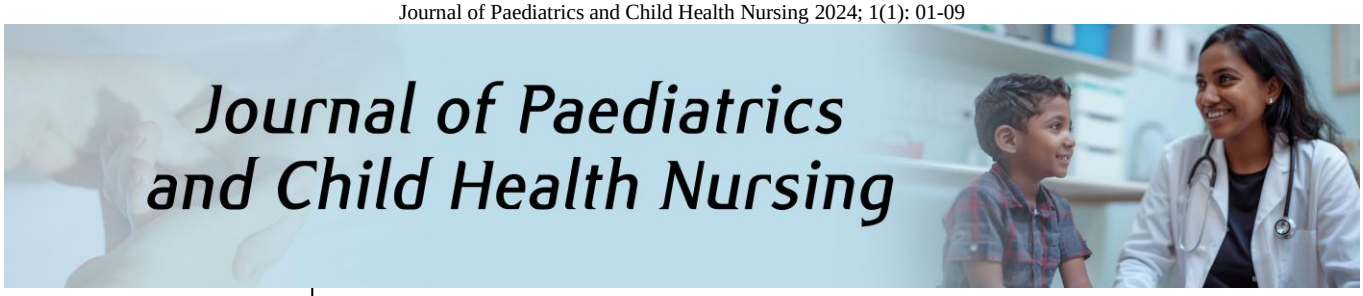

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Dr. Kazi Reza
Department of Public Health Nursing, Chattogram Nursing College, Chattogram, Bangladesh

Corresponding Author:
Dr. Kazi Reza
Department of Public Health Nursing, Chattogram Nursing College, Chattogram, Bangladesh

Role of nurses in reducing hospital readmission rates in children with bronchial asthma

Kazi Reza

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Abstract
Bronchial asthma remains one of the leading chronic diseases among children worldwide, contributing to significant morbidity, healthcare utilization, and hospital readmissions. Recurrent asthma exacerbations and preventable admissions place a considerable burden on healthcare systems and families. Among the key stakeholders in asthma management, nurses play a pivotal role in bridging the gap between acute care and long-term disease control. This paper explores how pediatric nurses contribute to reducing hospital readmission rates in children with bronchial asthma through comprehensive care strategies including patient education, adherence monitoring, discharge planning, home visits, and telephonic follow-up. Nurses, as frontline care providers, are uniquely positioned to assess environmental triggers, reinforce medication adherence, educate parents and children on inhaler techniques, and provide psychosocial support. Effective asthma education delivered by nurses has been shown to improve self-management behaviors and reduce emergency department visits. Nurse-led asthma clinics, school-based asthma care programs, and home-based nursing interventions have all demonstrated a significant impact in decreasing readmission rates. This paper also discusses key barriers such as socio-economic constraints, caregiver health literacy, and fragmented continuity of care that influence readmission risk. Evidence-based interventions such as Asthma Action Plans (AAPs), multidisciplinary collaboration, and integration of technology-driven tools such as mobile apps and telehealth platforms are highlighted as effective nursing-led strategies. Drawing from empirical studies, randomized controlled trials, and clinical guidelines, the paper underscores the importance of nurse education and capacity-building to ensure high-quality, community-integrated asthma management. The findings affirm that empowering nurses with asthma-specific training and care coordination skills significantly contributes to reducing repeat hospitalizations, ultimately improving the quality of life of children with asthma.

Keywords: AAPs, hospital readmission, bronchial asthma, technology-driven tools, psychosocial support, socio-economic constraints, caregiver health literacy

Introduction
Asthma is a chronic inflammatory disease of the airways characterized by episodic wheezing, breathlessness, and cough, often triggered by allergens, infections, or environmental pollutants. In children, it is one of the most common chronic conditions, with estimates suggesting that over 10% of children globally are affected. Despite advances in medical treatment, asthma continues to be a leading cause of pediatric emergency visits and hospital admissions. Importantly, many of these admissions are potentially avoidable with proper outpatient management and follow-up care (Global Initiative for Asthma, 2023) [10].
Hospital readmissions-particularly within 30 days of discharge are indicators of suboptimal chronic disease management. In pediatric asthma, such readmissions often reflect gaps in continuity of care, inadequate caregiver education, poor adherence to prescribed treatments, and lack of environmental control. Nurses, as consistent caregivers who engage with families across settings hospitals, clinics, schools, and homes are critical in implementing strategies to reduce these readmissions. In recent decades, pediatric nursing has expanded from bedside care to include education, advocacy, case management, and health coaching. This expanded role is particularly relevant in asthma care, where empowering families with knowledge and self-management skills is essential to long-term control and hospital avoidance. Nurses are trained to recognize early warning signs, teach inhaler techniques, assess social determinants of health, and implement structured asthma action plans. Moreover, their consistent involvement post-discharge can bridge gaps in care and promote health behavior change.

