

Name _____ Team _____ Grade _____

Collect the “keys” to asthma control!



Pre-test

- ┌ Asthma Knowledge Questionnaire
- ┌ Asthma Control Test

Basic Asthma Facts

- ┌ Respiration 101: lungs and airways, how does breathing work? 1 _____
- ┌ Airways with asthma: inflammation, constriction, mucous* 2 _____

Self-Monitoring

- Recognize asthma symptoms, day and night 3 _____
- Measure airflow with the ASMA1 digital meter, exhale *hard and fast** 4 _____
- PEF/FEV1 skill check: coach a classmate with the Asma1 meter 5 _____

Medications

- ┌ Quick-relief inhalers: help in a hurry for shortness of breath 6 _____
- ┌ Control medication: ICS every day to prevent persistent symptoms 7 _____
- ┌ Other medications prescribed for you 8 _____
- ┌ MDI [metered dose inhaler]: use the InCheck Dial, inhale *slow & soft* * 9 _____
- ┌ Spacer or holding chamber: delivers the medicine better 10 _____
- ┌ Nebulizer: delivers the medicine differently, and deeper 11 _____
- ┌ DPI [dry powder inhaler]: control or combination medications 12 _____
- ┌ Inhaler skill check: coach a classmate with the InCheck Dial 13 _____

Triggers

- ┌ Allergens and irritants, at home and everywhere* 14 _____
- ┌ Exercise-induced asthma, activity and sports 15 _____

Asthma Action Plan

- Calculate your personal best numbers* 16 _____
- Asthma Action Plan 17 _____
- Bonus topic, your choice! 18 _____

Post-test

- ┌ Asthma Knowledge Questionnaire
- ┌ Asthma Control Test

*let's tackle these key concepts first!

