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Household endotoxin reduction in the Louisa Environmental Intervention Project for rural childhood asthma

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Abstract

Endotoxin exacerbates asthma. We designed the Louisa Environmental Intervention Project (LEIP) and assessed its effectiveness in reducing household endotoxin and improving asthma symptoms in rural Iowa children. Asthmatic school children (N = 104 from 89 homes) of Louisa and Keokuk counties in Iowa (aged 5-14 years) were recruited and block-randomized to receive extensive (education + professional cleaning) or educational interventions. Environmental sampling collection and respiratory survey administration were done at baseline and during three follow-up visits. Mixed-model analyses were used to assess the effect of the intervention on endotoxin levels and asthma symptoms in the main analysis and of endotoxin reduction on asthma symptoms in exploratory analysis. In the extensive intervention group, dust endotoxin load was significantly reduced in post-intervention visits. The extensive compared with the educational intervention was associated with significantly decreased dust endotoxin load in farm homes and less frequent nighttime asthma symptoms. In exploratory analysis, dust endotoxin load reduction from baseline was associated with lower total asthma symptoms score (Odds ratio: 0.52, 95% confidence interval: 0.29-0.92). In conclusion, the LEIP intervention reduced household dust endotoxin and improved asthma symptoms. However, endotoxin reductions were not sustained post-intervention by residents.

KEYWORDS

air sampling, asthma, endotoxin, house dust, intervention, reservoir dust

1 | INTRODUCTION

Asthma is a chronic respiratory disorder characterized bronchoconstriction, pulmonary inflammation, and airway remodeling with symptoms of wheezing, cough, and shortness of breath.¹ It affects 25 million people in the US, including more than 6 million children.² Asthma is the most common chronic disease in children worldwide; it is responsible for 180 000 deaths every year around the globe and has an annual economic cost that is estimated to over \$56 billion in the US.³ Environmental exposures play a key role in the development and severity of asthma and there is strong evidence suggesting

that endotoxin—a lipopolysaccharide from the outer membrane of the cell wall of Gram-negative bacteria—is associated with asthma exacerbations.⁴⁻¹¹ Endotoxin induces airways inflammation and bronchoconstriction by acting through an amplifying cascade that leads to the production of pro-inflammatory cytokines/chemokines and to neutrophilic airway infiltration.¹²⁻¹⁸ Endotoxin also aggravates allergic sensitization through goblet cell hyperplasia and mucus hypersecretion, causing peri-bronchial inflammation in atopic people.¹⁹ We previously reported that endotoxin levels found in US households are associated with asthma outcomes and with chronic bronchitis or emphysema.^{6,20,21}

Despite the well-known effects of endotoxin on the exacerbation of asthma and its ubiquity in our environment, no study has evaluated the effectiveness of environmental interventions in reducing household endotoxin exposure in children with asthma. Therefore, we designed the Louisa Environmental Intervention Project (LEIP) for Rural Childhood Asthma. This project was a community-based, participatory, environmental intervention study in a cohort of asthmatic children who resided in two rural, medically underserved, and ethnically diverse Iowa counties. The LEIP recognized that interventions that are effective for urban residents do not apply to children living in rural communities where exposures include different allergens, agricultural bioaerosols, pesticides, irritant gases, and biomass burning.

2 | METHODS

2.1 | Participants

Study subjects were drawn from eleven rural school districts in the counties of Louisa and Keokuk, Iowa. These counties have a combined population of 21 898 and no cities with population over 2100. Parents of all children 5-14 years old who were enrolled in eleven school districts of Louisa and Keokuk counties in Iowa were sent asthma screening questionnaires. Details on the enrollment procedure and screening questionnaire are provided in Appendix S1. The questionnaires were designed according to the format of the International Study of Asthma and Allergies in Childhood (ISAAC) to assess the prevalence and severity of asthma and allergic diseases in children.²² They were accompanied by a cover letter from the principal and the superintendent of the schools. After 3 weeks, parents who did not respond to the first mailed questionnaire were sent a postcard. Those who did not respond 3 weeks later were mailed a second questionnaire, and they received phone calls to also administer the questionnaire over the phone. Of the 4618 total questionnaires sent or administered by phone, 3,435 (74.4%) were completed and from these, 346 children were identified as having diagnosed symptomatic asthma. This was defined as doctor-diagnosed asthma ever AND either having wheezed in the past year or having prescription medication for wheeze during the past year. Children were eligible for inclusion in the LEIP if: (a) they had active asthma, (b) had lived in their house for at least two years, and (c) had no plans to move during the study period. Out of 346 eligible children, 104 children from 89 households were randomly selected for inclusion in the study. The study was approved by the Institutional Review Board of the University of Iowa.

2.2 | Randomization and intervention

Households were block-randomized into educational intervention or extensive intervention (educational + professional cleaning). All interventions were supplied at no cost to participants. Both groups received the educational intervention, a high-efficiency vacuum

Practical Implications

- The Louisa Environmental Intervention Project (LEIP) was designed to evaluate the effectiveness of environmental interventions in reducing household endotoxin and improving respiratory symptoms in children with asthma.
- LEIP demonstrated that cleaning measures such as cleaning of carpets, draperies, mattresses and bedding, furnace, air conditioners, and air ducts can effectively reduce settled dust endotoxin, especially in farm homes.
- In LEIP, professional cleaning and endotoxin reduction were associated with fewer asthma symptoms.
- However, cleaning efforts should be sustained over time to maintain reduced levels of endotoxin and ultimately improve asthma symptoms.

cleaner (Hoover Supreme Windtunnel, 6-stage microfiltration, 99.98% pollen filtration, 100% dust mite filtration, Hoover), electrostatic filtration bags (Type Y, Allergen Filtration Bags, Hoover), and pest abatement supplies (mouse traps, roach motels, and miticides). Educational materials included instructions on monitoring for asthma triggers, reducing clutter, education on housekeeping and track-in control, and an Environmental Protection Agency (EPA) brochure on asthma and healthy homes (see Appendix S1). Educational materials were offered in both English and Spanish. For the extensive intervention group, we hired contractors to come to the homes and provide professional cleaning of carpets, draperies, mattresses and bedding, furnace, air conditioners, and air ducts (the "Superclean"). This group also received a professional "BoosterClean" consisting of professional cleaning of carpets, draperies, and bedding several months later.

2.3 | Study timeline

As illustrated in Figure 1, all participants received the home hygiene educational intervention at the first visit, 4 weeks after the enrollment. The extensive intervention group had their houses professionally cleaned at weeks 6 (SuperClean) and 18 (BoosterClean) after enrollment. Environmental samples from homes were collected at weeks 4 (Baseline or Visit 1), 7 (Visit 2), 14 (Visit 3), and 22 (Visit 4) after enrollment. The questionnaires assessing asthma symptoms and asthma medication use were administered at enrollment and on the weeks 7 (visit 2), 14 (Visit 3), and 22 (Visit 4). There was no contact with subjects between visits 3 and 4 except to schedule the last visit.