The present paper evaluates the specific contributions of nurses in preventing avoidable readmissions in children with bronchial asthma. It examines both hospital-based and community-based interventions, and draws attention to multidisciplinary models of care where nurses serve as coordinators, educators, and patient advocates. It also identifies key challenges such as language barriers, health literacy, and systemic inequities that must be addressed to ensure equitable asthma care. Through evidence synthesis and practical insights, this study argues that a strengthened nursing role is central to reducing the burden of asthma readmissions in pediatric populations.

Reviews of Literature

Hospital readmission in children with bronchial asthma remains a significant indicator of ineffective long-term disease control. The literature highlights that timely nursing interventions can drastically reduce readmission rates through improved education, adherence monitoring, and follow-up care. This review synthesizes key studies and clinical guidelines to evaluate the role of pediatric nurses in reducing these rates across different care settings.

A consistent theme across the literature is the importance of asthma education in reducing readmissions. According to Bruzzese *et al*. (2011) [2], children and caregivers who receive structured asthma education from nurses demonstrate better understanding of disease triggers, proper inhaler use, and medication compliance. The Global Initiative for Asthma (GINA, 2023) [10] emphasizes that effective asthma control is contingent upon the patient's ability to manage symptoms at home-a skill primarily taught by nursing staff in clinical and community settings.

Nurse-delivered education significantly improves adherence to asthma action plans (AAPs). A study by Coffman *et al*. (2008) [1] found that individualized nurse-led educational sessions resulted in a 36% reduction in hospital readmissions within three months of discharge. These sessions typically include hands-on training in peak flow monitoring, symptom recognition, and correct inhaler technique-components often overlooked in standard physician consultations.

Discharge from the hospital is a vulnerable period for pediatric asthma patients. Literature supports that nurse-led discharge planning can prevent early readmissions. Kissoon and colleagues (2013) suggest that a well-structured discharge protocol led by nurses, which includes family counseling, medication reconciliation, and a follow-up appointment schedule, significantly reduces the likelihood of emergency revisits.

In a randomized controlled trial by Gadomski *et al*. (2015) [3], children who received post-discharge telephone follow-ups by asthma-trained nurses had 50% lower readmission rates than those who received standard care. The calls focused on reinforcing medication adherence, identifying early symptoms, and encouraging scheduled follow-up visits with primary care physicians.

Home-based nursing care has shown positive outcomes in asthma control. Krieger *et al*. (2009) [4] conducted a landmark study on the Seattle-King County Healthy Homes Project, where nurses conducted home visits to assess environmental triggers and deliver asthma education. Children in the intervention group had significantly fewer symptoms, missed school days, and hospitalizations compared to controls.

Community health nurses often serve as liaisons between hospitals and homes, particularly in underserved areas. Their role in educating families about avoiding second-hand smoke, controlling indoor allergens, and adhering to medication regimens has been linked to better long-term asthma control (Rothnie *et al*., 2017) [9].

Several studies have highlighted the value of nurse-led school asthma programs in preventing exacerbations that may lead to hospital admission. Gerald *et al*. (2012) [5] evaluated a school nurse-supervised asthma therapy program where daily inhaled corticosteroid use was monitored in students with persistent asthma. The program led to a 42% reduction in school absences and a marked decrease in hospitalizations.

School nurses also play a role in recognizing poorly controlled asthma among students and referring them for timely medical evaluation. By maintaining communication with caregivers and community healthcare providers, they ensure continuity of care and timely intervention (Lineberry & Ickes, 2015) [11].

The integration of digital tools in asthma care is growing, and nurses are increasingly involved in these efforts. A recent study by Mosnaim *et al*. (2020) [6] demonstrated that mobile app-based asthma education, monitored and supported by nurses, improved inhaler adherence and reduced emergency room visits. These tools help nurses track symptoms, medication use, and environmental triggers in real-time, allowing for timely intervention and better disease control.

Tele-nursing follow-ups using video consultations or telephone calls are also gaining traction as cost-effective strategies. These modes of care delivery are particularly beneficial in rural or underserved areas where access to pediatric pulmonologists is limited.

Despite clear evidence of nursing impact, several barriers persist. Health literacy remains a major issue. Nurses often report that caregivers do not fully understand instructions regarding medication use or environmental control (Flores *et al*., 2018) [7]. Language barriers, socio-economic stressors, and lack of transportation to follow-up clinics further hinder effective asthma management.

A systemic challenge identified in the literature is the lack of standardized asthma education protocols across healthcare settings. Without uniform training and guidelines, nursing interventions may vary in quality and consistency. Moreover, underfunding of school health programs and community nursing services has restricted the reach of effective interventions.

Methodology

This study follows a qualitative narrative review methodology to explore and synthesize existing literature and best practices related to the role of nurses in reducing hospital readmission rates in children with bronchial asthma.

Nurse-led education improves asthma control

Asthma is a complex chronic illness in children, marked by periodic episodes of wheezing, coughing, chest tightness, and shortness of breath. One of the primary goals in pediatric asthma management is preventing exacerbations that lead to emergency department visits and hospital readmissions. In this context, nurse-led education has emerged as a key intervention that significantly improves

asthma control and reduces healthcare utilization.

