

ASTHMA 201



Acknowledgements: This protocol and associated curriculum materials were developed with support by Grant Numbers P60 MD000538 (NIH National Institute for Minority Health and Health Disparities), 1U48 DP001904-04 (Centers for Disease Control and Prevention), U58 DP004685 (Centers for Disease Control and Prevention New REACH Program), UL1 TR000038 (National Center for Advancing Translational Sciences), and funding from the New York City Department of Health and Mental Hygiene.

Session Overview: ASTHMA 201

Say: Thank you for agreeing to meet with me today. If it's okay with you, I'd like to spend a few minutes sharing with you some more information about asthma that I hope you will find helpful. If at any time you have questions, please stop me and I'll do my best to answer them. Ready to get started?

ASTHMA 201

Today's Topics:

- ✓ Asthma Medication
- ✓ Medication Techniques
- ✓ What is a peak flow meter?
- ✓ Using a peak flow meter
- ✓ Risk Factors for Diabetes
- ✓ Hypoglycemia & Hyperglycemia
- ✓ Taking Care of Your Diabetes Every day
- ✓ Monitoring Your Diabetes
- ✓ Know Your Numbers

ASTHMA 201

Today's Topics:

- ✓ Asthma Medication
- ✓ Medication Techniques
- ✓ What is a peak flow meter?
- ✓ Using a peak flow meter

Review: What is Asthma?

Say: Before we get started, I wanted to take a second to review what we talked about last time about asthma:

Ask: Do you remember what some of the common asthma triggers are?

If participant can't remember: That's okay - it's been a few days! Triggers can be indoor, outdoor, or related to behaviors. Examples of triggers are dust, roaches, mold, pollen, cold air, cigarette smoke, and exercise.

Ask: Do you remember any of the strategies we discussed to fit your medications into your daily life?

If participant can't remember: That's okay - this one was a little harder! Last time we discussed several things you can do to make remembering to take your medications easier, such as creating a routine by storing all medicines in one place, taking medicine at the same time each day, and organizing your routine by setting reminders or phone alarms.

Let's Review!



Ask: Since we last talked, have you had any problems with your asthma medications?

Let's Review!



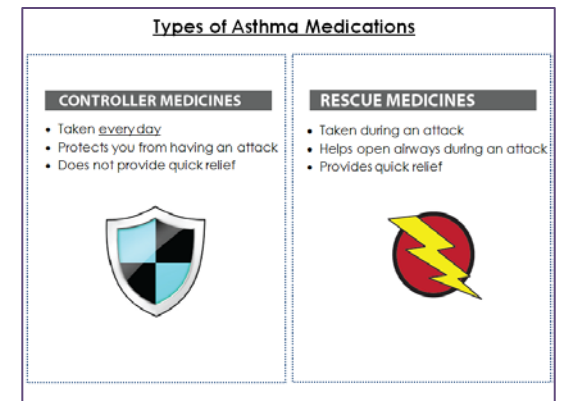
Asthma Medicine Overview

Say: I know we talked about how to remember to take asthma medications last time, so today I wanted to give you some more information about those medications. In general, there are two different types of asthma medicines: controller medicines and rescue medicines.

Controller medicines help prevent asthma attacks from starting. They also make asthma attacks less severe. Most people with asthma need a controller medicine. Some controller medicines help reduce the swelling inside your airways. Others help relax the muscles that squeeze your airways. Controller medicines should be taken EVERY DAY, whether you are having symptoms or not. They help you feel good so you can keep doing your daily activities. Your controller medicine acts like a shield. It helps protect you from having asthma attacks. Taking your controller medicine every day makes your shield strong. If you do not take it every day, your shield cannot protect you as well. Controller medicines do NOT give you quick relief from asthma symptoms. They do not work in the same way as rescue medicines, so cannot be used as a substitute for your rescue medicine.

Rescue medicines work lightning fast to make it easier for you to breathe. They help open your airways when you are having an asthma attack. They do not help control the swelling in your lungs. Everyone with asthma needs a rescue medicine. Use your rescue medicine when you feel short of breath.

