



Spring/ Summer 2025

National Association of
Pediatric Nurse PractitionersSM
Asthma and Allergy SIG

NEWSLETTER

Summer is upon us!

The National NAPNAP conference was a huge success and our Asthma and Allergy SIG was fortunate enough to support many different presentations. Our recap is included on this newsletter. One of the many highlights was attending Session 222: Taking a SMART

Approach to Case Studies in Pediatric Asthma presented by our previous SIG Board: Sarah, Amanda, and Nancy.

Many thanks to our members for the ongoing support. Please let us know your thoughts, we'd love to connect with you all at asthma_allergy@napnap.org.



Single Maintenance and Reliever Therapy (SMART) Approach

- Consists of an inhaled corticosteroid (ICS) and an inhaled long-acting beta-2 agonist (LABA) as both reliever/rescue and maintenance.
- Recommended by Global Initiative for Asthma (GINA) and National Asthma Education and Prevention Coordinating Committee (NAEPP).
- Intended for patients 4 years old and older with moderate to severe persistent asthma.
- Maximum number of puffs in a 24 hour period:
 - 4 to 11 years old: 8 puffs
 - 12+ years old: 12 puffs
- Great for poor adherence patients!
- [Link to Slides.](#)

Stay Connected: <https://community.napnap.org/asthmaallergysig/home>

Session 122: “Maximizing Pediatric Asthma Control with Telehealth” - Katherine E. Chike-Harris, DNP, APRN, CPNP-PC, FNP-BC, CNE, FAANP and Kelli M. Garber, DNP, APRN, PPCNP-BC, FAANP

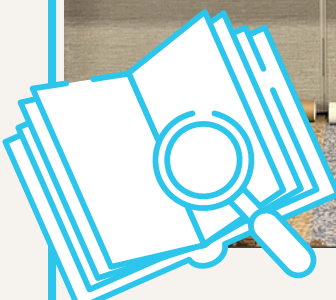
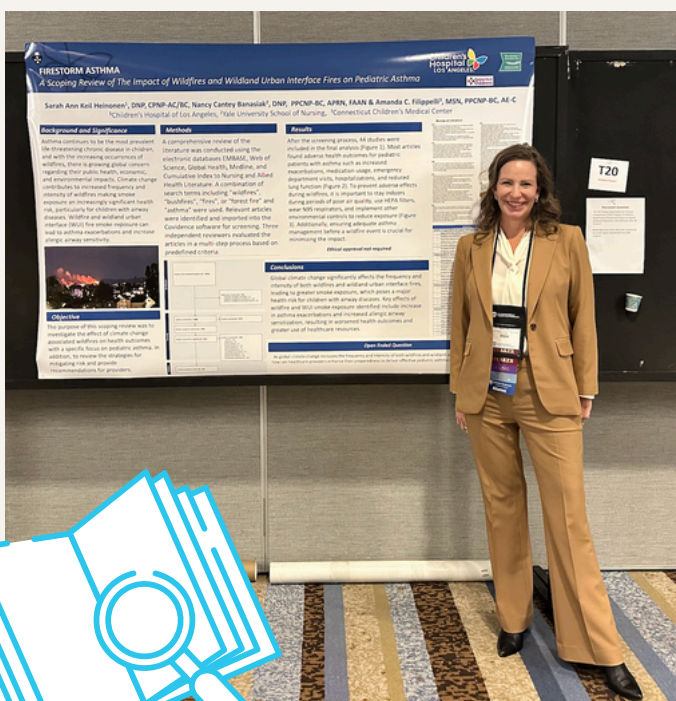
- Telehealth is great in addressing barriers to health especially for patients with limited transportation access or those who live far away from clinic.
- Telehealth relies significantly on history. It is a great tool for accessing the home environment.
- Provider can have patient place hand on chest to count how many times chest rises and evaluate respiratory rate.
- School based clinics can help coordinate care. School nurses are essential to our circle of support for the patient.
- Consider including pictures of inhalers in Asthma Action Plans for improved patient education and adherence.
 - AAAAI School-Based Allergy, Asthma and Anaphylaxis (SAMPRO) Fillable Form found [here](#).
- [Link to Slides](#).

Poster Presentation: Firestorm Asthma - The Impact of Global Climate Change Associated Wildfires on Pediatric Asthma Outcomes - A Scoping Review of the Literature

A&A SIG Chair: Sarah Ann Keil Heinonen (she/her/hers), DNP, APRN, CPNP-AC/PC

Conclusions: Global climate change significantly affects the frequency and intensity of both wildfires and wildland-urban interface fires, leading to greater smoke exposure, which poses a major health risk for children with airway diseases.

[Link to Poster](#)



Session 405: “Scratch Beyond the Surface: Keeping Current in Atopic Diseases for the Busy Primary Care Provider” - Maria Crain, MSN, RN, CPNP-PC, Elizabeth Hanna, MSN, RN, CPNP-PC, Megan O. Lewis, MSN, RN, CPNP-PC

- Allergic Rhinitis (AR) First Line Treatment:
 - Oral medications - Second generation antihistamine (cetirizine, loratadine, etc)- preferred
 - AND Intranasal Corticosteroid (fluticasone, triamcinolone)
- Allergen Immunotherapy (AIT)
 - Subcutaneous Immunotherapy (SCIT) “Allergy Shots”
 - Vials created using extracts of the patient-specific allergens
 - Build-up phase: 1-3 visits per week for 3-6 months
 - Maintenance phase: 1 visit every 2-4 weeks, for 3-5 years
 - Sublingual Immunotherapy (SLIT)
 - Drops or tablets that are placed under the tongue
 - Less studied; Fewer options with FDA-approval
 - Less anaphylaxis but not indicated for allergic asthma
- IgE-Mediated Food Allergy
 - Oral Immunotherapy (OIT)
 - Palforzia
 - Peanut (*Arachis hypogaea*) Allergen Powder-dnfp
 - FDA-approved product to be used for oral immunotherapy (OIT) to peanut
- Non-IgE mediated Food Allergies
 - FPIAP (Food Protein Induced Allergic Proctocolitis)
 - FPIES (Food Protein Induced Enterocolitis Syndrome)
 - EoE (Eosinophilic Esophagitis)-considered “mixed” IgE/nonIgE
- Atopic Dermatitis (Eczema) - AAAAI/ACAAI JTF Atopic Dermatitis Guideline Panel Recommendations
- Link to Slides.



Call To Action!

- **CALIFORNIA - AB-914 Air pollution: indirect sources: toxic air contaminants.(2025-2026)**
- **Ventura County Pediatric Asthma Camp on Saturday, August 2, 2025**

Please let our SIG know of any local efforts in addressing asthma and allergy issues.

Additional Conference Session on Biologics: “Biologic Drugs in Children and Adolescents: Primary Care Essentials” - Dr. Teri Woo.

A&A SIG Board:

Chair: Sarah Ann Keil-Heinonen, DNP, APRN, CPNP-AC/PC

Co-Chair: Amanda Filippelli, MSN, PPCNP-BC, APRN

Secretary/Newsletter Editor: Karen Acevedo, MS, RN, CPNP-PC