and will work to further develop this relationship on the Lower East Side.

The development of the individualized treatment plan includes a comprehensive review of how asthma affects an individual's body, the triggers which instigate symptoms of asthma, and how to reduce or eliminate triggers, as well as recognize the ones which affect each individual. Patients need to know and recognize the symptoms of asthma, and what to do once the symptoms occur. The sooner a patient can identify an on-coming attack, the sooner the patient will be able to work to prevent symptoms from worsening. The patient and provider must identify the appropriate treatment among the various medications available. Ryan-NENA staff will also provide free screening services both on-site and off-site at partner organizations and appropriate health fairs. Individuals identified as having asthma will be referred for care at Ryan-NENA for follow-up services, including one-on-one case management to tailor individual treatment plans, including developing an Asthma Action Plan, and a referral to the Center for ongoing care. The Care Team will link families to primary care and help patients overcome any barriers they face to asthma control.

While Ryan-NENA currently provides a range of education and outreach services to patients, the proposed Project will provide free, targeted asthma screenings and referrals for care, both on and off site. Ryan-NENA does not currently have the staff or resources to provide this level of screening. In addition, the requested funding would allow Ryan-NENA to provide patients with care management services, helping patients and community residents with new asthma diagnoses and/or who are unable to manage their asthma. The Care Team will provide appointment reminders, asthma care kits, support services, and assistance navigating the health care system.

Monitoring and Data Analysis.

In order to quantify effectiveness, the project will include monitoring of a number of data parameters, including:

- **Asthma Control:** Monitor each individual’s asthma control (frequency of symptoms, attacks, hospitalization, and medication use) throughout the duration of the Program via the quarterly Asthma Control Test.
- **Knowledge:** Questionnaires before and after the program to measure patient awareness and knowledge regarding asthma control. Based on the idea that education is the key to all behavioral change from within, the program aims to be sustainable and raise awareness levels in patients and community members.

Patients seen at the Center and diagnosed with asthma will be followed by a practitioner in keeping with the guidelines of the National Heart Lung and Blood Institute and operating in a team based model. Nurses and other staff members will work with patients and families to educate them on appropriate asthma control and proper use of asthma-related devices. Pediatric patients are generally given Asthma Action Plans, which are scanned into the electronic medical record, and are reassessed every three to four months. At schools where Ryan-NENA operates School Based Health Centers (PS 188 and PS 64), the Nurse Practitioner currently follows up with the patients to ensure their asthma is stable and to treat them for exacerbations. Patients needing pulmonary consult are referred to Beth Israel Medical Center, Ryan-NENA’s back up hospital. Ryan-NENA currently offers programs such as Asthma Awareness Fairs and workshops about reducing asthma triggers, which will be useful companions to the proposed Program.

Proposed Project Timeline

Time Period	Activity	Staff Responsible
Month 1 (<i>or upon notification of funding</i>)	Hire RN and Assistant, facilitate proper training for this staff.	Executive Director; Medical Director
Month 1 - ongoing	Begin outreach to community partners to schedule screening events and fairs	Executive Director; Community Relations Coordinator
Month 2	Purchase Materials and equipment	RN, Project Manager; Project Assistant
Month 2	Staff training for Asthma Care Coordination Certification	Medical Director; RN, Project Manager; Project

		Assistant
Month 2-3	Identify existing patients who would benefit from more dedicated services (ie, patients who currently do not have their asthma under control)	Medical Director; RN, Project Manager
Month 3	Begin conducting screenings on-site and at existing community based partner sites	RN, Project Manager; Project Assistant
Month 3 - ongoing	Maintain existing relationships and create new partnership with organizations in the community for screening services	RN, Project Manager; Project Assistant
Month 4 - ongoing	Start meeting with new asthmatic patients, as well as current patients who are not in control of their asthma (one on one case management)	RN, Project Manager; Project Assistant
Month 4 - ongoing	Ongoing evaluation of Program, including chart reviews, patient surveys, and monthly meetings with the Care Team	Medical Director; RN, Project Manager

Detailed Project Budget.

The proposed Asthma Care Team will markedly improve the level of care that asthmatic patients receive and improve coordination of services.

The personnel included in the budget include 1) a Medical Director, To Be Hired (TBH) (in-kind support); 2) a full-time Registered Nurse/Project Manager, TBH; 3) a Certified Asthma Educator/ Program Assistant, TBH; and, 4) Community Relations, Fernanda Espinosa (in-kind support). Program materials will include educational pamphlets to inform patients and the community on how to manage their asthma. Equipment will include air purifiers, spacers, peak flow meters and pulse oximeters, to distribute to patients, as needed.

Clinical Informatics Budget	Total Cost	Requested Support	In-Kind Support
Personnel (including fringe benefits)	\$184,200	\$165,000	\$19,200
1.5 FTE RN (35 hours a week for 18 Months)	\$120,000	\$120,000	\$0
1.0 FTE LPN (35 hours a week for 18 Months)	\$45,000	\$45,000	\$0
0.1 FTE Medical Director (3 hours a week for 18 Months)	\$15,000	\$0	\$15,000
0.1 FTE Community Relations Coordinator	\$4,200	\$0	\$4,200
Staff Training	\$5,000	\$5,000	\$0

Program Materials	\$30,000	\$30,000	\$0
Equipment	\$22,500	\$22,500	\$0
Sub-total	\$241,700	\$222,500	\$19,200
Indirect Costs (10% of budget)	\$24,170	\$2,500	\$21,670
Total Budget	\$265,870	\$225,000	\$40,870

Other Funding and Sustainability.

Ryan-NENA does not currently have other funds to cover the cost of the proposed Program.

Third-party revenue obtained from providing medical services to new patients will help bolster the Program to ensure the continuation of services. As with all of its grant-funded activities, Ryan diligently seeks alternative funding for all programs providing services to the Centers' patients. Ryan has previously received support for similar Patient Navigator services and will continue these efforts to ensure future sustainability.

Finally, in support of Ryan-NENA's commitment to serving the Lower East Side and as a testament of the Center's history of successfully implementing needed programs to serve the community, attached are letters of support from Congresswoman Nydia Velazquez, State Senator Daniel Squadron, and New York City Councilmember Rosie Mendez. The Ryan Center has over 44 years of experience serving Manhattan and is committed to improving the health of residents suffering from asthma in the target area.