



Carson Wellness Center

Environmental Trigger Reduction

Team Members: Maria Orozco, LVN
Betty Franco, CSM
Adaeze Saa, MD

Wellness Center

- ▶ Carson Wellness Center located
 - On the campus of Carson Senior High
 - Services are provided for both student on campus and the surrounding schools and communities
 - Corner of busy intersection especially before and after school heavy foot and car traffic
 - Early Education Center and Elementary School across the street
 - Bus pick up location – directly behind Wellness Center



Step Back – Examine

- ▶ Staff in the clinic reported smell of exhaust fumes
 - Mostly in the afternoon
 - Some days stronger than others
 - Patterns included really hot days and really cold days
 - Realized the smell was coming from the school buses parked outside our clinic – right next to our “fresh air vent”



Step Back – Examine

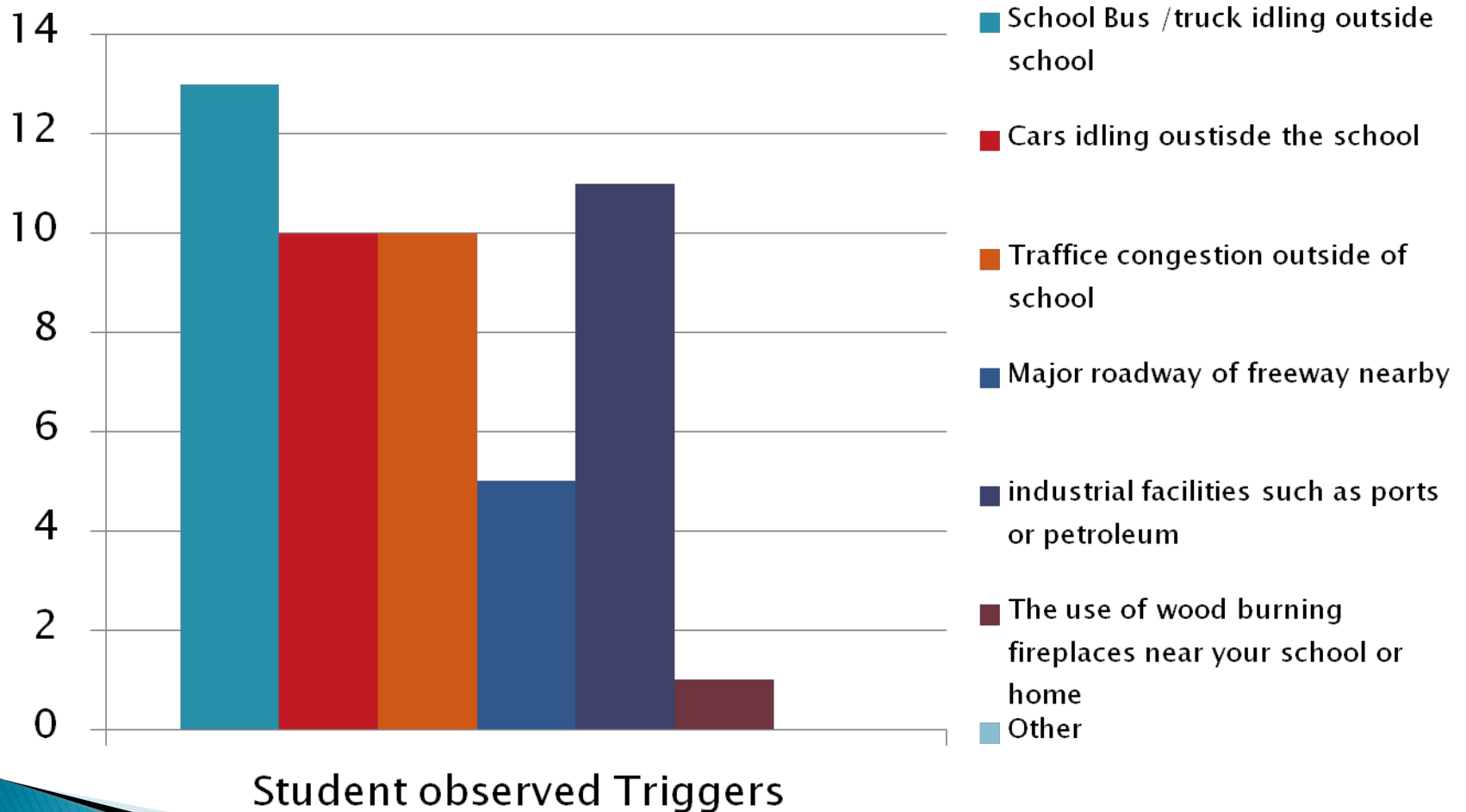
- ▶ Asthma collaborative work started
 - Our team learned about Asthma triggers
 - Realized we would now be bringing in Asthma students for care and exposing them to something that could trigger an Asthma episode
 - Realized we had to make our clinic environment healthier for our patients.
 - Reduce the bus idling outside our clinic



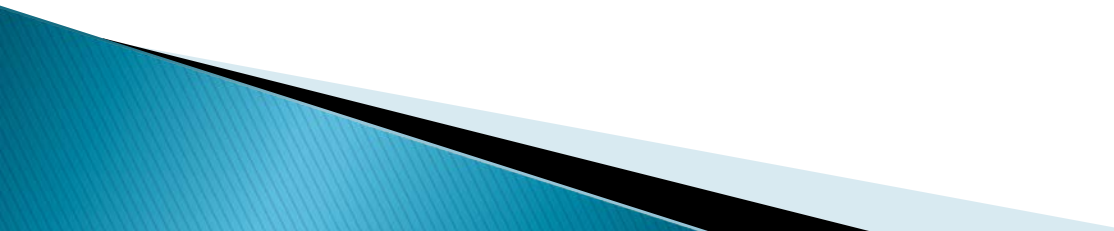
What now?