2.4 | Air and dust endotoxin

Air and surface sampling for endotoxin analysis were performed both before the intervention at Visit 1 and after the intervention at Visits 2, 3, and 4. Ambient air filters were collected from the houses

LEIP Study

Project Timeline

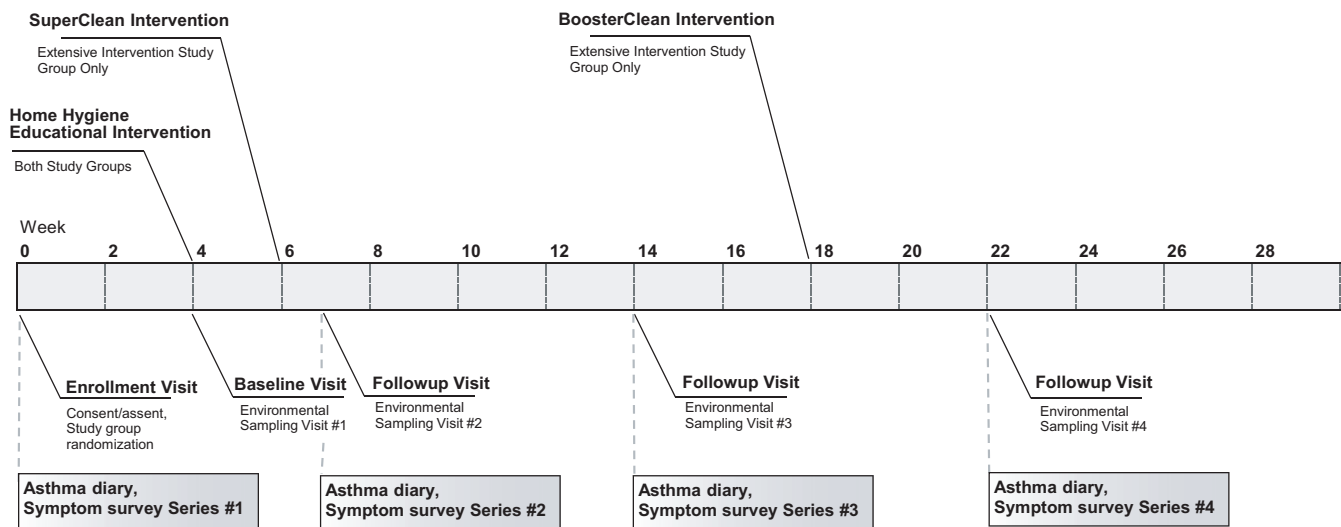


FIGURE 1 LEIP Study timeline of enrollment, intervention, and environmental sampling

for 24 hours at 4 L/min using a Button inhalable dust sampler placed in the main play area of the home. Binder-free glass fiber filters were pre- and post-weighed after equilibration in a gravimetrics laboratory using a microbalance (Mettler-Toledo MT-5) to determine particulate mass concentration. Filters were then eluted into 10 mL pyrogen-free water with 0.05% Tween-20 for the assessment of endotoxin as described below. Flooring type in each room was recorded by field staff as carpet or rug, hardwood/Pergo, vinyl/linoleum, ceramic tile, cement, or other. Where carpet was present, it was further classified as closed loop or cut pile. Reservoir dust samples from homes were collected from the child's bedroom bedding (CBB), the child's bedroom floor (CBF), the main play area floor (PAF), and the kitchen floor (KNF) using special vacuums and endotoxin-free, high-efficiency particulate air socks. For these samples, 50 mg sieved dust was eluted into 1 mL of pyrogen-free water (*Limulus* amoebocyte lysate water, Lonza, Inc) with 0.05% Tween-20; shaken for 1 hour; centrifuged at 600 g, 4°C for 20 minutes (Marathon 16KM, Fisher Scientific); after which the supernatant was transferred to a pyrogen-free polypropylene cryovials (Sarstedt), then diluted in *Limulus* amoebocyte lysate water in heat-treated pyrogen-free borosilicate tube to assay for endotoxin.

2.5 | Asthma symptoms

Asthma symptoms were assessed at three time-points using a questionnaire drawn from standard instruments. The questionnaires were administered in both English and Spanish and included nighttime cough or wheeze, daytime wheeze, daytime cough, as well as exercise-induced asthma. Based on frequency of each symptom, a daily score of 1 (no symptom), 2 (some symptoms), 3 (frequent symptoms), or 4 (continuous) was reported by participants and aggregated

over a seven-day period to obtain a week-total score for each of the time-point. Because of the high proportion of missing data for exercise-induced asthma, the analysis was only performed on nighttime asthma symptoms, daytime wheeze, and daytime cough. Details on the scores for each symptom are reported in Appendix S1.

2.6 | Statistical analysis

Descriptive analyses were performed to compare the characteristics of participants screened, eligible, and enrolled for inclusion. We also described the participants included in the educational and extensive intervention groups and used a chi-square or Fisher exact test to calculate *P*-values for differences in characteristics. Endotoxin values were $\log_{10}$ -transformed to improve the normality of their distribution for statistical analysis and geometric means along with geometric standard errors were used as measures of central tendency and variability. We examined the effectiveness of the extensive intervention (compared with the education) in reducing house endotoxin and the frequency of asthma symptoms using generalized linear mixed models and generalized estimating equation.²³ The analyses were adjusted for age and gender of the participants, the season of sampling, the farm or non-farm location of the house, family income, smoking in the house, presence of central air conditioning, presence of pets in the house, main heat source, and sampling location. We checked for multicollinearity between covariates in the model by calculating variance inflation factors. Multicollinearity was limited between the covariates included in our models, and the diagnostic plots showed that model assumptions were reasonably met. We also stratified our analyses by whether the house was on a farm or not, due to known differences in endotoxin determinants between farm and non-farm homes. In exploratory analysis, generalized estimating

TABLE 1 Characteristics of the screened and eligible subject as well as the participants enrolled in the LEIP Study

Characteristics	Screened % (n/N)	Eligible* % (n/N)	Enrolled % (n/N)
Location of the home			
Farm	19.4 (659/3435)	14.8 (51/346)	20.2 (21/104)
Non-farm	80.6 (2,735/3435)	85.2 (294/346)	79.8 (83/104)
Sex			
Female	48.8 (1673/3435)	54.9 (190/346)	41.3 (43/104)
Male	51.2 (1756/3435)	45.1 (156/346)	58.7 (61/104)
Age (y)			
5-9	48.0 (1644/3435)	51.0 (176/346)	47.1 (49/104)
10-14	52.0 (1782/3435)	49.0 (169/346)	52.9 (55/104)
Asthma Diagnosis and symptoms			
Wheeze ever	28.5 (955/3435)	99.4 (344/346)	98.1 (102/104)
Asthma ever	13.0 (441/3435)	70.3 (239/346)	66.0 (68/104)
Physician ever told you child has asthma	12.8 (437/3435)	70.8 (240/346)	67.0 (69/104)
Wheeze in past year	13.2 (452/3435)	99.1 (343/346)	97.1 (101/104)
Exercise wheeze in past year	10.5 (359/3435)	72.0 (247/346)	69.9 (72/104)
Dry cough at night in past year	17.8 (610/3435)	55.9 (193/346)	57.3 (59/104)
Wheeze attacks in past year			
None	53.8 (513/955)	1.2 (4/344)	2.0 (2/102)
1-3	30.8 (293/955)	60.9 (209/344)	60.8 (62/102)
>3	15.4 (147/955)	37.9 (130/344)	37.3 (38/102)
Nocturnal wheeze in past year			
None	73.9 (703/955)	40.5 (139/344)	44.1 (45/102)
≤2 nights/mo	18.8 (179/955)	41.1 (141/344)	37.3 (38/102)
>2 nights/mo	7.3 (69/955)	18.4 (63/344)	18.6 (19/102)
Speech-limiting wheeze in past year	7.3 (69/955)	19.6 (67/344)	17.7 (18/102)
Used medications for wheezing in past year	33.5 (318/955)	92.7 (318/344)	93.1 (95/102)
Frequent symptoms in past year	28.6 (273/955)	53.9 (185/344)	56.9 (58/102)
Severe symptoms in past year	11.8 (113/955)	30.0 (103/344)	25.5 (26/102)

Note: Eligible subjects also include four children whose siblings screened positive for active asthma and had at least one of the following: wheezing in the past year; doctor diagnosis plus wheezing during exercise; or inhaled bronchodilator use.

