

# Asthma Medications and Devices

(20 Minutes)

**Purpose:** To understand the different asthma medications and how to use them

## Materials Needed:

1. "Asthma Medicines" Handout
2. How to use a Inhaler, Spacer, Dry-Powder Inhaler, and Nebulizer Sheets
3. Asthma Medications Pictures
4. Asthma Spacer Poster

**Teaching Points:** Use the teaching points and the handouts to educate community members the basics about asthma medications.

- There are two different kinds of asthma medications
  1. **Rescue:** A rescue medication opens the airways during an asthma attack and should only be taken when a child is having an asthma attack. The most common rescue medication is **albuterol**.
  2. **Controllers:** A controller medication should be taken every day to keep the lungs healthy and prevent swelling (even when a child is feeling healthy and not having asthma symptoms). A controller medication will not do anything to help a child during an asthma attack!



## Additional Learning Activity:

Have parents pick out their child's asthma medicine from the pictures of medications. Make sure that you explain the difference between controller and reliever medication. Help parents understand the difference between these meds using small green and red stickers. Put a red sticker on the reliever medication and explain that this is only to be taken during an asthma attack. Put a green sticker on the controller medication and explain that this should be taken every day or as directed by their doctor.

- Asthma medication can be given in different forms.
  1. Inhaler pump
  2. Dry powder inhaler
  3. Nebulizer
- Everyone with asthma should use a spacer device with their inhaler pump. The spacer makes sure that all the medication gets into the lungs where it belongs rather than in the throat or stomach.



## Facilitator's Note 1:

Use the sheets showing how to use an inhaler, spacer, dry powder inhaler, and nebulizer to teach the group about using the different medication devices. If the parents have specific questions about their medications they can talk to their doctor or pharmacist.