Ask: Do you know what types of controller and rescue medications you have been prescribed? [review participant's asthma medications. Based on type of inhaler, skip to appropriate section]



Types of Asthma Medications

CONTROLLER MEDICINES

- Taken every day
- Protects you from having an attack
- Does not provide quick relief



RESCUE MEDICINES

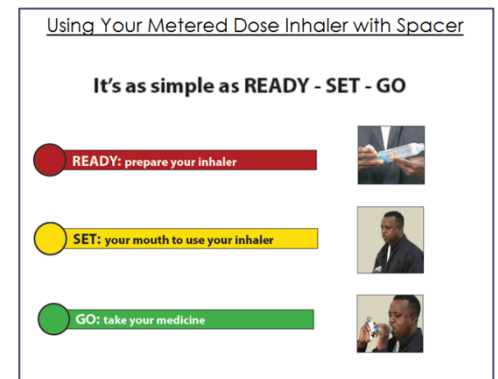
- Taken during an attack
- Helps open airways during an attack
- Provides quick relief



Medication Techniques: MDI (w/ a spacer)

Say: If it's okay with you, I just want to review with you how to use your inhaler with a spacer.

- First, prepare your inhaler by shaking 5-6 times.
- Remove the caps from both your inhaler and your spacer.
- Put the open end of your inhaler into the bottom of the spacer. Make sure your inhaler and spacer fit snugly together.
- Breathe out slowly through your mouth.
- Next, put the open end of your spacer up to your lips and behind your teeth. Press your lips firmly around the mouthpiece.
- Keep your tongue out of the way. Make sure you do not have food, gum, or candy in your mouth.
- Press down on the top of your inhaler.
- Breathe in slowly and deeply through your mouth.
- Hold your breath for 10 seconds. Then, breathe out.
- Take 1 puff at a time. If you need a second puff, wait at least one minute before taking it.
- Rinse your mouth out with water after you are finished. Spit the water out. Do not swallow the water.



Using Your Metered Dose Inhaler with Spacer

It's as simple as READY - SET - GO

READY: prepare your inhaler



SET: your mouth to use your inhaler



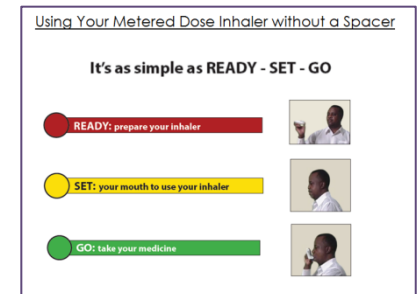
GO: take your medicine



Medication Techniques: MDI (w/o a spacer)

Say: If it's okay with you, I just want to review with you how to use your inhaler.

- First, prepare your inhaler by shaking 5-6 times.
- Remove the caps from both your inhaler and your spacer.
- Breathe out slowly through your mouth.
- Next, put the open end of your inhaler up to your lips and behind your teeth. Press your lips firmly around the mouthpiece.
- Keep your tongue out of the way. Make sure you do not have food, gum, or candy in your mouth.
- Press down on the top of your inhaler.
- Breathe in slowly and deeply through your mouth.
- Hold your breath for 10 seconds. Then, breathe out.
- Take 1 puff at a time. If you need a second puff, wait at least 1 minute before taking it.
- Rinse your mouth out with water after you are finished. Spit the water out. Do not swallow the water.



Say: There is something called a spacer that helps some people with getting the medicine to the lungs, instead of staying in the mouth. You may want to ask your doctor about obtaining a spacer that may provide you with more relief.

Using Your Metered Dose Inhaler without a Spacer

It's as simple as **READY - SET - GO**

READY: prepare your inhaler



SET: your mouth to use your inhaler



GO: take your medicine



Medication Techniques: Dry Powder Inhaler (DPI)

Say: If it's okay with you, I would like to review how to use your inhaler.

- First, hold your inhaler level and flat. Do NOT tip your inhaler.
- Use your thumb to slide the inhaler open. You should hear a click and now see the mouthpiece.
- Push the second lever until it clicks. This will put the medicine into the right place.
- Breathe out slowly through your mouth. Hold the inhaler away from your mouth. Never breathe out into the inhaler.
- Next, put the mouthpiece in your mouth. Press your lips firmly around the mouthpiece.
- Keep your tongue out of the way. Make sure you do not have food, gum, or candy in your mouth.
- Breathe in quickly and deeply through your mouth. Your breath will pull in the medicine.
- Remove the inhaler from your mouth.
- Hold your breath for 10 seconds. Then, breathe out.
- When you are done, close the inhaler by sliding the thumb grip back toward you until it clicks shut.
- Rinse your mouth out with water after you are finished. Spit the water out. Do not swallow the water.



Using Your Dry Powder Inhaler (DPI)

It's as simple as READY - SET - GO

READY: prepare your inhaler



SET: your mouth to use your inhaler



GO: take your medicine



What is a peak flow meter?

Ask: Do you know what a peak flow meter is? [if yes, ensure participant knows how to use and clean meter from information below]

Say: A peak flow meter is a device used to measure how fast air can move out of your lungs.