*Eligibility defined as doctor-diagnosed asthma ever AND either having wheezed in the past year or having prescription medication for wheeze during the past year.

equations were also used to examine the association of endotoxin reduction from baseline with the frequency of asthma symptoms. We used SAS (version 9.4) for our analyses and STATA (version 9.4) to check for collinearity and create graphs. *P*-values < .05 were considered statistically significant. A detailed description of the statistical analysis is reported in Appendix S1.

3 | RESULTS

3.1 | Descriptive results

The characteristics of the children screened, eligible, and enrolled for inclusion are described in Table 1. Among the enrolled children, 20.2% lived in farm homes and 58.7% of all the enrollees were males. Wheeze in the past year was reported by 97.1% of them and 37.3% reported

more than three wheeze attacks in the past year. Medication use for wheezing was reported by 93.1% of the children. Table 2 provides data on characteristics of the 104 participants at baseline for the overall cohort and by intervention arm. Those enrolled in the extensive intervention were more likely to have a cat alone or a cat and a dog, and to have refused to provide annual household income. Characterization of the flooring types in LEIP homes showed that 89.5% of the CBF and 88.8% of the PAF were carpeted or had at least one area rug. Kitchen floor were mostly smooth and cleanable floors (86.1%).

At baseline, the geometric mean (standard error) of air endotoxin in the educational and extensive intervention groups were 7.2 (1.7) EU/m³ and 6.2 (1.7) EU/m³, respectively. In reservoir dust, baseline geometric mean (standard error) of endotoxin load ranged from 8.4 (3.7) × 10³ EU/m² in CBB to 13.0 (7.3) × 10³ EU/m² in PAF in the educational group and from 7.7 (2.7) × 10³ EU/m² in CBB to 13.6

TABLE 2 Characteristics of the LEIP Study participants at baseline

Characteristics	Overall cohort (N = 104)	Educational Intervention (N = 52)	Extensive Intervention (N = 52)	P-value
Location of the home				
Farm	20.2 (21/104)	17.3 (9/52)	23.1 (12/52)	.456
Non-farm	79.8 (83/104)	82.7 (43/52)	76.9 (40/52)	
Sex				
Female	41.3 (43/104)	40.4 (21/52)	42.3 (22/52)	.840
Male	58.7 (61/104)	59.6 (31/52)	57.7 (30/52)	
Age (y)				
5-9	47.1 (49/104)	48.1 (25/52)	46.2 (24/52)	.844
10-14	52.9 (55/104)	51.9 (27/52)	53.8 (28/52)	
Annual household income				
Missing	28.8 (30/104)	15.4 (8/52)	42.3 (22/52)	.007
<\$30 000	20.2 (21/104)	26.9 (14/52)	13.5 (7/52)	
≥\$30 000	51.0 (58/102)	57.7 (30/52)	44.2 (23/52)	
Main heat source				
Electric	8.7 (9/104)	9.6 (5/52)	7.7 (4/52)	.359
Gas	77.9 (81/104)	71.2 (37/52)	84.6 (44/52)	
Radiator	5.8 (6/104)	7.7 (4/52)	3.8 (2/52)	
Wood	7.7 (8/104)	11.5 (6/52)	3.8 (2/52)	
Kind of A/C system in home				
Central A/C only	65.4 (68/104)	63.5 (33/52)	67.3 (35/52)	.233
Both central air and window unit(s)	5.8 (6/104)	3.8 (2/52)	7.7 (4/52)	
Window unit(s) only	24.0 (25/104)	30.8 (16/52)	17.3 (9/52)	
No A/C	4.8 (5/104)	1.9 (1/52)	7.7 (4/52)	
Pets or animals currently living in home				
Cat(s) only	17.3 (18/104)	13.5 (7/52)	21.2 (11/52)	.021
Dog(s) only	23.1 (24/104)	34.6 (18/52)	11.5 (6/52)	
Cat(s) and dog(s)	19.2 (20/104)	17.3 (9/52)	21.2 (11/52)	
Other	3.9 (4/104)	0.0 (0/52)	7.7 (4/52)	
None	36.5 (38/104)	34.6 (18/52)	38.5 (20/52)	

Note: P-values for difference in characteristics calculated using chi-square for location of the home, sex, age, and income. Fisher's exact test used to calculate P-values for differences in main heat source, type of A/C in the home, and the type of pet because of small cell sizes (<5 participants).

Abbreviations: A/C, air conditioning; LEIP, Louisa Environmental Intervention Project.

$(29.2) \times 10^3$ EU/m² in PAF in the extensive intervention group. In KNF where total sampled endotoxin was reported, the geometric mean (standard error) was $40.6 (19.4) \times 10^3$ EU and $29.7 (11.8) \times 10^3$ EU in the educational and extensive intervention groups, respectively. The crude geometric mean (standard error) for air and dust endotoxin by intervention groups and visits are reported in Table 3.

3.2 | Change in endotoxin over visits by intervention group

Regarding airborne endotoxin, there was a trend toward a decrease in least squared mean endotoxin in both the educational and extensive interventions at Visits 2 and 3 compared with Visit 1 as shown in Figure 2A. However, the airborne endotoxin reduction did not

reach significance. This was mostly due a decreasing trend in endotoxin in non-farm homes, where the decrease in airborne endotoxin reached significance in educational intervention at Visit 3 ($P = .049$) (Figure 2B). Outdoor air on farms may have contributed to indoor airborne endotoxin concentrations, especially at Visit 4 (Figure 2C).

Regarding reservoir dust endotoxin, least squared mean endotoxin in the extensive intervention group significantly decreased in Visit 2 ($P = .003$), Visit 3 ($P = .010$), and Visit 4 ($P = .028$) compared with Visit 1 (Figure 2D). In subgroup analysis by non-farm or farm location of the homes, the decrease in least squared mean endotoxin was mainly significant in the non-farm homes (Figure 2E) but failed to reach significance in farm homes (Figure 2F). Adjustment for type of flooring (carpeted vs smooth) had no impact on the effectiveness of the interventions.

TABLE 3 Geometric mean (GM) and geometric standard error (GSE) for inhalable airborne dust endotoxin concentration (EU/m³) and endotoxin load in reservoir dust (EU/m²) by intervention group and over visits for the LEIP Study households

Study Group	Visit	Endotoxin load in dust ($\times 10^3$ EU/m ²)									
		Air endotoxin (EU/m ³)		CBB		CBF		KNF ^a		PAF	
		N	GM (GSE)	N	GM (GSE)	N	GM (GSE)	N	GM (GSE)	N	GM (GSE)
Educational Intervention	1	45	7.2 (1.7)	45	8.4 (3.7)	46	13.1 (11.7)	45	40.6 (19.4)	46	13.0 (7.3)
	2	43	6.6 (1.8)	45	6.1 (4.9)	46	10.3 (5.7)	44	34.5 (18.1)	46	12.5 (12.7)
	3	45	5.4 (2.2)	45	8.1 (3.5)	46	14.9 (8.3)	45	46.0 (23.3)	46	9.5 (4.3)
	4	43	7.2 (1.7)	43	8.9 (3.0)	44	17.0 (8.7)	43	55.1 (21.9)	43	12.6 (4.7)
Extensive Intervention	1	38	6.2 (1.7)	40	7.7 (2.7)	40	12.2 (7.1)	39	29.7 (11.8)	40	13.6 (29.2)
	2	37	4.3 (1.0)	39	6.0 (3.7)	40	8.6 (5.7)	39	28.4 (8.0)	40	7.4 (3.3)
	3	37	4.6 (1.0)	40	7.3 (2.6)	40	8.4 (2.6)	39	33.4 (18.4)	40	10.6 (26.1)
	4	36	6.8 (1.7)	38	10.9 (2.1)	38	9.8 (2.7)	37	41.1 (11.1)	38	10.6 (10.1)

Abbreviations: CBB, child bedroom bedding; CBF, child bedroom floor; EU, endotoxin units; GM, geometric mean; GSE, geometric standard error; KNF, kitchen floor; LEIP, Louisa Environmental Intervention Project; PAF, play area floor.

