

Asthma Education Material

The **Asthma Education Material** unit contains information on the following asthma topics:

- ① What is Asthma
- ② Signs and Symptoms of an Asthma Attack
- ③ Asthma Triggers
- ④ Asthma Medications and Devices

This material can be used by community-based organizations to increase asthma knowledge or as educational handouts that can be distributed to community members.

The asthma education material can also be used in conjunction with the information provided in the *Teaching Tools* unit to create an asthma presentation for members of the community with asthma.

Managing Asthma

The Managing Asthma unit contains useful tools for keeping asthma under control.

This folder contains information on:

- 1** Knowing If Your Asthma is Not Under Control
- 2** Using Peak Flow Meters
- 3** Using Asthma Action Plans

The asthma management tools can be used by community-based organizations to improve asthma control in their communities.

Additional information on how to educate community members about asthma management has been included in the enclosed Teaching Tools unit.

Teaching Tools

The **Teaching Tools** unit contains lesson plans and visual aids for community-based organizations interested in offering asthma educational programs.

These lesson plans can be used with the asthma educational material and managing asthma units to develop a community asthma class.



Community Resources

The **Community Resources** unit contains information on asthma resources that are available to community-based organizations. This section includes information on:

- 1 Online Asthma Resources
- 2 Evidence-Based Asthma Programs
- 3 Free educational asthma material that can be ordered by community-based organizations

Guidelines

The **Guidelines** unit contains the most current *Guidelines for the Diagnosis and Management of Asthma* from the National Heart, Lung, and Blood Institute (NHLBI).

These Guidelines are updated regularly by NHLBI and should therefore be replaced with new Guidelines once they become available.

Asthma Care Recommendations

The ***Asthma Care Recommendations*** unit provides information on important educational and clinical steps that can be taken with asthmatic patients.

This section contains:

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- 1 An education checklist for providers to use as a reference to ensure that they are covering important educational messages with their asthmatic patients
 - 2 Recommendations for asthma care development by the Community Asthma Prevention Program at CHOP
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This section provides simple steps that a provider can take to ensure that a child with asthma is receiving the care that they need.

Assessment Tools

The **Assessment Tools** unit provides tools that providers can use to assess and improve asthma control among their patient population.

- 1 The Asthma Control Test is a simple validated tool that can help providers identify patients with uncontrolled asthma, and allows providers to follow the progress of a patient's treatment.
- 2 The EPA asthma trigger checklist is a tool for identifying and reducing environmental triggers in order to improve asthma control. This checklist can be used as a reference for providers who are interested in methods of improving asthma control in their patients.
- 3 The Asthma Action Plan is an important tool that providers can use to educate patients and caregivers about what to do when a child experiences asthma symptoms.

Provider Resources

The **Provider Resources** unit includes a reference list of relevant peer reviewed literature for providers who are interested in learning more about standards for improving asthma care and control. This toolkit does not contain detailed information on some important clinical tools such as spirometry and IgE testing. Additional resources have been included in this *Provider Resources* unit for those providers who are interested in learning more about these topics.

For those providers interested in patient educational materials, the *Asthma Educational Material* and the *Teaching Tools* units in the **Community** section provide valuable materials that can be distributed and used to enhance education in the clinical setting.

School Asthma Guide

The *School Asthma Guide* unit contains *Managing Asthma: A Guide for Schools* developed by the National Asthma Education and Prevention Program (NAEPP), the National Heart, Lung, and Blood Institute (NHLBI) and the US Department of Education. This guide was developed to assist schools that would like to improve asthma control in the school environment.

The guide contains information on:

- 1 What is asthma
- 2 Developing a management program at your school
- 3 Actions for school principals, teachers, nurses, and staff
- 4 Educational materials and resources for schools


S*chool Asthma Lesson Plans*

The *School Asthma Lesson Plans* unit provides information for teachers who are interested in supplementing their current health or science curriculum with lessons on asthma.

This section contains lesson plans developed by the National Institutes of Health for grades K-6.



School Resources



The *School Resources* unit offers online resources that can be accessed by schools to improve asthma control and education in their classrooms.



School Regulations



The *Provider Resources* unit offers information on laws which affect asthma within the school environment.