A peak flow meter can help you:

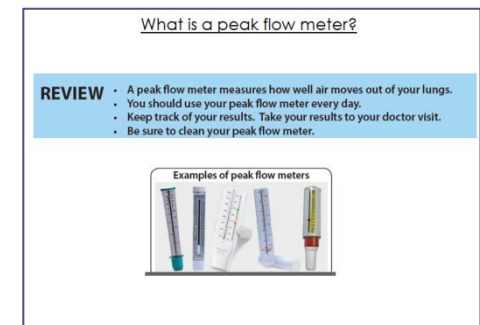
- know when your asthma is getting worse, even before you have symptoms or an attack.
- learn what things make your asthma worse.
- decide if your medicine plan is working well.
- know when to get emergency care.

Your doctor may prescribe you a peak flow meter to help monitor your asthma. There are many different kinds of peak flow meters.

Use your peak flow meter every morning when you wake up, before you take your medicine. Make this part of your routine. You can also use your peak flow meter when you are having asthma symptoms or an asthma attack. Keep track of your peak flow meter results in a journal or chart [provide Supplemental Handout - "Peak Flow Chart"]. Bring these numbers with you to your doctor visits.

You should clean your peak flow meter once a week.

1. Wash it with warm water and a mild liquid soap.
2. Rinse gently and allow the meter to air dry completely on a clean surface.
3. Look at your peak flow meter instructions for more information.



What is a peak flow meter?

REVIEW

- A peak flow meter measures how well air moves out of your lungs.
- You should use your peak flow meter every day.
- Keep track of your results. Take your results to your doctor visit.
- Be sure to clean your peak flow meter.

Examples of peak flow meters

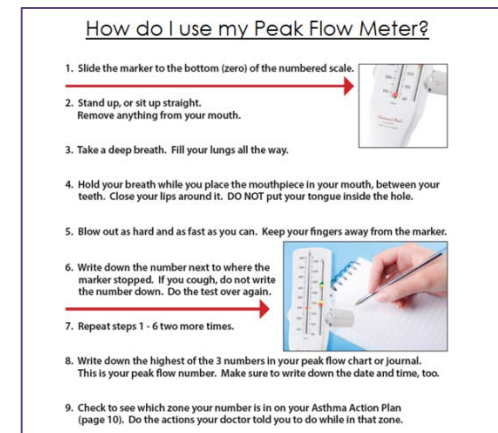


Monitor technique: Using a Peak Flow Meter

Say: If it's okay with you, maybe you can show me how you use your peak flow meter?

[based on monitoring, correct technique with following instructions:]

1. Slide the marker to the bottom (zero) of the numbered scale.
2. Stand up, or sit up straight. Remove anything from your mouth.
3. Take a deep breath. Fill your lungs all the way.
4. Hold your breath while you place the mouthpiece in your mouth, between your teeth. Close your lips around it. DO NOT put your tongue inside the hole.
5. Blow out as hard and as fast as you can. Keep your fingers away from the marker.
6. Write down the number next to where the marker stopped. If you cough, do not write the number down. Do the test over again.
7. Repeat steps 1 - 6 two more times.
8. Write down the highest of the 3 numbers in your peak flow chart or journal. This is your peak flow number. Make sure to write down the date and time, too.
9. Check to see which zone your number is in on your Asthma Action Plan. Do the actions your doctor told you to do while in that zone.



How do I use my Peak Flow Meter?

1. Slide the marker to the bottom (zero) of the numbered scale.



2. Stand up, or sit up straight.
Remove anything from your mouth.

3. Take a deep breath. Fill your lungs all the way.

4. Hold your breath while you place the mouthpiece in your mouth, between your teeth. Close your lips around it. DO NOT put your tongue inside the hole.

5. Blow out as hard and as fast as you can. Keep your fingers away from the marker.

6. Write down the number next to where the marker stopped. If you cough, do not write the number down. Do the test over again.



7. Repeat steps 1 - 6 two more times.

8. Write down the highest of the 3 numbers in your peak flow chart or journal.
This is your peak flow number. Make sure to write down the date and time, too.

9. Check to see which zone your number is in on your Asthma Action Plan (page 10). Do the actions your doctor told you to do while in that zone.

Session Review:

Say: Great! That's all the information I have for today. Just to review, we talked about the following topics today:

- ✓ Asthma Medication
- ✓ Medication Techniques
- ✓ What is a peak flow meter?
- ✓ Using a peak flow meter

Say: Remind me, what are the two types of asthma medications called [Re-review if participant can't recall]

Say: Do you have any other questions about the information we went over? Were there things you learned or didn't know before today? Were there things I didn't talk about that you'd like to discuss at a future visit?