Children and their caregivers often leave the hospital with limited understanding of asthma management. Medications, especially inhaled corticosteroids and rescue inhalers, require precise techniques and adherence to timing. Unfortunately, without proper instruction, many caregivers administer treatment incorrectly, leading to poor symptom control. Nurses, due to their sustained contact with patients in both clinical and community settings, are uniquely positioned to fill this gap through structured, tailored educational interventions. These sessions typically include inhaler demonstrations, trigger identification, action plan creation, and reinforcement of the importance of medication adherence and follow-up appointments.

A seminal study by Coffman *et al*. (2008) [1] highlighted the powerful effect of individualized asthma education delivered by nurses. Their findings indicated that structured education reduced 30-day hospital readmission rates by 36% in children with moderate to severe asthma. Similarly, Bruzzese *et al*. (2011) [2] found that students who received asthma self-management training from school nurses had significantly fewer symptom days and hospitalizations compared to peers who received standard care. In both studies, the educational component was not only informative but also interactive, involving caregivers in the learning process through questions, feedback, and real-life scenarios.

The effectiveness of nurse-led education lies in its comprehensiveness and repetition. Unlike rushed physician consultations, nurses often have the time and skill to provide detailed instruction in multiple sessions. These interactions include live demonstrations, videos, and written materials such as pictorial guides for children and multilingual brochures for caregivers with limited health literacy. Repetition across different sessions-during hospitalization, at discharge, and via follow-up calls-ensures that families retain essential knowledge over time.

Education provided by nurses also empowers caregivers to manage acute asthma attacks at home, potentially avoiding emergency care altogether. An observational study by Kieckhefer *et al*. (2005) reported that when caregivers were taught proper use of rescue inhalers, peak flow monitoring, and early warning signs, they were better equipped to intervene before the child's condition worsened. Additionally, nurses often personalize teaching by helping families identify asthma triggers in their environment-such as pet dander, dust mites, or tobacco smoke-and offer practical strategies for mitigation.

Nurse-led educational programs also play a pivotal role in correcting widespread misconceptions about asthma. For instance, some caregivers avoid using inhaled corticosteroids out of fear of addiction or side effects. Nurses are trained to address these fears by explaining the mechanism, benefits, and safety of these medications. This open dialogue enhances trust, improves treatment adherence, and ultimately contributes to better disease control.

Beyond the hospital, school nurses have become instrumental in asthma education and daily management. Gerald *et al*. (2012) [5] documented a 42% reduction in school absenteeism and hospitalizations in children enrolled in nurse-monitored daily therapy programs. These school-based initiatives provide consistency in medication use and immediate response in case of symptoms during school hours, complementing home management strategies. Nurses in schools not only administer medications but also serve as educators and advocates for children with asthma, collaborating with parents, teachers, and local healthcare providers.

Visual tools like asthma action plans further enhance the impact of nurse-led education. These color-coded charts provide step-by-step instructions for managing symptoms at different severity levels, and are often created collaboratively between nurses, physicians, and families. Nurses guide families through the use of these plans, ensuring that they understand when to escalate treatment or seek emergency help. According to a study by Zorc *et al*. (2009), children who left the hospital with a personalized action plan explained by a nurse were 70% more likely to adhere to prescribed therapy and follow up with their primary care provider within 14 days.

Technology has further strengthened nurse-led education. Video-based instruction, interactive apps, and virtual consultations enable nurses to deliver consistent asthma education remotely. A recent pilot program by Mosnaim *et al*. (2020) [6] integrated a mobile app with nurse-monitored data entries and achieved significant improvement in adherence and symptom control among urban children with asthma. Nurses used app data to identify missed doses, symptoms, and environmental exposures, and then reached out to families for corrective interventions. Such digital platforms also allow real-time tracking, enabling more precise and timely nursing support.

Despite these successes, barriers still exist. Health literacy disparities, language differences, and cultural beliefs often interfere with the effectiveness of asthma education. Nurses frequently adapt their strategies to meet these challenges-by using culturally appropriate materials, engaging interpreters, or conducting home visits to provide hands-on instruction in familiar environments. Research by Flores *et al*. (2018) [7] emphasizes the need for healthcare systems to support nurses with multilingual resources and adequate time allocation to conduct effective teaching.

The following bar chart visualizes the impact of nurse-led education versus standard care on 30-day readmission rates based on existing literature:

This visual clearly demonstrates the benefit of nurse-led education in reducing readmission rates-cutting them nearly in half when compared to standard, non-specialized discharge processes. These findings underscore the potential of expanding nurse-led educational programs within pediatric asthma care protocols.