^aFor KNF, endotoxin load was expressed as EU per sample.

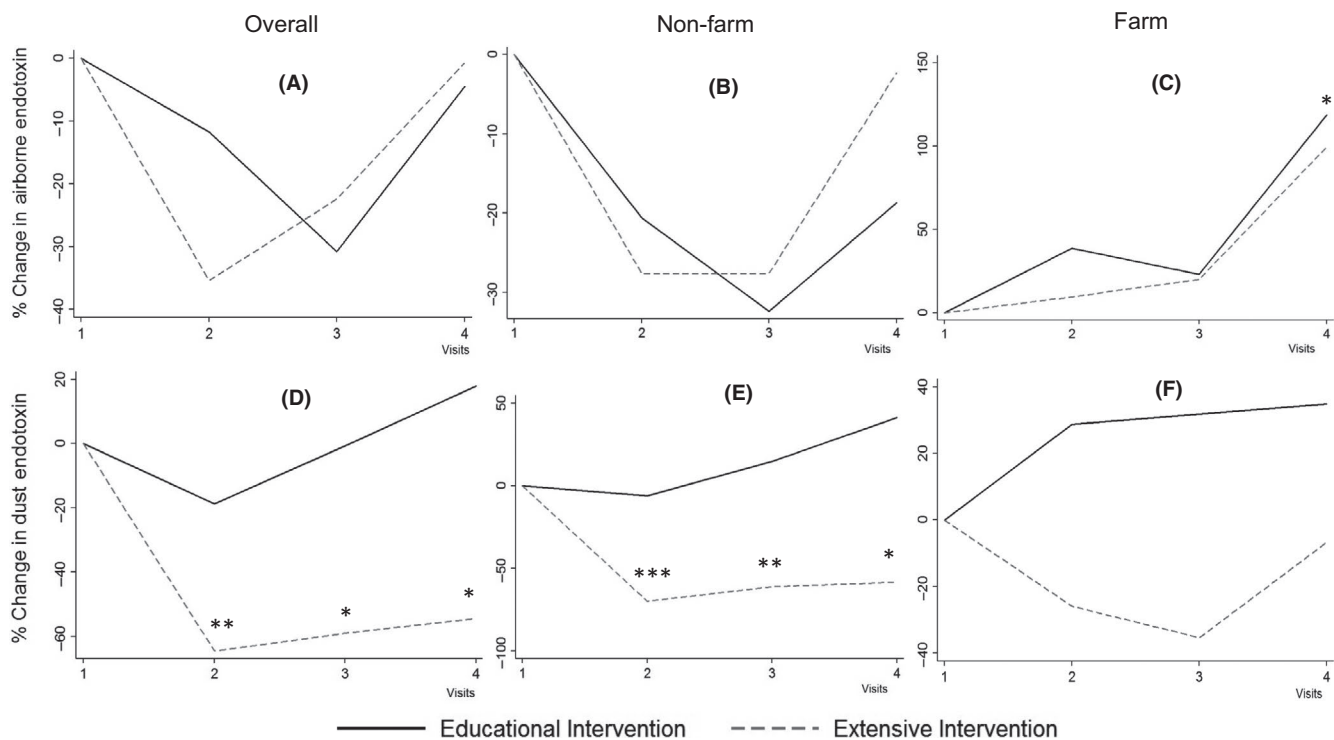


FIGURE 2 Change in airborne inhalable endotoxin concentration in the overall sample (A), in participants living in non-farm areas (B), and in participants living in farm areas (C). Change in reservoir dust endotoxin load in the overall sample (D), in participants living in non-farm areas (E), and in participants living in farm areas (F). Changes in endotoxin calculated using least square means derived from generalized linear mixed-effects modeling adjusted for age and gender of participants, season of sampling, place sampled in the home, location of the house (farm or non-farm for overall, except in stratified analysis by this variable), family income, smoking in the house, presence of central air conditioning, presence of pets in the house, and main heat source. * $P < .05$; ** $P < .01$; *** $P < .001$

3.3 | Effect of intervention on endotoxin levels and asthma symptoms

In mixed-model analysis, extensive compared with educational intervention was not associated with a decrease in endotoxin. However,

there was a significant interaction between the farm or non-farm location of the homes and the place of the home sampled ($P = .002$). Only in farm homes, the extensive intervention was associated with significant reductions in overall dust endotoxin by 81.3% ($P < .001$) and in dust collected in CBB by 81.5% ($P < .001$), in CBF by 89.1%

TABLE 4 Mixed model with repeated measures to assess the effect of extensive (education + cleaning) compared with educational intervention on house endotoxin in the LEIP Study

	Extensive versus educational intervention	
	% change	P-value
All homes		
Air endotoxin (EU/m ³)	-14.1	.541
Endotoxin load (EU/m ²)		
Overall ^b	-16.6	.383
CBB	+8.8	.688
CBF	-28.0	.162
PAF	-22.4	.379
KNF ^c	-7.1	.780
Non-farm homes		
Air endotoxin (EU/m ³)	-11.2	.514
Endotoxin load (EU/m ²)		
Overall ^b	-22.9	.403
CBB	+11.9	.638
CBF	-32.4	.104
PAF	-21.5	.430
KNF ^c	-15.9	.522
Farm homes		
Air endotoxin (EU/m ³)	-22.6	.579
Endotoxin load (EU/m ²)		
Overall ^b	-81.3	<.001
CBB	-81.5	<.001
CBF	-89.1	.002
PAF	-89.1	.008
KNF ^c	-90.8	<.001

Note: Models adjusted for age and gender of the participants, visits, season of sampling, place sampled in the home (for overall), location of the house (farm or non-farm, except in stratified analysis by this variable), family income, smoking in the house, presence of central air conditioning, presence of pets in the house, and main heat source. Bold indicates significant changes (P -value < .05).

Abbreviations: CBB, child bedroom bedding; CBF, child bedroom floor; df , degree of freedom; EU, endotoxin units; KNF, kitchen floor; PAF, play area floor.

^bTotal endotoxin load from CBB, CBF, and PAF.

^cTotal endotoxin reported for KNF.

($P = .002$), in PAF by 89.1% ($P = .008$), or in KNF by 90.8% ($P < .001$) (Table 4).

The extensive compared with educational intervention was also associated with reduced frequency of night wheeze and cough with a significant intervention-by-visit interaction ($P = .049$).

3.4 | Endotoxin reduction and asthma symptoms

Overall house dust endotoxin reduction from Visit 1 significantly decreased the frequency of night wheeze or cough (OR: 0.62, 95%

CI: 0.42-0.91), daytime wheeze (OR: 0.58, 95% CI: 0.37-0.92), daytime cough (OR: 0.62, 95% CI: 0.40-0.95), and overall asthma symptom (OR: 0.52, 95% CI: 0.29-0.92). By place of the home sampled, the house dust endotoxin reduction in CBB was associated with a decrease in daytime wheeze (OR: 0.13, 95% CI: 0.04-0.46), daytime cough (OR: 0.26, 95% CI: 0.11-0.71), and overall asthma symptoms (OR: 0.14, 95% CI: 0.04-0.46). House dust endotoxin reduction in CBF was associated with less frequent night wheeze or cough (OR: 0.29, 95% CI: 0.09-0.92), daytime cough (OR: 0.23, 95% CI: 0.10-0.57), and overall asthma symptom (OR: 0.15, 95% CI: 0.05-0.48) (Table 5).

