

Home Visits for Trigger Reduction and Asthma Self-Management Education

Information for Public Health Professionals

Home visits for trigger reduction and asthma self-management education are part of EXHALE, a set of six strategies used by CDC's National Asthma Control Program and its partners to help Americans with asthma.

Home visits for trigger reduction and asthma self-management education can:

- Improve medication adherence among people with asthma;
- Reduce asthma-related emergency department (ED) visits and hospitalizations;
- Decrease missed school or work days because of asthma; and
- Reduce healthcare costs.

Home visit services can be focused on people at higher risk of asthma attacks (for example, people with prior hospitalizations or ED visits for asthma).

Home visit services include:

- Home environmental assessments for common triggers of asthma attacks, such as cockroaches or mold; and
- Asthma self-management education, which includes education on how to use asthma medications correctly and what to do if asthma symptoms worsen.

Public health partners including nurses, certified asthma educators, community health workers, and others can deliver home visits to people with asthma.

EXHALE

This strategy is represented by the “H” in EXHALE. The six strategies in EXHALE can have the greatest impact when used together in every community.

E
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H
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E

Education

on asthma self-management

X-tinguishing

smoking and exposure to secondhand smoke

Home

visits for trigger reduction and asthma self-management education

Achievement

of guidelines-based medical management

Linkages

and coordination of care across settings

Environmental

policies or best practices to reduce asthma triggers from indoor, outdoor or occupational sources

Learn more about how home visits can help children and adults with asthma:

<https://www.cdc.gov/asthma/exhale/>



Centers for Disease
Control and Prevention
National Center for
Environmental Health

