Asthma Management and Education: Helping You Help Your Patients Take Control of their Asthma

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Objectives

- Be comfortable working with different types of learners
- Learn how to empower the patient and/or family
Every person is unique. Every time you educate should be unique.
What is health education?

A process comprising of consciously constructed opportunities for learning and communication designed to improve health information, health literacy, health knowledge and developing life skills which are conducive to the promotion of and individual and community’s health including that of the environment.

World Health Organization
Health Promotion

A process of enabling people to increase control over their health and its determinants, and thereby improve their health.

World Health Organization
Goal of Asthma Management

People with asthma should live happy, healthy, physically active lives without asthma symptoms slowing them down.
Components of Asthma Management

- Developing a partnership with the patient and/or family
- Assessing asthma severity and asthma control
- Assessing control of environmental factors in the home, school and/or workplace
- Assessing medication compliance and/or ability of obtaining medications
- Providing the Asthma Action Plan
- If child - parents involvement
- If adult - their buy in and/or significant other
Step 1

- Develop a partnership with the patient
- Ask them what they want out of the education
- Involve them in decision making
- Talk to them at their level
- Do not talk down to them
- Do not use medical terms that they may not understand
- Listen.....
Step 2

- Assess the severity of the patient’s asthma
- 4 questions: night time cough, daytime symptoms, exercise symptoms and weekly use of albuterol
- Dependent on educational setting
Step 3

- Start education at the first visit
- Keep it simple
- Keep it short
- If they are not interested - do not continue
- Listen to what they are saying
- Offer support
Step 4

- Assess environmental control in the home, school and/or workplace
- Does the patient know their asthma triggers
- Do they understand asthma triggers
- Offer education on removing environmental triggers
Step 5

- Assess medication compliance
- Is patient voicing difficulty in taking medications
- Is patient voicing difficulty in obtaining medication
- Offer options
Step 6

- Develop a workable asthma action plan for the patient and/or family
- Nothing is written in stone
- Be flexible
- Listen to the patient’s needs/concerns
Step 7

- Educate at every visit - patient and/or family
- Repetition is good
- Allow the patient to ask questions
- Offer reassurance if they are uncomfortable
- Listen
Step 8

- Offer reassurance at every visit
- Offer encouragement at every visit
- Be available for the patient and/or family
In the beginning

- Be knowledgeable about your patient demographic
- What is their first language
- Do you have the appropriate materials for teaching
- What type of education setting
Be aware

- Type of learner
- Native language - is interpreter needed
- Age of patient
- Family involvement
Education

- Educate at appropriate grade level for the patient
- Offer appropriate educational materials
- Allow time for questions
- Don’t rush
Keep It Simple
Keep It Short
A picture is worth a thousand words
Keep educational handouts at a 3rd to 4th grade level
Don’t over teach
If you are a provider reinforce at each visit
See, Hear and Do

- Use verbal explanations and demonstrations - even if it’s just using your hands
- Use examples that they would understand - “Starting your controller medicine in the fall is like getting your car ready for the winter”
- Provide educational materials in their native language
- Return demonstration or talk thru
What’s Next

- Environmental Health
- Increased availability of educational materials
- Pharma becoming interested in health disparities
Any Questions?

Thank You
Resources

- [www.cdc.gov](http://www.cdc.gov)
- [www.epa.gov](http://www.epa.gov)
- [www.paasthma.org](http://www.paasthma.org)
- [www.mcan.org](http://www.mcan.org)
- [www.rampasthma.org](http://www.rampasthma.org)
- [www.lungusa.org](http://www.lungusa.org)
- [www.asthmacommunitynetwork.org](http://www.asthmacommunitynetwork.org)
- [www.acai.org](http://www.acai.org)
- [www.aafa.org](http://www.aafa.org)
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