Name\_\_\_\_\_\_

Grade

## Collect the "keys" to asthma control!

Asthma Knowledge Questionnaire

☐ Asthma Control Test

**Basic Asthma Facts** 

## Pre-test



	Respiration 101: lungs and airways, how does breathing work?	1
	Airways with asthma: inflammation, constriction, mucous*	2
Self-M	lonitoring	
	Recognize asthma symptoms, day and night Measure airflow with the ASMA1 digital meter, exhale <i>hard and fast*</i> PEF/FEV1 skill check: coach a classmate with the Asma1 meter	3 4 5
Medica		2
 	Quick-relief inhalers: help in a hurry for shortness of breath Control medication: ICS every day to prevent persistent symptoms Other medications prescribed for you MDI [metered dose inhaler]: use the InCheck Dial, inhale <i>slow &amp; soft</i> * Spacer or holding chamber: delivers the medicine better Nebulizer: delivers the medicine differently, and deeper DPI [dry powder inhaler]: control or combination medications Inhaler skill check: coach a classmate with the InCheck Dial	6 7 8 9 10 11 12 13
_ _ Asthm	Allergens and irritants, at home and everywhere* Exercise-induced asthma, activity and sports a Action Plan	14 15
Dost-te	Calculate your personal best numbers* Asthma Action Plan Bonus topic, your choice! e <b>st</b>	16 17 18

- Asthma Knowledge Questionnaire
- Asthma Control Test

\*let's tackle these key concepts first!

Name\_\_\_\_\_\_Grade\_\_\_\_\_

## Airflow Record: Peak Expiratory Flow & Forced Expiratory Volume in 1 second

Birthday/Age & Height

Personal Best

Green Zone [80-100%]

Yellow Zone [50-80%] Red Zone [<50%]

Date	Time	PEF Peak expiratory flow How fast?	FEV1 Forced expiratory volume, in one second How much?	Before inhaler	After inhaler	PE class to prevent symptoms	Comments/Symptoms
						-	

**School Nurse Contact Information:**