



The American Lung Association Asthma Educator Institute™ is a 2-day course to prepare qualified health professionals to sit for the National Asthma Educator Certification Board (NAECB) examination. The course teaches to the test matrix provided in the NAECB Candidate Handbook. The Asthma Educator Institute was updated in 2008 to reflect the Expert Panel Report 3: Guidelines for Diagnosis and Management of Asthma. For more information about becoming an Asthma Educator Certified (AE-C), please visit the NAECB website at: [www.naecb.org](http://www.naecb.org). For more information about participating in a course, please contact your local Lung Association by dialing 1-800-586-4872 (1-800-LUNG-USA).

DAY 1	DAY 1	DAY 1	DAY 1	DAY 1	DAY 1	DAY 1
<b>8:00</b>	<b>Registration/Pre-Test</b>	<b>Course Objectives</b>				
		<i>At the conclusion of each lesson, participants will be able to:</i>				
<b>9:00</b>	<b>Introduction</b>	<ol style="list-style-type: none"> <li>1. Define asthma</li> <li>2. Explain the burden of asthma</li> <li>3. Understand medical terminology</li> <li>4. Apply evidence-based best practices for education</li> </ol>				
<b>9:30</b>	<b>Education Principals for a Partnership in Asthma Care</b>	<ol style="list-style-type: none"> <li>1. Identify barriers to learning</li> <li>2. Describe current educational concepts</li> <li>3. Apply different styles of learning and age-appropriate teaching and learning strategies, including effective communication skills</li> <li>4. Develop appropriate educational materials</li> <li>5. Practice health literacy</li> </ol>				
15-MINUTE BREAK AT 10:30						
<b>10:45</b>	<b>Asthma Overview</b>	<ol style="list-style-type: none"> <li>1. Define asthma</li> <li>2. Describe asthma pathophysiology</li> <li>3. Understand the role of inflammation</li> <li>4. Provide examples of asthma triggers</li> <li>5. Recognize asthma symptoms</li> <li>6. Identify impairment and risk domains</li> </ol>				
<b>11:30</b>	<b>Factors Contributing to Asthma Exacerbations</b>	<ol style="list-style-type: none"> <li>1. Name allergens</li> <li>2. Name irritants</li> <li>3. Describe risks at school, work and outdoor environments</li> <li>4. List other contributing factors</li> <li>5. Explain exercise-induced bronchospasm</li> <li>6. Recognize co-morbid conditions</li> </ol>				
ONE HOUR LUNCH AT 12:30						
<b>1:30</b>	<b>Patient &amp; Family Assessment</b>	<ol style="list-style-type: none"> <li>1. Explain the assessment and &amp; diagnosis of asthma</li> <li>2. Demonstrate how to collect a medical history by interviewing the individual with asthma</li> <li>3. Explain the use of other objective measures, including radiology studies, spirometry, peak flow monitoring, ABG/oxygen saturation, and allergy testing</li> <li>4. Assess asthma control</li> <li>5. Recognize when to refer to a specialist</li> </ol>				
15-MINUTE BREAK AT 3:00						
<b>3:15</b>	<b>Case Studies</b>					
<b>4:00</b>	<b>WRAP-UP</b>					



DAY 2	DAY 2	DAY 2	DAY 2	DAY 2	DAY 2
8:00	<b>WELCOME/REVIEW OF THE DAY</b>	<b>Course Objectives</b>			
		<i>At the conclusion of each lesson, participants will be able to:</i>			
8:15	<b>Asthma Medicine Devices &amp; Demonstration</b>	<ol style="list-style-type: none"> <li>1. Explain the use of all medication delivery devices</li> <li>2. Demonstrate the use of spacing devices</li> <li>3. Demonstrate relaxation exercises, belly breathing and pursed lip breathing</li> <li>4. Demonstrate the use of peak flow meters</li> </ol>			
15-MINUTE BREAK AT 10:15					
10:30	<b>Asthma Management: Pharmacological Therapy</b>	<ol style="list-style-type: none"> <li>1. Explain asthma classification schemes</li> <li>2. Understand the stepwise approach to asthma therapy</li> <li>3. List asthma medications and delivery devices</li> <li>4. Recognize new, complementary and alternative therapies</li> </ol>			
ONE HOUR LUNCH AT 12:00					
1:00	<b>Barriers to Adherence &amp; Compliance: Behavioral, Cultural &amp; Other Challenges</b>	<ol style="list-style-type: none"> <li>1. Assess the needs and identify issues that contribute/ inhibit asthma management, including: educational, socioeconomic, psychological, cultural, behavioral and environmental factors.</li> <li>2. Identify strategies to address these barriers.</li> </ol>			
15-MINUTE BREAK AT 2:00					
2:15	<b>Asthma Action Plan: Management Plan Development</b>	<ol style="list-style-type: none"> <li>1. Identify the components of an Asthma Action Plans and asthma diaries</li> <li>2. Complete an Asthma Action Plan</li> <li>3. Monitor the effectiveness of Asthma Action Plans and steps to revise them</li> <li>4. Teach patients to use their Asthma Action Plan</li> </ol>			
15-MINUTE BREAK AT 3:45					
4:00	<b>Your Role As an Asthma Educator: Professional Issues/Professional Practices</b>	<ol style="list-style-type: none"> <li>1. Conduct a health education evaluation</li> <li>2. Make referrals</li> <li>3. Utilize professional networking</li> </ol>			
4:15	<b>Exam Preparation</b>	<ol style="list-style-type: none"> <li>1. Determine eligibility to sit for the NAECB exam</li> <li>2. List the NAECB exam logistical details</li> <li>3. Identify NAECB exam categories</li> <li>4. Recognize the anatomy of NAECB exam questions</li> <li>5. Apply test taking tips</li> <li>6. Use CPT Codes and Reimbursement</li> </ol>			
4:45	<b>POST-TEST/EVALUATION</b>				

*The American Lung Association Asthma Educator Institute™ is taught by American Lung Association volunteers, such as: AE-Cs, RNs, RTs, or MDs. If you are interested becoming a presenter for this course or if you are interested in hosting an Asthma Educator Institute for your organization, please contact your local office.*