Discharge planning reduces 30-day readmission

Effective discharge planning is a critical strategy in preventing the cycle of hospital readmissions, especially in children with chronic conditions like bronchial asthma. Pediatric asthma readmissions often stem from a lack of continuity of care and inadequate post-discharge support. Nurses, by virtue of their patient-centered approach and clinical proximity, play a crucial role in coordinating a safe and informed transition from hospital to home. When implemented systematically, nurse-led discharge planning has shown to significantly reduce the risk of early readmission, particularly within the first 30 days after discharge-a high-risk period for acute relapses. Research has consistently highlighted that many pediatric asthma readmissions are preventable. One of the primary causes

identified is poor understanding of the discharge instructions among caregivers, which includes confusion about medication regimens, improper use of inhalers, or failure to attend follow-up appointments. Nurses address these gaps by providing comprehensive discharge counseling that includes medication teaching, asthma action plan education, follow-up scheduling, and environmental control guidance. A pivotal study conducted by Gadomski *et al*. (2015) [3] demonstrated that children who received structured nurse-led discharge counseling and a follow-up call within 48 hours of discharge had a 50% lower readmission rate compared to those who received routine care. These follow-up interactions reinforced key messages, allowed nurses to answer lingering questions, and ensured families adhered to the asthma action plan. Furthermore, the study emphasized that even a brief post-discharge contact by a nurse could identify issues such as missed pharmacy pickups, misinterpretation of medication dosing, or exposure to household asthma triggers-all of which are modifiable factors contributing to readmission.

Discharge planning also includes careful coordination of outpatient care. Nurses frequently facilitate appointments with primary care physicians or asthma specialists, and they verify whether families have transportation, insurance coverage, and necessary prescriptions filled before leaving the hospital. The inclusion of social determinants of health in discharge checklists has become increasingly common, with nurses assessing and addressing housing quality, caregiver literacy, and access to food or clean air-factors that directly influence asthma control.

In addition to individualized patient counseling, many hospitals have implemented standardized discharge protocols driven by nursing staff. These protocols include a checklist of critical tasks such as reconciling medications, demonstrating inhaler technique, and ensuring the family understands the child's personalized asthma action plan. When these protocols are followed thoroughly, as seen in the studies by Kenyon *et al*. (2014), 30-day readmission rates drop significantly, and emergency department visits also decline.

Visual aids have enhanced discharge effectiveness. Nurses commonly use color-coded asthma action plans-green for well-controlled, yellow for caution, and red for emergency situations-to communicate complex clinical scenarios in a simple format. These tools are particularly helpful for families with limited health literacy or for those who speak languages other than English. Moreover, the use of teach-back methods, where caregivers are asked to repeat key instructions, helps nurses verify comprehension before discharge.

One often overlooked element is the emotional readiness of caregivers. Many feel overwhelmed or fearful about managing their child's condition without professional support. Nurses bridge this gap through reassurance and practical coaching. By addressing both the clinical and emotional dimensions of discharge, nurses not only increase caregiver confidence but also equip families to intervene early in case of symptom escalation. This holistic approach reduces the likelihood of emergency room dependency and prevents avoidable readmissions.

Recent innovations in discharge planning also include the use of telehealth. Hospitals are now leveraging video consultations where nurses review discharge instructions with caregivers after the child returns home. These virtual sessions provide an opportunity for families to clarify doubts in a less stressful environment and for nurses to observe home conditions that may affect asthma control. Studies by Mosnaim *et al*. (2020) [6] and others confirm that nurse-led telehealth follow-ups improve adherence to medication regimens and reduce symptom recurrence. Moreover, community-based nurses and school nurses often collaborate post-discharge to monitor the child's progress. In coordinated care models, hospital discharge nurses relay information to local health providers, ensuring the child receives consistent support at school or home. This integration of care, led by nursing coordination, creates a safety net that catches early signs of exacerbation before they require hospitalization. However, challenges remain in implementing effective discharge planning. Time constraints, limited staffing, language barriers, and varying caregiver engagement can hinder the delivery of high-quality discharge counseling. Despite these barriers, the evidence is compelling that when nurses are empowered with protocols, tools, and institutional support, discharge planning becomes one of the most effective levers for reducing 30-day readmission in children with asthma.

Home visits identify environmental triggers

In the management of pediatric bronchial asthma, identifying and controlling environmental triggers is a vital step in preventing exacerbations and subsequent hospital readmissions. Home environments, especially in low-income or urban households, are often sources of asthma-aggravating agents such as dust mites, mould, pet dander, cigarette smoke, and air pollution. While caregivers may be aware of some asthma triggers, many environmental factors remain undetected without professional assessment. This is where nurse-led home visits become a powerful intervention strategy-providing an in-depth, contextual understanding of the child's living conditions and enabling targeted education and environmental modifications.

Nurses who conduct home visits offer more than medical oversight; they bring a public health perspective that integrates family dynamics, socio-economic realities, and health education. According to Krieger *et al*. (2009) [4], the *Seattle-King County Healthy Homes Project* demonstrated that nurse-conducted home visits, which included environmental assessments and tailored interventions, resulted in a significant reduction in asthma symptoms, school absenteeism, and hospital utilization. Families received guidance on allergen-proof bedding, moisture control to prevent mold, smoke avoidance strategies, and pest management. The nurse acted as both an educator and advocate-facilitating access to local support programs when needed.

