

PATIENT CARE ESSENTIALS

ASTHMA

Asthma is a chronic disease that affects how a person breathes. Constriction of the airway and bronchial smooth muscle along with inflammation causes the person to wheeze, cough, have a tightening in the chest and shortness of breath.

Overview:

Do you or a loved one suffer from asthma?

Do you want to know how to control yours or your loved one's asthma better?

Asthma is a potentially disabling disease that is chronic and can appear at any age. There is no cure for asthma, but symptoms can go away on their own, especially in children and teenagers.

The goal is to manage the disease so patients can be as active as possible. Long term management includes the patient as well as the care giver understanding the disease and having knowledge of the triggers that can start an attack.

This course provides a practical and understandable breakdown of what asthma is, how to take control of your asthma and how to prevent and treat attacks.

Features:

- Instructor-led, hands-on class format.

- Emphasis on use of inhalers, spacers including dynamics classroom activity
- Video-based course with scenarios and appropriate responses.

Course Content:

- Review the contributing factors related to developing asthma
- Signs and symptoms of asthma
- Triggers
- Review treatments for asthma.
- Identify elements of Short term and long-term management of asthma
- Managing asthma during changing seasons.

Instructor:

Dr. Esther Trotman

Course Details:

Day 1:

I. Overview

- a. Prevalence of asthma in Barbados and the world
- b. What causes asthma symptoms in the body
- c. Types of asthma
- d. Disease outcome and progression

II. Signs and Symptoms

- a. Common asthma symptoms
- b. Identifying asthma attacks
- c. Asthma severity

III. Management of Asthma

- a. Acute/short term treatment
- b. Long term treatment

IV. Practical demonstrations

- a. How to use a metered dose inhaler
- b. How to use a spacer device

Day 2:

V. Asthma Action Plan & Peak Flow

- a. A breakdown of the different zones and treatment
- b. Importance of a peak flow diary
- c. How to correctly use peak flow meter and readings

VI. Travel considerations

- a. Preparing for your medical needs as an asthmatic
- b. Packing for your trip
- c. Planning for safety during your trip

VII. Hurricane Season Preparedness

- a. How to prepare for hurricane season
- b. Essential asthma items
- c. What to do after the storm

VIII. Care of the asthma caregiver

- a. Signs of caregiver burnout
- b. How to prevent or combat burnout

DAY 3:

Nutritional Talk

Before Session:

Participants are asked to record their food intake for up to 3 days prior to the start of the course.

Kindly walk with your inhalers and spacers if available.