4 | DISCUSSION

The present study was performed in a cohort of rural asthmatic children to investigate the effect of an environmental intervention on household endotoxin levels and asthma symptoms. Residents of Keokuk and Louisa Counties are low income, medically underserved, and reside amid intensive agricultural activity, primarily row crops (corn and soybeans), and industrialized swine production. The results suggest that dust endotoxin significantly decreased in the visits after the extensive intervention in the overall sample and in non-farm homes. The extensive intervention compared with education alone was associated with a significant reduction in dust endotoxin in homes located on a farm and in the frequency of nighttime asthma symptoms. Our results also demonstrated that lowering dust endotoxin, especially in the bedroom is effective in reducing the frequency of asthma symptoms. To our knowledge, this is the first randomized interventional study evaluating measures to reduce endotoxin in the households of rural asthmatic children.

The level of endotoxin found in the homes of rural asthmatic children from our study was higher than we reported in the two previous US representative studies of mostly urban households.^{6,20} In the National Survey of Endotoxin in United States Housing, we analyzed endotoxin concentration and load in reservoir house dust sampled from bedroom bed and floor, family room floor, kitchen floors, and sofa upholstery and found levels 50% lower than endotoxin levels in the present study.⁶ Likewise, our estimates in the present study are higher than endotoxin levels in inner city New York sampled in the bedroom floor of the houses of children of Dominican and African-American descent, though our laboratory performed the endotoxin measurement for both studies.²⁴ In the ISAAC Phase Two study, endotoxin was measured in living room floor dust and levels were also generally lower than the levels from our present study (between 684 EU/m² and 3602 EU/m² depending on the ISAAC centers).²⁵ The ISAAC study included 840 children aged 9-12 years from five countries (Albania, Italy, New Zealand, Sweden, and the United Kingdom), and it is worth noting that carpeting is rare in these countries compared with the United States, which could explain the difference in endotoxin load (endotoxin per unit of sampled surface area).²⁵ Similarly, Lawson et al²⁶ measured endotoxin in the

TABLE 5 Odds ratio for the relationship between intervention, visits, and asthma symptoms in the LEIP Study

	Night wheeze or cough		Daytime wheeze		Daytime cough		Total symptom score	
	OR (95% CI)	P	OR (95% CI)	P	OR (95% CI)	P	OR (95% CI)	P
Visit	- ^a	-	0.65 (0.29, 1.47)	.304	1.12 (0.67, 1.87)	.640	0.69 (0.34, 1.39)	.304
Intervention	- ^a	-	2.05 (0.69, 6.04)	.196	2.48 (0.94, 6.57)	.069	1.75 (0.58, 5.22)	.315
Air Endotoxin Reduction	0.72 (0.20, 2.50)	.613	1.57 (0.48, 5.18)	.460	1.12 (0.32, 3.88)	.859	0.84 (0.19, 3.75)	.821
Endotoxin Load Reduction								
Overall	0.62 (0.42, 0.91)	.014	0.58 (0.37, 0.92)	.023	0.62 (0.40, 0.95)	.026	0.52 (0.29, 0.92)	.018
CBB	0.20 (0.03, 1.18)	.221	0.13 (0.04, 0.46)	.002	0.26 (0.11, 0.71)	.002	0.14 (0.04, 0.46)	.001
CBF	0.29 (0.09, 0.92)	.036	0.45 (0.19, 1.06)	.072	0.23 (0.10, 0.57)	.001	0.15 (0.05, 0.48)	.001
PAF	0.51 (0.26, 1.01)	.053	0.60 (0.26, 1.38)	.233	0.74 (0.43, 1.26)	.271	0.59 (0.30, 1.15)	.123
KNF	1.72 (0.59, 4.99)	.319	1.25 (0.35, 4.46)	.730	1.29 (0.49, 3.35)	.611	1.16 (0.43, 3.15)	.765

Note: Models adjusted for age and gender of the participants, season of sampling, place sampled in the home, location of the house (farm, non-farm), family income, smoking in the house, presence of central air conditioning, presence of pets in the house, and main heat source.

Bold indicates significant associations with the asthma symptoms (P -value < .05).

^aInteraction term for Intervention-by-visit was significant (P = .049).

homes of 6- to 18-year-old rural children in Saskatchewan, Canada and reported lesser endotoxin loads in play area and mattress, respectively, up to 1032 EU/m² (vs $\geq 10\,000$ EU/m² in our study) and up to 308.8 EU/m² (vs ≥ 8000 EU/m² in our study). However, they extracted the dust samples in phosphate-buffered saline and then diluted in water without adding a surfactant. Extraction of house dust into water without including a surfactant has been shown to markedly reduce endotoxin extraction efficiency.²⁷

Few studies have measured airborne endotoxin, and they have also reported lower levels in total dust sampled from US urban home or in inhalable dust from European rural areas.^{28,29} Our results are consistent with airborne endotoxin concentrations reported outside of Iowa hoop-structured and conventional animal feeding operations. Thirty meters upwind of the animal feeding operations, endotoxin concentration was 2.7 and 5.3 EU/m³ for the hoop and conventional animal feeding operations, respectively. Downwind from the animal feeding operations, outdoor endotoxin levels averaged 190 EU/m³ (hoop animal feeding operations) and 60 EU/m³ (conventional animal feeding operations) at 30 m and approximately 27 EU/m³ at 160 m (for both). Wind speeds during sampling ranged from 0 to 5.4 m/s.³⁰ Comparisons between the endotoxin values reported in the present study with those from other investigations must be interpreted cautiously due to very impactful laboratory differences in sample collection, storage, extraction, and assay techniques across studies.^{27,31,32}

Several smaller studies have evaluated the impact of environmental interventions on the levels of endotoxin in homes.³³⁻³⁶ In China, Wu et al³⁷ recruited 20 volunteers who vacuumed their mattress daily for 8 weeks and found that the total house endotoxin dropped by 75%. However, they did not see a change in endotoxin concentration per amount of dust. In metropolitan Washington, DC, the effectiveness of vacuuming in reducing dust endotoxin and other allergens was examined in 20 homes over a 5-week period.³⁸ The study reported that weekly and monthly vacuuming periods resulted

in an increase in the concentration of endotoxin in the majority of homes.³⁸ To possibly explain these results, the authors speculated that vacuuming could release organisms from the base of rugs and subsequently stimulate bacterial growth.^{36,38,39} Studying predictors of endotoxin concentrations in house dust of German homes for the Indoor Exposure and Genetics in Asthma study, Bischof et al⁴⁰ observed that vacuuming weekly versus monthly as well as dry dust cleaning was predictive of lower endotoxin concentration in living room dust. Likewise, frequent dusting significantly reduced airborne endotoxin in inner city Baltimore homes.⁴¹ Yet, in some studies, cleaning practices (vacuum, sweep, or mop) were unrelated to house dust endotoxin.^{42,43} We noted that endotoxin levels in reservoir dust generally increased from visit 3 to visit 4 after an initial drop observed during active intervention around visits 2 and 3. We can speculate that perhaps cleaning procedures in the study mobilized dust or that participants reduced their housekeeping during the intervention thinking that it was supplanted by LEIP staff efforts.