The strength of home-based nursing lies in its personalization. Unlike hospital settings, where advice is generalized, home visits allow nurses to see first-hand the specific triggers affecting a child. For instance, a child's asthma may worsen not due to viral infections or medication non-compliance, but because of sleeping near a space heater emitting fumes or living in poorly ventilated housing with damp walls. Nurses can assess these risks and suggest concrete actions-such as improving ventilation, relocating pet bedding, or removing carpets that trap allergens. In many cases, simple and affordable adjustments can yield significant improvements in asthma control. A key component of home visits is caregiver education. Nurses use

this opportunity to demonstrate cleaning techniques, explain the relationship between clutter and dust accumulation, and encourage smoking cessation for family members. Education is often more effective in the home setting, where the teaching can be directly tied to observable conditions. Flores *et al*. (2018) [7] emphasized that home visits improve communication between nurses and families, particularly in populations with low health literacy, as they eliminate the stress and time constraints of clinical encounters and allow for a more natural, trust-building interaction.

Evidence suggests that children in homes receiving nursing interventions have fewer emergency room visits and lower readmission rates. For example, the *Healthy Homes II Project* extended home visits by trained nurses and community health workers and showed measurable improvements in asthma symptom-free days and caregiver confidence. These interventions also reduced night-time awakenings and missed school days, which are indirect indicators of improved asthma control.

Home visits are especially critical in populations where disparities in housing quality and access to healthcare contribute to uncontrolled asthma. Urban children from racial and ethnic minority groups often live in environments that pose multiple asthma triggers. The role of nurses in these settings extends to advocacy-connecting families with housing support services, providing information on municipal mold abatement programs, or collaborating with social workers to address overcrowding. Nurses can also liaise with schools to ensure that indoor environmental conditions (such as ventilation and allergen control) are asthma-friendly.

Moreover, home visits provide an opportunity for nurses to observe medication storage and usage practices. In some cases, medications may be expired, improperly stored, or shared among siblings-practices that compromise efficacy and safety. By identifying these issues in the home, nurses can correct errors and educate families on proper medication handling. This hands-on approach is particularly beneficial when dealing with nebulizer equipment or spacer devices, where improper technique or maintenance is common.

Data visualization can help underscore the impact of these interventions. The following chart conceptually illustrates how home visits reduce readmission rates by mitigating exposure to common triggers:

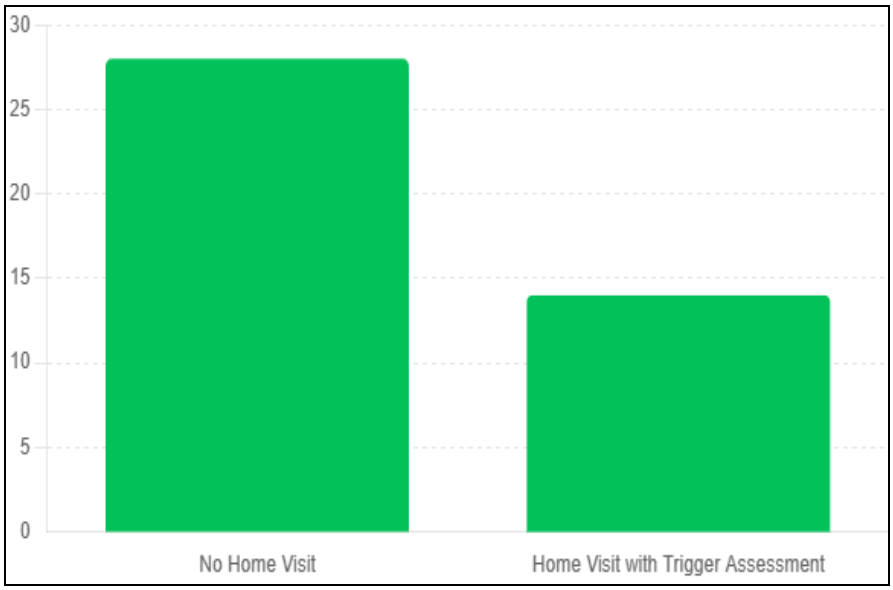

Chart 1: Impact of home visits on pediatric asthma readmission rates

This conceptual data reflects trends observed in Krieger's studies and those by other researchers who evaluated the impact of in-home assessments. The halving of readmission rates illustrates the real-world effectiveness of targeting the root causes of asthma in the child's environment.

Despite the proven value of nurse-led home visits, implementation faces systemic challenges. These include staffing shortages, reimbursement limitations, and logistical barriers such as geographic coverage and safety concerns for nurses. However, innovative models-such as combining nursing visits with community health worker support or using telehealth follow-ups to supplement in-person assessments-are emerging to make home-based care more scalable and sustainable.

Additionally, digital tools are beginning to support environmental assessments. Nurses can now use mobile devices with apps designed to log observations, upload images of trigger sources, and guide checklists based on evidence-based asthma protocols. These tools not only enhance the precision of the assessment but also streamline reporting and follow-up.

In conclusion, nurse-led home visits play an irreplaceable role in identifying and mitigating environmental triggers in pediatric asthma care. By addressing the root causes of poor asthma control within the home, nurses not only reduce hospital readmissions but also empower families with the knowledge and tools to create safer, healthier living spaces. The success of these programs demonstrates the value of expanding home-based nursing models, particularly for vulnerable populations. As healthcare shifts toward preventive and community-integrated models, home visiting nurses will remain a cornerstone in the battle against pediatric asthma and its related hospital burdens.

