

Primary Care Asthma Program

Patient Information Sheet

What to Expect if You've Been Referred to this Program

Jessica Schooley RN, BScN, Asthma Educator

Did you know that asthma is considered to be poorly controlled if you say “yes” to any of the following questions?

- Do you ever have to stop doing physical activity because of your breathing/asthma?
- Do you have any of these asthma symptoms (cough, chest tightness, wheeze, shortness of breath) four or more times a week?
- Have you taken your reliever/rescue medication (e.g. “blue puffer”, Ventolin®, Bricanyl® etc.) four or more times this week?
- Do your asthma symptoms wake you up at night?
- Have you had to go to the emergency room or after-hours clinic in the last three months because of asthma symptoms?

Your doctor or nurse practitioner has referred you for Asthma Education. **Everyone** who has asthma, or suspected asthma, may benefit from this program. The program consists of one-on-one education sessions (with you and the asthma educator – Jessica) and possibly a simple breathing test. Ideally, this education is tailored specifically to your needs and can be broken down into two to three sessions about a month apart followed by annual or semi-annual follow-up.

At each session you can expect the following:

Session #1 (approximately 90 minutes) topics will include:

- Do you have asthma? What is asthma and how is it diagnosed?
- Is your asthma well controlled? (This may involve performing a simple breathing test).
- Determining your asthma triggers and how to avoid/limit them.
- What do asthma medications do, how do they work, and when do you take them?
- How do you properly take your medications? (*Did you know: approximately 50% of people with asthma take their medications incorrectly?*)

Session #2 and Session #3

(These follow-up visits are approximately 45 minutes long.) Topics will include:

- Is your asthma well controlled?
- Repeat breathing tests to monitor for possible improvements.
- What do you do if your asthma flares up? How do you use an “Asthma Action Plan”?
- What is a Peak Flow Meter and how do you use one?
- Review how to properly take medications.

Annual or Semi-Annual Follow-up Sessions will include:

- Is your asthma well controlled?
- Repeat breathing tests.
- Review medications and how to properly take them.