Many reports have examined the influence of asthma education and environmental interventions on asthma symptoms.⁴⁴⁻⁴⁶ About 15 years ago, Cote et al prospectively followed 188 asthma patients to evaluate the effect of an asthma education program on airway responsiveness, asthma symptoms, patient quality of life, and environmental control. One year later, they found asthma symptoms, quality of life, and exposure to house dust-mites had significantly improved. However, they did not see an effect of removal of domestic pets.⁴⁴ Other studies, including meta-analyses subsequently confirmed modest benefits of educational intervention on asthma control.^{45,46} There are also reports that environmental interventions have more beneficial effects on asthma control than education, especially in children.³³ In one study, education about environmental interventions was assessed. The intervention group received education applying social learning theory to provide knowledge, skills, motivation, equipment, and supplies necessary to perform comprehensive environmental remediation for a year, while controls received family

visits only for evaluation.⁴⁷ During the intervention year and afterward, the intervention group had significantly lower levels of allergens in the bed and bedroom floor. This decline was also correlated with reduced asthma severity.⁴⁷ Studies that evaluated the efficacy of asthma educational interventions in rural pediatric populations are few. In rural counties of Maryland, educational workshops for both children and parents significantly improved asthma knowledge and reports of asthma symptoms, but not quality of life.⁴⁸ Despite an extensive literature search, we found no study that compared education with and without environmental interventions. We found the decrease in house dust endotoxin, mainly in the bedroom bed and bedroom floor associated with a significant improvement in asthma symptoms. This is also consistent with previous findings of stronger relationships between bedroom floor and bedding dust endotoxin and asthma prevalence and symptoms.⁶

Our study had several limitations. Three of the 89 households had more than 10 days elapse between super clean and visit 2, the first follow-up visit; therefore, they were excluded from these models. Only one child per household was used for the models assessing the effectiveness of education with or without cleaning in reducing endotoxin. There were not enough households with multiple children to add another random factor to account for a household effect. Some diary questions about asthma severity and inhaled bronchodilator or corticosteroids use had response rates between 40% and 70%. With such high levels of missing data, we questioned the reliability of these data and therefore excluded them. We also did not have enough data on the symptoms to perform subgroup analyses of the relationship of the intervention and the endotoxin reduction on asthma symptoms by the location of the home in a farm or not. The association between endotoxin reduction and asthma symptoms was not adjusted for medication use in our sample. Nonetheless, aside from these limitations, this study has major advantages. It is the first intervention conducted in rural asthmatic children in the United States. Also, among the parents of school children initially contacted, more than 70% responded with completed questionnaires. Participants were contacted by mail up to three times and by telephone to increase participation. Endotoxin was measured in air and in reservoir dust sampled in multiple locations within each household and four times over the course of the study.

In conclusion, overall and in non-farm homes, reservoir dust endotoxin was significantly decreased during the visits following the extensive intervention compared with the visit before the intervention. Extensive intervention (cleaning + education) compared with educational intervention was associated with reduced reservoir dust endotoxin in the homes located in farms and with less frequent nighttime asthma symptoms. Effective reduction in endotoxin levels mainly in the bedroom floor or the bedroom bed was associated with improved respiratory symptoms in children with asthma.

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CONFLICT OF INTEREST

The authors have no conflict of interest to disclose.

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SUPPORTING INFORMATION

Additional supporting information may be found online in the Supporting Information section.

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Household Endotoxin Reduction in the Louisa Environmental Intervention Project (LEIP)

For Rural Childhood Asthma

Supplemental Material

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Enrollment in LEIP

Asthma screening questionnaires were sent to the parents of all the children 5 to 14 years-old enrolled between 1999 and 2002 to eleven school districts of Louisa and Keokuk. The school districts include *Columbus Community, English Valleys, Keota, Louisa-Muscatine, Mediapolis, Morning Sun, Pekin, Sigourney, Tri-County, Waco, Wapello*.

Asthma Questionnaires

The questionnaires used to screen participants was designed according to the International Study of Asthma and Allergies in Childhood (ISAAC). The asthma screening questionnaires in were reported in pages 4 to 6 for the English version and in pages 7 to 10 for the Spanish version. Daily asthma symptoms were assessed over a two-week period using a questionnaire drawn from standard instruments and presented in page 11.

Baseline Questionnaire and Educational Materials

A baseline home inspection was performed using the questionnaire presented in pages 12 to 14. The educational material on how to clean dust was displayed in pages 15 and 16.

Statistical analysis

Descriptive analyses were performed to compare the characteristics of participants screened, eligible, and enrolled for inclusion. Endotoxin concentration in air and endotoxin load in settled dust were log₁₀-transformed to improve the normality of their distribution for statistical analysis. Geometric means (GM) and Geometric Standard Errors (GSE) were used as measures of central tendency and variability.

We examined the effectiveness of the extensive compared to the educational intervention in reducing house endotoxin as well as the frequency of asthma symptoms in all households randomly assigned into one of the intervention groups. The first primary end-point was the level of endotoxin in air and in dust sampled from the different locations of the house and was expressed in change of log₁₀-endotoxin from Visit 1 at Visits 2, 3 and 4. This outcome was analyzed using generalized linear mixed-models (GLMM) procedure including random intercepts and slopes for the visits. In this analysis we also computed least squares (LS) mean changes from Visit 1 in log₁₀-endotoxin at Visits 2, 3 and 4. The second primary end-point was nighttime and daytime asthma symptoms, also expressed as change in symptom scores from Visit 1 at the Visits 2, 3, and 4. This outcome was analyzed using generalized estimating equations (GEE) with a multinomial distribution and a cumulative logit link function. In all the models, the intervention-by-visit interaction was first estimated and if it was not significant (meaning the effect of time and intervention were independent), the interaction term was excluded from analysis and the main effects were recalculated. Because the outcomes were changes from baseline in endotoxin and in asthma symptom scores, the hypothesis testing on the effectiveness of the extensive versus educational intervention was evaluated by the intervention-by-visit interaction and the main effect of the intervention group.¹⁹ The analyses were adjusted for the season of sampling, the farm or non-farm location of the house, family income, smoking in the house, presence of central air conditioning, presence of pets in the

house, and main heat source. Multicollinearity between covariates was examined in the model by calculating variance inflation factors (VIF). Due to known differences in endotoxin determinants between farm and non-farm homes, we stratified the analyses on the change in endotoxin by whether the house was on a farm or not. We also tested the farm and non-farm location of the house for interaction with the intervention and with the area of the home sampled.

In exploratory analysis, GEE was also used to examine the association of endotoxin reduction from baseline (difference in log-endotoxin from baseline) with the frequency of asthma symptoms. Model diagnostics were run and the residuals versus fitted plots were examined to check for validity of model assumptions. We used SAS (Version 9.4) for our analyses and STATA (Version 9.4) for the calculation of VIFs. P-values <0.05 were considered statistically significant.

Child _____ Male Female (please circle one)

Child's Birthdate (month) _____ (day) _____ (year) _____ Phone (____) _____ - _____

Please answer the following questions by circling the one best answer. If you are unsure about how to answer a question, please give the best answer you can. There are no right or wrong answers.

1. Do you live in the town or country?

Town..... 1

Country..... 2

IF YOU ANSWERED "TOWN" PLEASE SKIP TO QUESTION #3

2. Do you live on a farm or rural home?

Farm..... 1

Rural home..... 2

3. Has your child ever had wheezing or whistling in the chest at any time in the past?

Yes 1

No 2

IF YOU ANSWERED "NO" PLEASE SKIP TO QUESTION #10

4. Has your child had wheezing or whistling in the chest *in the last 12 months*?

Yes 1

No 2

5. How many attacks of wheezing has your child had *in the last 12 months*?

None 1

1 to 3 2

4 to 12 3

More than 12 4

6. *In the last 12 months*, how often, on average, has your child's sleep been disturbed due to wheezing?

Never woken with wheezing 1

Two nights per month or less 2

More than two nights per month but less than one night per week 3

One to three nights per week 4

(continued on next page)

More than three nights per week	5
---------------------------------------	---

7. *In the last 12 months*, how often was your child's wheezing troublesome first thing in the morning?

Most mornings	1
1-3 mornings/week	2
Less than 1 morning/week.....	3
Never.....	4
Don't know.....	8

8. *In the last 12 months*, has wheezing ever been severe enough to limit your child's speech to only one or two words at a time between breaths?

Yes	1
No	2

9. Has your child used medication for his or her wheezing *in the last 12 months*?

Yes	1
No	2

10. Has your child ever had asthma?

Yes	1
No	2

11. Has a doctor ever told you that your child has asthma?

Yes	1
No	2

12. *In the last 12 months*, has your child's chest sounded wheezy during or after exercise?