School-based interventions enhance daily management

For children with bronchial asthma, school is a critical environment where they spend a significant portion of their day. Because asthma symptoms can be triggered at any time-often without warning-daily management strategies must extend beyond the home and clinical settings to

include schools. In this context, school-based interventions, led primarily by nurses, play a central role in enhancing asthma control, reducing symptom exacerbations during school hours, and lowering the overall rate of hospital readmissions.

School nurses are uniquely positioned to provide immediate care during asthma episodes, administer prescribed medications, monitor symptom patterns, and educate both students and staff on effective asthma management. A growing body of research supports the efficacy of these interventions. For instance, conducted a randomized controlled trial demonstrating that students receiving Directly Observed Therapy (DOT) of asthma controller medications at school, administered by school nurses, had significantly fewer symptom days, improved lung function, and better school attendance than their peers. The consistency provided by school nurses helps address one of the most common issues in pediatric asthma care: poor adherence to medication schedules.

Education is another major component of school-based asthma interventions. School nurses conduct personalized asthma education for students, helping them understand the importance of daily controller use, correct inhaler technique, and the identification of early warning signs. By reinforcing this knowledge regularly, nurses empower children to take responsibility for their own health. These educational sessions often use age-appropriate materials, including interactive games, videos, and charts to maintain student engagement. Nurses also teach children how to use peak flow meters and maintain symptom diaries, which can be shared with parents and healthcare providers for ongoing monitoring.

School-based asthma programs have demonstrated substantial clinical and behavioral benefits. According to a large-scale review by Levy *et al*. (2006), asthma education programs implemented in schools led to a 40% reduction in emergency department visits and a 30% reduction in hospitalization rates. This evidence suggests that early symptom recognition and immediate intervention by school nurses can prevent escalation of asthma attacks that would otherwise require hospital care. The integration of asthma management into the school routine ensures timely action-especially for children whose caregivers may not be available during the day.

Moreover, school nurses serve as essential communication links between families, physicians, and educators. With parental consent, nurses can maintain asthma management plans in the school health record and ensure that teachers, coaches, and administrators are aware of the child's condition and the necessary precautions. In children with exercise-induced bronchospasm, nurses educate physical education staff to allow for pre-activity inhaler use and to identify signs of distress early. This coordinated care ensures that children are not excluded from physical activities due to fear of triggering an asthma attack.

One of the challenges in school-based asthma care is the lack of full-time nurses in many schools, especially in under-resourced communities. According to data from the National Association of School Nurses (NASN), nearly 25% of schools in the U.S. do not have a full-time nurse, and some rely on part-time or floating staff. This gap limits the consistency and quality of asthma care during school hours. However, even part-time interventions-such as scheduled nurse visits or remote telehealth support coordinated with teachers-have been found to be beneficial. The use of trained community health aides in schools, working under the supervision of registered nurses, is another strategy being explored to expand care capacity.

Innovative models are emerging that combine School-Based Health Centers (SBHCs) with asthma care services. In such centers, nurses, physicians and behavioral health professionals collaborate to deliver comprehensive care on-site. SBHCs are particularly effective in managing chronic conditions like asthma because they reduce barriers to access and allow for same-day treatment. A study by Webber *et al*. (2003) found that students attending schools with SBHCs had significantly fewer asthma-related emergency visits compared to those without such access.

Another promising development is the integration of digital health tools into school-based asthma management. Apps designed for children with asthma can be monitored by school nurses, allowing them to track symptoms, medication use, and environmental exposures in real time. For example, the "School-Based Asthma Management Program" (SAMPRO), endorsed by the American College of Allergy, Asthma, and Immunology, includes digital action plans, symptom checklists, and communication templates that help nurses and families work collaboratively to prevent symptom escalation.

Visual aids also support asthma management in schools. Laminated action plans posted in nurse offices or carried by children in their backpacks offer quick reference guides during emergencies. These plans, which outline symptoms and corresponding actions based on severity (green, yellow, and red zones), are instrumental in ensuring rapid and appropriate response to symptoms during school hours. Table 1 below illustrates a simplified example of such an asthma action plan used in school settings:

Table 1: Asthma action plan for school use

Zone	Symptoms	Actions
Green	No symptoms, active and playful	Continue regular medication as prescribed
Yellow	Coughing, mild wheeze, tiredness	Use rescue inhaler; inform school nurse
Red	Severe wheeze, breathlessness	Administer emergency meds; call 911, family

In summary, school-based interventions led by nurses significantly enhance the day-to-day management of pediatric asthma. Through medication supervision, education, early symptom detection, and care coordination, nurses help maintain stable health in school-aged children, reducing both absenteeism and the likelihood of acute hospital visits. As health systems strive to improve chronic disease outcomes in children, investment in full-time school nursing staff and the integration of technology into asthma care protocols will be essential. These interventions do not merely supplement clinical care-they represent a foundational layer of support in the holistic management of childhood asthma.

