

Asthma education sessions content

Session	Title	Content
1	What is asthma?	<p>basic epidemiology and pathophysiology</p> <ul style="list-style-type: none"> • chronic disease • “sensitive” airways • inflammation vs. bronchospasm • causes of asthma vs. myths <p>goals of management</p> <ul style="list-style-type: none"> • introduction to steps in achieving control <p>warning signs of an acute episode of asthma</p> <ul style="list-style-type: none"> • common symptoms • early warning signs
2	Asthma triggers and avoidance	<p>common asthma triggers</p> <ul style="list-style-type: none"> • trigger definition • how to identify triggers • common triggers (smoke, allergens, viral infections, irritants, exercise, emotions, weather, medicines) <p>avoidance and control strategies</p> <ul style="list-style-type: none"> • trigger actions (identify, avoid, control) • consideration of different environments (home, school, friends) <p>using an asthma diary</p>
3	Asthma medications	<p>types of medications, correct use of medications</p> <ul style="list-style-type: none"> • goals of medications • how do different medications work (what they do, how fast they do it) • side effects <p>demonstration and evaluation of inhaled delivery device technique</p> <p>use of an asthma action plan</p> <ul style="list-style-type: none"> • what is an action plan (sample plans and how to use) • how to work with your physician to develop and use a plan
4	Asthma self-management	<p>definition of self-management</p> <p>review of steps to achieve asthma control</p> <p>use of peak flow meters</p> <p>importance of partnering with your doctor</p> <p>ways to keep learning about asthma</p> <p>asthma scenarios with problem solving</p> <p>final questions</p>