Yes	1
No	2

13. *In the last 12 months*, how often were your child's activities affected or limited by cough or wheeze or shortness of breath while he/she was at home or playing with other children?

Daily.....	1
Weekly	2
Monthly.....	3
Less often than monthly.....	4
Never.....	5
Don't know.....	8

(continued on back)

14. *In the last 12 months*, how often were your child's sporting activities at school affected or limited by cough or wheeze or shortness of breath?

Daily.....	1
Weekly	2
Monthly.....	3
Less often than monthly.....	4
Never.....	5
Don't know.....	8

15. *In the last 12 months*, how often, on average, has your child's sleep been disturbed due to cough?

Never woken with cough	1
Two nights per month or less	2
More than two nights per month but less than one night per week	3
One to three nights per week	4
More than three nights per week	5

16. *In the last 12 months*, has your child had a dry cough at night apart from a cough associated with a cold or chest infection?

Yes	1
No	2

17. *In the last 12 months*, has your child had any visits to the Emergency Room (ER) or hospitalizations because of asthma, bronchospasm, or wheezing?

Yes	1
No	2

18. Does your child have a "rescue" inhaler or puffer or a nebulizer (mist machine) to use when he or she starts to wheeze or cough, or gets short of breath?

Yes	1
No	2

19. How often does your child use his or her "rescue" inhaler or puffer or nebulizer, on average?

Does not have "rescue" inhaler, puffer, or nebulizer	1
Has "rescue" inhaler, puffer, or nebulizer, but never uses it	2
A few times per month or less	3
One to three times per week	4
Daily, but less than four times per day.....	5
Four times per day or more	6

CUESTIONARIO DE LA SALUD DE NIÑOS.

Nosotros le agradecemos su participación en este importante estudio relacionado con la salud de su hijo / a.

Favor de contestar cada una de las siguientes preguntas acerca de la salud por lo general de su niño(a) y también algunos síntomas de la respiración. Favor de encerrar en un círculo su respuesta.

Nombre del Niño(a) Participante: _____ No. de Identificación _____

El Participante es: Niño / Varón o Niña / Mujer (Favor de encerrar en un círculo sus respuestas)

Fecha de Nacimiento (mes) _____ (día) _____ (año) _____ No. Teléfono (____) _____ - _____

8. ¿Vive Ud. en un pueblo o en el campo?

Pueblo 1

Campo 2

SI HA CONTESTADO "EI CAMPO" POR FAVOR PASA A LA PREGUNTA #3

9. ¿Vive usted en una alquería de una granja / hacienda o en una casa rustica?

Alquería 1

Casa Rustica 2

10. ¿Alguna vez le ha silbado el pecho a su niño(a) o ha padecido de dificultades para respirar o de resollar?

Sí 1

No 2

SI LA RESPUESTA ES "NO" FAVOR DE PASAR A LA PREGUNTA # 10

11. ¿ En los últimos 12 meses, le ha silbado el pecho a su niño(a) o ha padecido de dificultades para respirar?

Sí 1

No 2

SI LA RESPUESTA ES "NO" FAVOR DE PASAR A LA PREGUNTA # 10

12. ¿Cuántos accesos de dificultad para respirar ha padecido su niño(a) en los últimos 12 meses?

Ninguno	1
1 a 3	2
4 a 12	3
Más de 12	4

13. En los últimos 12 meses, ¿con qué frecuencia, en promedio, se ha interrumpido el sueño de su niño(a) debido a resollar o dificultades para respirar?

Nunca se ha despertado con dificultad para respirar	1
Dos noches por mes	2
Mas de una noche por mes pero menos de una noche por semana	3
De una noche a tres noches por semana	4
Más de tres noches por semana	5

14. En los últimos 12 meses, ¿con qué frecuencia, en promedio, su niño se amanece por la mañana con silbidos en el pecho molestos o dificultades para respirar?

Casi todos los días por la mañana	1
De un día a tres días por semana	2
Menos de un día por semana	3
Nunca se ha despertado con dificultad para respirar	4
No sé	8

15. En los últimos 12 meses, ¿en alguna ocasión la dificultad para respirar o el resollar ha sido tan grave de modo que su niño(a) sólo pudiera hablar una o dos palabras entre cada aspiración?

Sí	1
No	2

16. En los últimos 12 meses, ¿ha tomado su niño / a medicamentos para las dificultades para respirar o silbidos en el pecho?

Sí	1
No	2

20. ¿Alguna vez su niño / a ha padecido de asma?

Sí	1
No	2

21. ¿Alguna vez un doctor le ha dicho que su niño / a padece de asma?

Sí	1
No	2

22. *En los últimos 12 meses, ¿su niño / a ha tenido silbidos en el pecho durante o después de hacer ejercicio?*

Sí	1
No	2

23. *En los últimos 12 meses, ¿con qué frecuencia, en promedio, las actividades de su niño/a en la casa o jugando con otros niños / as se afectan o se limitan debido a una tos o silbidos en el pecho?*

Diario	1
Semanal	2
Mensual	3
No tanto como mensual	4
Nunca	5
No sé	8

24. *En los últimos 12 meses, ¿con qué frecuencia, en promedio, se ha afectado o limitado las actividades deportivas de su niño / a debido a una tos, dificultades para respirar o el resollar?*

Diario	1
Semanal	2
Mensual	3
No tanto como mensual	4
Nunca	5
No sé	8

25. *En los últimos 12 meses, ¿con qué frecuencia, en promedio, se ha interrumpido el sueño de su niño / a debido a una tos?*

Nunca se ha despertado debido de una tos	1
Dos noches o menos por mes	2
Más de dos noches pero menos de una noche por semana ...	3
Entre una y tres noches por mes	4
Más de tres noches por semana	5

26. *En los últimos 12 meses, ¿su niño(a) ha tenido tos seca en la noche, sin que estuviera asociada con catarro, resfriado o con una infección en el pecho?*

Sí	1
No	2

27. *En los últimos 12 meses, ¿su niño(a) ha estado en las urgencias (ER) o hospitalizado debido a asma, un espasmo bronquial, espasmo bronquiolo, o por resuello ruidoso?*

Sí	1
No	2

28. ¿Tiene su niño un inhalador “salvador”, o un resoplidor, o un nebulizador (una maquina de rocío) que el niño usa cuando le empieza silbidos en los pulmones, una tos, o cuando se queda sin aliento?

Sí	1
No	2

29. ¿Con que frecuencia, de promedio, usa su niño(a) el inhalador “salvador”, o un resoplidor o nebulizador?

No tiene inhalador “salvador”, resoplidor o nebulizador	1
Sí, tiene inhalador “salvador”, resoplidor o nebulizador pero nunca lo usa	2
En vez en cuando por mes	3
De una a tres veces por semana	4
Diario, pero menos de cuatro veces por día.	5
Cuatro veces o más por día	6

Gracias por su tiempo y colaboración. Favor de usar el sobre timbrado adjunto para enviar su encuesta.