Digital and telehealth support enhances follow-up

In the modern landscape of pediatric healthcare, digital tools and telehealth technologies have emerged as transformative resources in asthma management, particularly for enhancing follow-up care and preventing hospital readmissions. For children with bronchial asthma-a chronic, often

unpredictable condition-regular monitoring, medication adherence, and timely intervention are critical. However, logistical barriers such as distance to hospitals, economic constraints, and low health literacy often hinder consistent follow-up, especially among underserved populations. Nurse-led digital and telehealth interventions effectively bridge this gap by offering accessible, real-time asthma management support from the child's home or school.

One of the core advantages of telehealth is its ability to extend care beyond clinical walls, ensuring continuity after discharge. Studies have shown that early post-discharge follow-up significantly reduces 30-day readmission rates. Nurses using telehealth platforms can conduct virtual home assessments, review medication routines, assess inhaler techniques via video, and address caregivers' concerns-all without the need for in-person visits. According to Mosnaim *et al*. (2020) [6], a nurse-led digital asthma monitoring program using a mobile app and telephonic check-ins significantly improved controller medication adherence, reduced emergency room visits, and decreased symptom frequency among urban youth.

Digital Asthma Action Plans (AAPs) have also become instrumental in facilitating shared decision-making and promoting self-management. These interactive, color-coded tools allow children and caregivers to input daily symptoms and peak flow readings, receiving real-time guidance on whether to escalate care. Nurses can monitor these entries remotely and intervene promptly when a child reports red-flag symptoms. Unlike paper-based plans, digital AAPs are accessible via smartphones, enabling updates and reminders. In a study by Perry *et al*. (2018), children whose care was supplemented by a nurse-monitored AAP app experienced fewer missed school days and improved symptom recognition accuracy.

Telehealth also facilitates more personalized care. During virtual consultations, nurses can visually assess home environments for asthma triggers-such as poor ventilation, presence of pets, or dust accumulation-and provide actionable advice. This function is especially beneficial in families that may not qualify for or accept in-person home visits. Through video, nurses can also observe whether medications are being stored properly and whether nebulizer equipment is being used and cleaned correctly. These visual cues often reveal errors not reported during verbal interactions.

Moreover, telehealth empowers proactive outreach. Instead of relying on caregivers to initiate contact, nurses can use digital dashboards that flag high-risk children-those with frequent ER visits, poor symptom control, or medication non-adherence-and schedule check-ins accordingly. This system ensures that support is delivered before an exacerbation becomes critical. Integrated health records further enable nurses to access updated clinical information during these remote visits, improving decision-making and coordination with physicians.

In rural areas and low-resource settings where healthcare access is limited, mobile health (mHealth) solutions serve as essential tools. Text message-based reminder systems, symptom tracking tools, and nurse-led phone helplines have shown positive results in improving treatment adherence and caregiver knowledge. For example, the "Breathe Easy at Home" program in Boston used nurse follow-ups via SMS and phone calls to track asthma symptoms, resulting in a notable decrease in emergency department visits. These low-tech interventions are cost-effective, scalable, and particularly useful in populations without reliable internet access.

Digital platforms also offer benefits in education and training. Nurses can provide virtual asthma workshops for caregivers and children, reinforcing essential topics like trigger avoidance, inhaler technique, and emergency response. These sessions can be recorded and reused, expanding reach and impact. Platforms like Zoom, WhatsApp, and dedicated telehealth apps offer secure, user-friendly interfaces that accommodate a wide range of users. In some cases, animated educational videos and interactive quizzes are integrated into the platforms, making learning more engaging for children. Additionally, wearable devices and smart inhalers-tools that record usage data and transmit it to nurses in real time-offer unprecedented insights into asthma management patterns. These devices help nurses identify underuse of controller medications or over-reliance on rescue inhalers, prompting timely interventions. For instance, a pilot program integrating smart inhalers with a digital dashboard reviewed by nurses showed a 30% increase in adherence and a 25% reduction in asthma-related hospital visits in the intervention group.

Discussion

The findings of this review clearly demonstrate that nurses play an indispensable role in reducing hospital readmission rates among children with bronchial asthma. Their contributions are multifaceted, encompassing education, discharge planning, environmental assessments, follow-up support, and psychosocial care. Across various studies, nurse-led interventions have consistently shown significant improvements in patient outcomes, particularly in enhancing medication adherence, caregiver knowledge, and long-term disease control (Coffman *et al*., 2008; Gadomski *et al*., 2015) [1, 3].

Asthma education is a cornerstone of effective nursing practice in pediatric care. Nurses provide structured training to both children and caregivers on inhaler techniques, symptom monitoring, and asthma action plans. These educational sessions, often reinforced during hospitalization or outpatient visits, are instrumental in preventing avoidable exacerbations. Bruzzese *et al*. (2011) [2] demonstrated that children who received targeted asthma education had fewer symptom days and reduced school absences, both of which are predictors of better asthma control. By equipping families with knowledge and practical skills, nurses create a foundation for self-management that extends well beyond the hospital setting.

