

# How Can I Manage My Child's Asthma?

(10 Minutes)

**Purpose:** To understand ways to improve asthma management

## Materials Needed:

1. "How to Use Your Peak Flow Meter" Handout
2. "How to Use an Asthma Action Plan" Handout
3. Asthma Action Plan

**Teaching Points:** Use the teaching points and the handouts to educate community members the basics about Peak Flow Meters and Asthma Action Plans.

## Peak Flow Meter

- A peak flow meter measures how well a child can move air in and out of their lungs. It can be used by a doctor or at home to measure if a child is having asthma symptoms.
- In order to use a peak flow meter, you need to find your child's "personal best" peak flow number. This is done by using a peak flow meter when the child's lungs are healthy and recording this number.
- When you think your child might be having an asthma attack the peak flow meter can tell you how serious the attack is. You can compare the child's peak flow number to his or her personal best. If the number is lower than the best peak flow number, you know he or she is experiencing asthma symptoms.

## Asthma Action Plan

- An Asthma Action Plan can be used to tell you what to do when your child is having an asthma attack.
- It gives instructions on what to do if your child is feeling good, if they are not feeling well, or if they are feeling very sick.
- The Asthma Action Plan should be filled out by your doctor or nurse.
- A copy of the Asthma Action Plan should be given to the doctor, to the school, and to the parent.



### Facilitator's Note 1:

It can sometimes be difficult to teach parents how to use a peak flow meter. Encourage parents to ask their doctor to teach them how to use a peak flow meter and to fill out an Asthma Action Plan. Tell them they can use the handouts as a review after visiting their doctor.