EXPANDING RAP'S REACH: PUFF (THE ASTHMASAURUS) IS INVITED INTO A NEW CIRCLE

Asthma in First Nations

- Asthma in Canadian First Nations communities is prevalent (~13%)
- Geographic, environmental, cultural, socio-economic and unequal health care access contribute to burden
- First Nations children with asthma and their families report concerns about:
  - Asthma Attitudes
  - Triggers in Home & Environment (e.g. mould)
  - Medication Costs

RAP’s Potential

- Getting to Know Each Child and Their Asthma
- What is Asthma and What Makes it Worse
- What Does Asthma Medicine Do
- How Do You Use Your Medicine
- What to Do if Your Asthma is Getting Worse
- Feeling Better About Asthma
- RAP If Up - A Time to Share

Innovative

- Revamped “FunBook” by artist/graphic designer, Carla Caldy
  - “Kind buddy” mascot
  - Training: curriculum with audio/visual, stories, animated narration, recommended themes
  - Educational games: highly visual; interactive; storytelling: tactile; multimedia; nature, circle & 7 teaching themes, roles for Elders

In a recent evaluation (L. Stewart, et al., 2011) in 25 urban and rural Manitoba schools, RAP significantly improved:
- attendance
- quality of life for children and their parents in all domains
- home productivity for parents

Objectives

- In partnership with First Nations children and communities, adapt RAP to be relevant and engaging for First Nations children
- THE ORIGINAL VERSION OF THE ROARING ADVENTURES OF PUFF (“RAP”) CONSISTS OF:
  - six interactive lesson plans
  - delivered to small groups in elementary schools
  - by trained health care professionals
  - scripts, “Puff the AsthmaSaurus” puppet, games, assembly plans, templates and lists of resources

RAP for Kids

- Curriculum for children with asthma
  - www.educationforasthma.com
  - 10 required and two elective modules
  - role-playing and discussion
  - strategies and templates to prepare, implement and evaluate

Activities

- Consult
- Build Community Teams
- Train
- Develop Materials
- Pilot Test & Evaluate

- All team members (with asthma mentors)
- Enhanced version of RAP On-line Instructor’s Training
- Features:
  - self assessment tools
  - new stories/cases from First Nations kids, families, health professionals
  - guest facilitators
  - greater narrated portions
  - video demonstrations of lessons and activities
- Supplemented by video/teleconference about cultural context

- April 2011 – March 2012

- National Advisory Group
- National workshop of asthma/RAP educators, Elders, Assembly of First Nations, community members
- Collaboration website
- On-line Survey (n=15; 75% with FN health care experience)
- 100% said schools are ideal setting for asthma learning in First Nations communities
- Ongoing consultation/relationship building with Elders, community coordinators, health professionals, teachers and artists
- referral children for clinical needs
- Process map for community engagement
- Community Champions
- Communicate through collaboration site and teleconferences

Products

- Novel communication tools including collaboration website: 46 members; 8 discussion boards; 400+ views; document sharing
- To address capacity, sustainability, remoteness and staff turnover, build community-based teams of:
  - community health representative
  - health professionals
  - RAP instructor
  - community members (Elders, teachers, high school students)
  - asthma mentor

Assembly of First Nations; kids, families & peer mentors at Asthma/Allergies camp hosted by The Social Support Network, University of Alberta; Asthma/RAP: First Nations’ Asthma Education Centre; First Nations & Inuit Health Branch, Health Canada

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