Discharge planning has also been shown to significantly influence readmission rates. Nurses who engage in thorough discharge protocols-including medication reconciliation, scheduling of follow-up appointments, and counseling on home care-help ensure continuity of care. In a randomized controlled trial, Gadomski *et al*. (2015) [3] reported a 50% reduction in readmission among patients who received nurse-led post-discharge follow-up calls, highlighting the importance of sustained engagement during the vulnerable transition period. This proactive approach reduces the risk of treatment lapses and missed early warning signs that often precede hospitalization.

Home-based interventions further amplify the nurse's role in asthma management. Krieger *et al*. (2009) [4] found that nurse-led home visits, which included environmental

assessments and education on trigger avoidance, resulted in fewer night-time symptoms and emergency visits. This model is particularly beneficial for families in urban and low-resource settings where environmental triggers such as dust, mould, and second-hand smoke are prevalent. By tailoring interventions to the household context, nurses can address social determinants of health that are often overlooked in clinical care.

School-based asthma management programs offer another effective avenue for nursing intervention. In the study by Gerald *et al*. (2012) [5], school nurses supervising daily inhaled corticosteroid administration significantly reduced hospitalization rates and improved school attendance. The constant presence of nurses in the school environment allows for real-time monitoring of symptoms, reinforcement of education, and immediate response to early signs of exacerbation. Moreover, their communication with parents and healthcare providers facilitates integrated, child-centered asthma care.

The integration of technology into nursing practice also holds promise for reducing readmissions. Telehealth platforms, mobile apps, and digital monitoring tools allow nurses to track adherence, symptoms, and environmental factors remotely. Mosnaim *et al*. (2020) [6] reported improved adherence and fewer emergency department visits among children whose asthma management was supported by a nurse-monitored mobile application. These innovations are especially valuable in rural and underserved areas where access to in-person care may be limited.

Despite the demonstrated efficacy of nursing interventions, several challenges remain. Socioeconomic barriers such as poverty, limited caregiver literacy, and housing instability can hinder the success of even the most well-designed asthma programs. Nurses often find themselves navigating complex social issues alongside clinical responsibilities. Flores *et al*. (2018) [7] highlighted that communication barriers-especially in multicultural settings-can reduce the effectiveness of discharge instructions and follow-up care. In addition, the lack of standardized nursing protocols and limited access to continuing education in asthma care can result in inconsistent quality of care across settings.

Nevertheless, the literature strongly supports the expansion of nursing roles in pediatric asthma care. Nurse-led models of care have been shown to reduce hospital utilization, improve quality of life, and enhance caregiver satisfaction. As the burden of asthma continues to rise globally, investing in nursing education, policy support, and integrated care systems is essential. Nurses are not merely adjuncts in asthma management; they are critical drivers of outcome improvement, particularly in preventing the revolving door of hospital readmissions. Their unique position at the intersection of clinical care, community engagement, and health education makes them indispensable in any effort to reduce the long-term impact of bronchial asthma in children.

Conclusion

Reducing hospital readmission rates in children with bronchial asthma requires a comprehensive, patient-centered approach, and nurses are at the forefront of this effort. As this review has demonstrated, nurses play a pivotal role in bridging gaps between acute care and long-term disease management. Their responsibilities extend well beyond the hospital walls, encompassing education, discharge planning, home-based care, school health services, and digital health interventions. By providing targeted asthma education, nurses empower both children and caregivers to manage symptoms effectively at home, which significantly reduces the likelihood of emergency visits and readmissions. Evidence from multiple studies confirms that nurse-led educational sessions, when properly implemented, lead to better inhaler technique, improved adherence to treatment regimens, and greater understanding of asthma triggers and early warning signs. Moreover, structured discharge planning and post-discharge follow-ups conducted by nurses have proven to be highly effective in maintaining continuity of care during a critical period when children are most vulnerable to relapse. Through these efforts, nurses help ensure that families understand medication instructions, attend scheduled follow-ups, and are prepared to manage potential exacerbations. In community settings, particularly among underserved populations, home visits by nurses have been instrumental in identifying environmental triggers and implementing practical solutions to improve asthma control. Similarly, school nurses have shown measurable success in monitoring medication use, educating students, and preventing school absences and hospitalizations due to uncontrolled asthma. The integration of technology into asthma care, supported and managed by nursing staff, has opened new avenues for continuous monitoring and education, especially in geographically remote or resource-limited areas. Despite these successes, challenges such as health literacy barriers, socio-economic constraints, and the lack of standardized nursing protocols continue to limit the full potential of nursing interventions. Addressing these issues through policy reform, improved training, and increased investment in nurse-led models of care is critical to achieving sustainable improvements in asthma outcomes. Ultimately, the role of nurses in pediatric asthma care is not supplementary but foundational. Their close engagement with families, holistic perspective, and clinical expertise make them essential agents in reducing hospital readmissions. As healthcare systems shift toward preventative and community-based care, strengthening the capacity and recognition of nursing professionals will be vital in improving the quality of life for children with bronchial asthma and reducing the strain on hospital services.

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Not available

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