

China Children Asthma Action Plan

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Childhood asthma is the most common chronic disease to children. Asthma action plan has been advocated by the Global Initiative for Asthma and international asthma guidelines to achieve self-management for more than 20 years and has been proven to be effective to improve asthma-related outcomes. In accordance to National Guideline for Diagnosis and Prevention of Childhood Asthma, the first China's children asthma action plan, China Children Asthma Action Plan (CCAAP), as well as a mobile phone-based asthma self-management application (APP), have been developed. The principles of CCAAP include tracking changes in child patients' symptoms and/or peak expiratory flow, using a “traffic light” model with green (well), yellow (caution), and red (danger) zones, to identify patients' current asthmatic conditions. Each zone consists of both instructions which are intended for parents or caregivers to recognize loss of asthma control, and intervention strategies with various extents that patient could take when loss of asthma control occurs in settings outside of medical care facilities. The mobile phone-based asthma self-management APP (Youran Respiratory) includes an electronic version of CCAAP, peak expiratory flow monitor system, educational resources for asthma, and an interactional function between patients and doctors. The action plan should be provided to asthmatic children when diagnosis is confirmed; update each time when child patient discharged from hospital or emergency; and for patient's pediatric practitioner to continue to monitor patient's conditions. CCAAP will help asthmatic children and their care givers to attain a better and a more convenient way to achieve asthma control.

CCAAP is a milestone of asthma self-management for children in China, it will be an effective tool for health care providers, children, parents/caregivers to understand the key points of asthma management and to achieve well control and eventually to improve quality of life.

Keywords—Asthma Action Plan, Mobile-Phone, asthma management application (APP), children, China

Professional Biography :

Kunling Shen, pediatric consultant, PhD of Pediatrics, professor of Capital Medical University, President of National Pediatric Medication Consultation Committee. Immediate Past President of Chinese Pediatric Society, Chairman of Chinese Pediatric Pulmonology Society.

President of Asian Pediatric Pulmonology Society. Prof Shen got her bachelor degree in the major of medicine and pediatrics in Capital Medical University in 1982, and then got her PhD majored in pediatrics and virology in 1993. She has been working in Beijing Children's Hospital and specialized in respiratory, virology and sleep medicine ever since then. She was a WHO clinical fellow in Department of Respiratory Medicine in New Children's Hospital of Australia in 1998 and a visiting scholar in University of Wisconsin in USA in 2000. She has carried out numerous projects and studies in respiratory, virology and sleep medicine and published more one hundred papers in the above aspects. Prof Shen is the vice chief editors of Chinese Journal of Practical Pediatrics, Chinese Journal of Contemporary Pediatrics and some other medical journals and associated editor of Pediatric Pulmonology.