- ▶ We continued with our Asthma work
 - Conducted Environmental Trigger Assessments with the students
 - Identified during our screening /registration day
 - Summons to our clinic for Asthma Management
 - Environmental trigger Assessment became part of the forms they completed (ACT, Action Plan etc)
 - Compiled the answers of these assessments

What's the outcome?



Our Work Plan

- ▶ Create survey for bus drivers
 - ▶ Create a presentation about idling affects on people with Asthma
 - ▶ Invite Drivers for meet and greet educational presentation
 - ▶ Post anti-idling signs around school.
 - ▶ Help promote cleaner air in our facility
- 

Bus Driver Survey

- ▶
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Name: _____

Bus Driver Survey

Willingness to participate in a brief meet and greet session (snacks provided)
Yes No

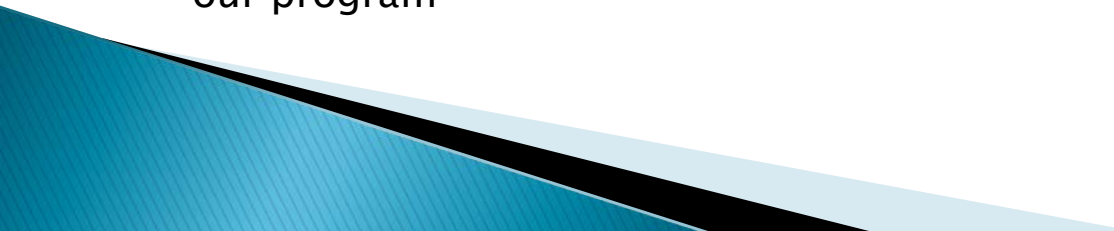
Day of the Week/ Time available for session _____

Time arrive at Carson Campus _____

Time leaving Carson Campus _____

List any situation when bus engine might remain on during your waiting period at the school

Thank you for taking the time to fill out the survey, we will contact you with the date and time for our meet and greet session. We really appreciate your help with our program



Bus Driver Survey outcomes

- ▶ One bus driver took the lead
- ▶ She invited and motivated drivers to attend
- ▶ Reminded everyone to come the day of the presentation
- ▶ Bus drivers all eager to attend



“All the women were very pleasant, the information was very helpful and something I can use everyday not just at work as a bus driver”

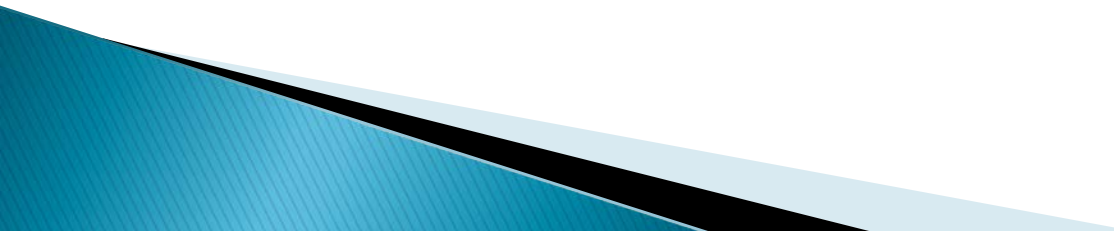
Survey Outcome (cont)

- ▶ Interested in Meet and Greet
 - Friday March 4th
- ▶ Bus drivers spent average of 1 hour parked alongside the school (between 2–3pm)
- ▶ There were a few situations when they idled
 - When the weather was really hot, they kept their air conditioner running
 - During Extreme weather
 - To warm up or cool down the bus before students arrive

Meet and Greet Asthma 101

- ▶ Districted Nurses invited to present
 - What is Asthma
 - Idling affects on people with Asthma
- ▶ 5 bus drivers
- ▶ Very interactive meeting
 - One bus driver shared that her son had Asthma and Dr Saa was able to recommend pathways to better control
 - Bus drivers indicated they had a handbook with LAUSD policy on idling
 - District nurses reviewed
 - What to do in and Asthma emergency

Bus Driver feedback

- ▶ “ The Asthma education program was very helpful I learned a lot of things about Asthma that I didn't know”
 - ▶ “Thank you for the information you gave about Asthma and how buses affect students”
- 

Next Steps

▶ Promote Cleaner air in our facility

- Purchased Air purifiers
- Placed them in the front waiting area and toward the back of the clinic

▶ Place anti idling reminders around the campus

- Get Administrative approval to post
- Purchase signs



Lessons learned

- ▶ LAUSD has anti-idling policies in place
- ▶ Bus drivers are trained regarding policies
 - Not specifically to Asthma
 - Nor the effects of idling on the environment
- ▶ Our team learned
 - Newer cars do not need to be warmed up
 - The “wow” effect, most of us have been told to warm up our cars
 - We all stopped idling ourselves 😊
- ▶ Welcomed bus drivers into our clinic during those extreme weather days to eliminate the need to idle with the air conditioner / heater
- ▶ Overall the bus drivers were open to the concept of reducing idling and visiting our wellness center



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