

Thomas F. Plaut, M.D.

Summary, curriculum vitae 2009

Dr. Plaut believes that almost everyone with asthma has the ability to manage it at home. He has spent more than 25 years developing tools and techniques that help people reach this goal.

Concern for people who don't get good medical care. In the sixties he practiced in an Appalachian coal-mining county. For ten years after that he was a pediatrician for 2,000 impoverished children in the South Bronx. Since 1977 he has worked to improve the status of another underserved group, the 22,000,000 people with asthma.

Dedication to teaching. He conveys his knowledge to patients, professionals and the public, through books, articles, presentations and appearances on radio and television. In this work he focuses on the practical steps that people can take to improve their asthma care immediately. Recurrent themes in his asthma work are:

- misdiagnosis of asthma
- peak flow monitoring
- diaries and asthma action plans
- use of inhalation devices
- managed care interventions
- distance learning programs for professionals and patients

Publications. Sales of his three major books, *One Minute Asthma: What You Need to Know*, *Dr. Tom Plaut's Asthma Guide for People of All Ages* and *Children With Asthma: A Manual for Parents* exceed 2,200,000 copies. He is the author of more than 50 articles and book chapters for physicians, respiratory therapists, pharmacists and nurse practitioners. He has served as an editor or reviewer for several journals and has shared his thoughts on asthma care in more than 200 presentations in the U.S. and abroad.

The American Academy of Pediatrics, the National Heart, Lung and Blood Institute, the National Institute of Allergy and Infectious Disease, the National Association of School Nurses and the authors of seventeen books have acknowledged his assistance and his contributions to asthma care and education.

Consultations include

Childhood Asthma Project, with 120,000 child enrollees, Kaiser Foundation Health Plan. The nation's most successful cohort intervention. 1988-1992.

California Department of Public Health. Major content expert for Asthma Education for Childcare and Preschool Staff. 100 page book + DVD. 2004-2005.

National Heart Lung and Blood Institute, reviewer, NHLBI reviewer, *Guidelines for the Diagnosis and Management of Asthma* in 1990 and 1996.

American Academy of Pediatrics, content expert for video, *Mastering Asthma*, 1997.

American Association for Respiratory Care, *Peak Performance U.S.A.*, an asthma program for schools. 1994.