

Hot topic reviewer: Gregory Metz, MD, AE-C

Rabito et al recently presented an abstract entitled “Single Component Intervention for Cockroach Control Reduces Cockroach Exposure and Asthma Morbidity in Children.” Previously, it has been established that exposure to cockroach allergen can be an allergic trigger for asthma. However, most studies investigating the impact of cockroach exposure and its reduction on asthma have employed multiple interventions which can be intensive and cost prohibitive for many patients. In this study, the authors investigated the use of a single intervention (insecticidal bait). Children with moderate to severe asthma (n=102) were enrolled in this RCT lasting one year that studied the impact of insecticidal baiting on cockroach counts and asthma morbidity. The results showed that treated homes had fewer cockroaches. Moreover, children not receiving the intervention experienced more asthma symptoms and unscheduled medical visits. This abstract demonstrated cockroach exposure reduction and improved clinical outcomes with a single intervention that is feasible for many to enact (Rabito, Felicia A. et al, JACI, Volume 139 , Issue 2 , AB82). The asthma educator needs to be aware of evidence-based recommendations for allergen avoidance strategies in asthma.