Asthma Diary for/Diario de asma para _____ Date/Fecha _____

Complete diary by checking the correct box or filling in the requested value
Completar el diario marcando la caja correcta o apuntando el número deseado

		Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Last night <i>Anoche</i>	Slept well <i>Durmió bien</i>								
	Slept well but some wheeze or cough <i>Durmió bien pero con unos silbidos o tos</i>								
	Awoke briefly with wheeze or cough <i>Se despertó brevemente con silbidos o tos</i>								
	Bad night, awoke repeatedly <i>Noche mala, se ha despertado muchas veces</i>								
Morning Peak Flow "Peak Flow" <i>de la mañana</i>	3 efforts <i>3 intentos</i>	1							
		2							
		3							
Activity <i>Actividad</i>	Vigorous activity OK <i>Actividad vigorosa está bien</i>								
	Can run only briefly <i>Puede correr pero sólo brevemente</i>								
	OK for walking only <i>Está bien solamente para caminar</i>								
	Must rest at home <i>Tiene que descansar en casa</i>								
Wheeze <i>Silbidos</i>	None <i>Ningunos</i>								
	Briefly, not troublesome <i>Breves, no molestosos</i>								
	Several Times <i>Varias Veces</i>								
	Continuous <i>Continuamente</i>								
Cough <i>Tos</i>	None <i>Ninguna</i>								
	Present but not troublesome <i>Presente pero no molesta</i>								
	Interrupted activities once <i>Interrumpió las actividades una vez</i>								
	Interrupted activities more than once <i>Interrumpió las actividades más que una vez</i>								
Evening Peak Flow "Peak Flow" <i>de la noche</i>	3 efforts <i>3 intentos</i>	1							
		2							
		3							
Intervention <i>Intervención</i>	Inhaled Bronchodilators (# of treatments) <i>Broncodilatadores para inhalar (# tratamientos)</i>								
	Oral Corticosteroid (Yes or No) <i>Corticosteroide oral (Sí o No)</i>								

LEIP Intervention Home Baseline Visit Checklist and Protocol

Hand family the pamphlet “Dust Makes Asthma Worse”. Go through the below points with the family exactly as they are listed and ***in the order presented*** and check each item off once you’ve covered it. Do NOT discuss topics not listed and do NOT refer to any other printed material. Go through all points with all families, spending no more than a few minutes per point (total discussion time should be approximately ½ hour).

Refer the family to the ‘education’ (front cover) portion of the handout.

Education

- ☐ Dust contains many things which make asthma worse, such as dust mites, animal dander, and mold spores.
- ☐ Dust makes asthma worse for most children – you don’t have to be “allergic” to dust for it to be a problem.
- ☐ *Control of dust* is therefore a very important way to help control asthma.

Cleaning to Control Dust

- ☐ There are two main ways to control dust in the home:
 - Don’t let it get in the house (control track-in)
 - Get rid of the dust in the house by effective cleaning

Refer the family to the ‘How to Control Dust’ (bullet list) portion of the handout.

To Control Track-In of Dust:

- ☐ Ask everyone to remove their shoes immediately after entering the home. Store shoes near doorway.
- ☐ Place washable area rugs inside each entryway and wash them frequently (weekly).
- ☐ Use commercial-quality doormats outside each entryway.
- ☐ Wear outer work clothing (shoes, boots, coveralls, jackets) that can be removed before entering the house, or in a separate room or changing area that is closed off from the living area of the home (for example, a garage, barn, or unfinished basement).
- ☐ Keep work clothing separately from other clothing, in a closed plastic bag or separate laundry hamper.
- ☐ Wash work clothing separate from other clothing.
- ☐ Shower or bathe immediately after working around livestock or grain dust.

To Get Rid of Dust in the House:

- ☐ Focus first on the areas your child spends the most time in.
- ☐ It may take a lot of time to get the dust out of the house the first time, but once the house is clean, it's quick and easy to keep it clean.
- ☐ Keep rooms simple so they're easier to clean.
- ☐ Vacuum regularly (twice weekly in child's bedroom; weekly in rest of home).
- ☐ Dust regularly (once weekly)

To Get Rid of Dust in the Child's Bedroom:

- ☐ The bedroom is where your child spends most of his/her time and is THE most important place to focus on removing dust!
- ☐ Do a deep cleaning of child's bedroom (move furniture and clean the room from top to bottom, including moldings, shelves, light fixtures, closets).
- ☐ Get rid of clutter. Clutter is a major dust-catcher and makes it harder to clean. Put knickknacks, stuffed toys and books in closed cabinets, drawers, or other closed containers.
- ☐ Wipe everything in child's room with a damp cloth weekly.
- ☐ Vacuum and dust 1-2 times weekly.
- ☐ Wash bedding, curtains, throw rugs, blinds, and stuffed toys weekly.
- ☐ Remove any unnecessary fabrics where possible (draperies, dust ruffles, curtains, upholstered furniture, carpet).
- ☐ Keep closet doors closed!
- ☐ Encase pillows, comforters, and mattresses in allergen-impermeable covers.

Hand materials folder to family and say the below:

- ☐ Thanks so much for your attention and I hope this has helped! Here is a folder with some materials about asthma which includes what we've discussed today as well as some other good information.

END OF INTERVENTION PORTION OF VISIT! NOW COMPLETE THE FOLLOWING:

Name of person(s) present at intervention discussion:

1. Name _____ Relationship to child _____
2. Name _____ Relationship to child _____
3. Name _____ Relationship to child _____

4. Name _____ Relationship to child _____
How to Handle Questions About Intervention Materials

(ONLY do the following if the family asks questions that deviate from the above protocol)

In response to any specific questions about medications, doctors, and/or medication issues: Do NOT respond except as follows:

- ☐ Remove the medical bullet points one-page sheet from the folder and show to the family. Say, "It's very important for children with asthma to have an asthma doctor and to see this doctor regularly and when there are questions. It's important to understand your medication and your doctor or pharmacist is the best person to help you do this."
- ☐ If the question relates to a particular bullet point (such as having a quick-relief inhaler), read that particular bullet point to the family also.

In response to any specific questions about symptoms, symptom control and how to manage symptoms, etc.:

- ☐ Remove the medical bullet points one-page sheet from the folder and show to the family. Say, "It's very important for children with asthma to have an asthma doctor and to see this doctor regularly and when there are questions. It's important that your doctor know about all symptoms CHILD is having so that he/she can make sure that CHILD is getting the best treatment for those symptoms."



Dust Makes ASTHMA Worse

To Get Rid of Dust in the Child's Bedroom:

- The bedroom is where your child spends most of his/her time and is THE most important place to focus on removing dust!
- Do a deep cleaning of child's bedroom (move furniture and clean the room from top to bottom, including moldings, shelves, light fixtures, closets.
- Get rid of clutter. Clutter is a major dust-catcher and makes it harder to clean. Put knickknacks, stuffed toys and books in closed cabinets, drawers, or other closed containers.
- Wipe everything in child's room with a damp cloth weekly.
- Vacuum and dust 1-2 times weekly.
- Wash bedding, curtains, throw rugs, blinds, and stuffed toys weekly.
- Remove any unnecessary fabrics where possible (draperies, dust ruffles, curtains, upholstered furniture, carpet).
- Keep closet doors closed!
- Encase pillows, comforters, and mattresses in allergen-impermeable covers

Dust Contains ASTHMA Triggers (Things that Start an Asthma Episode)

Dust Makes ASTHMA Worse for Most Children

Control House Dust By:

- 1. Controlling Track-in (use good commercial grade door mats)**
- 2. Effective Cleaning (especially the child's bedroom)**

You don't have to be "allergic" to dust for it to be a problem.

To Control Track-In of Dust:

- Ask everyone to remove their shoes immediately after entering the home. Store shoes near doorway.
- Place washable area rugs inside each entryway and wash them frequently (weekly).
- Use commercial-quality doormats outside each entryway.
- Wear outer work clothing (shoes, boots, coveralls, jackets) that can be removed before entering the house, or in a separate room or changing area that is closed off from the living area of the home (for example, a garage, barn, or unfinished basement).
- Keep work clothing separately from other clothing, in a closed plastic bag or separate laundry hamper.
- Wash work clothing separate from other clothing.
- Shower or bathe immediately after working around livestock or grain dust.



To Get Rid of Dust in the House:

- Focus first on the areas your child spends the most time in.
- It may take a lot of time to get the dust out of the house the first time, but once the house is clean, it's quick and easy to keep it clean.
- Keep rooms simple so they're easier to clean.
- Vacuum regularly (twice weekly in child's bedroom; weekly in rest of home).
- Dust regularly (once weekly)

