

## PROFESSIONAL EDUCATION: Asthma, COPD, Spirometry, and Indoor Air Quality

Resource	Description	Length	How to Access
Asthma Basics	A free one-hour interactive online learning module designed to help people learn more about asthma. Asthma Basics is available in English and Spanish.	One hour online	<a href="http://bit.ly/1QFNUbO">http://bit.ly/1QFNUbO</a>
Asthma 101	This free booklet describes how asthma impacts the lungs, signs and symptoms, medication and environmental treatment, and self-management strategies. An asthma action plan and medication delivery device instruction sheets are also included. Asthma 101 is available in English and Spanish	47 page booklet	<a href="http://bit.ly/2jG2oLQ">http://bit.ly/2jG2oLQ</a>
Peak Flow Meter Instructions	This video provides instructions on how to use a peak flow meter.	40 second video	<a href="http://bit.ly/2jduFLj">http://bit.ly/2jduFLj</a>
Medication Delivery Device Instructions	These short videos provide instructions for the various respiratory medication delivery devices. These videos are available in English and Spanish.	2 minute videos	<a href="http://bit.ly/2jdpL0w">http://bit.ly/2jdpL0w</a>
Medication Delivery Device Training	An in-depth training on how to use, instruct, and clean the different medication delivery devices. This training is ideal for all clinic staff.	60 minute in-person training No registration fee	Contact your local American Lung Association at <a href="http://Lung.org">Lung.org</a> or 1-800-LUNGUSA.
How to Create an Asthma Action Plan	Step-by-step instructions on how to create an asthma action plan	Online instructions	<a href="http://bit.ly/1oU7wg1">http://bit.ly/1oU7wg1</a>
How to Create a COPD Management Tool/Action Plan	Step-by-step instructions on how to create a COPD management plan.	Online instructions	<a href="http://bit.ly/1HXsCmA">http://bit.ly/1HXsCmA</a>
Pursed Lip Breathing	A brief video on how and why to use pursed lip breathing to relax your airways and resume a normal breath.	2 minute video	<a href="http://bit.ly/1HXsCmA">http://bit.ly/1HXsCmA</a>
Belly Breathing	A brief video on how and why to use diaphragmatic breathing to catch your breath.	2 minute video	<a href="http://bit.ly/1HXsCmA">http://bit.ly/1HXsCmA</a>
LUNG FORCE Expo	A program designed for patients, caregivers, and healthcare providers to learn more about the latest trends, resources, and research surrounding lung cancer, COPD, and asthma.	1 day conference Registration fee	<a href="http://bit.ly/2kheez4">http://bit.ly/2kheez4</a>
Asthma Educator Institute	Take this professional development course to provide asthma guidelines-based care to patients and their families and get the knowledge you need to sit for the National Asthma Educator Certificate Board.	2 day course Registration fee	<a href="http://bit.ly/2khjRxa">http://bit.ly/2khjRxa</a>
COPD Educator Course	Take this professional development course to provide COPD guidelines-based care to patients.	1.5 day course Registration fee	Contact your local American Lung Association at <a href="http://Lung.org">Lung.org</a> or 1-800-LUNGUSA.

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<b>SPIROMETRY</b>			
How to Conduct a Spirometry Maneuver	This short video, Using Spirometry to Test or Asthma, reinforces what spirometry is and how to coach a quality test.	2 minute video	<a href="http://bit.ly/2jPVdmO">http://bit.ly/2jPVdmO</a>
Implementation and Interpretation of Spirometry in the Primary Care Practice		Full-day courses offered nationwide Registration fee	<a href="http://bit.ly/2jfXRCs">http://bit.ly/2jfXRCs</a>
Crash Course in Spirometry	This free, archived webinar provides the basics on what spirometry is, how it is conducted, and how to interpret the results for the management of lung disease.	35 minute online webinar	<a href="http://bit.ly/2kfOWNI">http://bit.ly/2kfOWNI</a>
Spirometry Implementation Refresher Course	A hands-on refresher on how to use equipment and coach a quality spirometry test.	90 minutes No registration fee	Contact your local American Lung Association at <a href="http://Lung.org">Lung.org</a> or 1-800-LUNGUSA.
Spirometry Quick Reference Guide	This step-by-step algorithm simplifies spirometry interpretation.	Two-page reference sheet	<a href="http://bit.ly/2jfXRCs">http://bit.ly/2jfXRCs</a>
Spirometry Skill Competency Checklist	A great tool to assess the skills of your clinic staff.	One-page checklist	<a href="http://bit.ly/2jfXRCs">http://bit.ly/2jfXRCs</a>
<b>INDOOR AIR QUALITY</b>			
Indoor Air Quality—How to Conduct a Home Assessment	This free, online training is designed for public health nurses, certified asthma educators, and others interested in learning more about reducing asthma triggers in the home.	40 minute online module	<a href="http://bit.ly/2j22YBw">http://bit.ly/2j22YBw</a>
Particle Pollution	A brief description and video on how particles pollution can impact lung health.	Brief description and 16 second video	<a href="http://bit.ly/2j25Nmp">http://bit.ly/2j25Nmp</a>
<b>NATIONAL CENTER FOR HEALTHY HOUSING</b>			
<ul style="list-style-type: none"> <li>• Basic Principles of Healthy Homes</li> <li>• Pediatric Environmental Home Assessment</li> <li>• Integrated Pest Management</li> </ul>	These free, online trainings over a variety of indoor air quality and healthy home topics.	Online modules ranging from 90 minutes to 3 hours	<a href="http://bit.ly/2jmtV3S">http://bit.ly/2jmtV3S</a>
American Lung Association's Indoor Air Quality Training	This full-day training links indoor air quality and asthma triggers to how it impacts our lung health. Topics covered include: allergens, irritants, mold particulate matter, and combustion bi-products.	Full-day training No registration fee	Contact <a href="mailto:Jill.Heins@Lung.org">Jill.Heins@Lung.org</a>