

Free Asthma Management Programs in Hawaii:

- 1) **Asthma 101:** is a 90-minute presentation designed to provide basic information about asthma and how to manage a child's asthma for parents/guardians, health professionals, school faculty and staff. Topics include basic information on asthma, recognizing early warning signs and asthma symptoms, asthma triggers and how to avoid them, asthma medications and how to administer them properly, and how to respond to an asthma emergency.

Asthma 101 will provide adults with an increased knowledge of asthma and how to manage a child's asthma. It will also promote asthma management coordination among students, parents, and schools. Parents, especially, will feel better equipped in monitoring their children's asthma symptoms, communicating concerns with their child's healthcare provider, and co-developing an asthma action plan with their children.

- 2) **Asthma Basics:** is an hour-long interactive learning module designed to help you learn more about asthma. Asthma Basics is ideal for:
 - a. Adults with asthma
 - b. Parents of children with asthma
 - c. Employers
 - d. Friends, family, and co-workers who want to learn more about the disease
 - e. School staff and coaches
 - f. Healthcare professionals
 - g. Community health educators

Go to lung.org/asthmabasics for more information.

- 3) **Kickin' Asthma:** is a school-based curriculum designed to teach students in grades 6 to 10 the basics of asthma and asthma self-management techniques. It consists of four 45-minute sessions. Topics include: asthma facts, physiology, and early warning signs; symptoms, triggers, and going to the doctor; medicines and devices; and emergency signs, review, self-advocacy, and problem solving.
- 4) **Open Airways For Schools:** is a school-based curriculum that educates and empowers children, ages 8 to 11, to better manage their asthma. OAS strives to improve asthma self-management skills, decrease asthma emergencies, raise asthma awareness among parents/guardians, and promote asthma management coordination among students, parents, and schools. It consists of six 40-minute sessions. Topics include: basic information and feelings about asthma; recognizing and managing asthma symptoms; solving problems with medicines and assessing symptoms; finding and controlling asthma triggers; getting enough exercise; and doing well at school.

For more information, please contact Inji Kim at (808) 687-5377 or inji.kim@lung.org.

Name _____ DOB ____/____/____

Severity Classification Intermittent Mild Persistent Moderate Persistent Severe Persistent

Asthma Triggers (list) _____

Peak Flow Meter Personal Best _____

Green Zone: Doing Well

Symptoms: Breathing is good – No cough or wheeze – Can work and play – Sleeps well at night

Peak Flow Meter _____ (more than 80% of personal best)

Control Medicine(s)	Medicine	How much to take	When and how often to take it
	_____	_____	_____
	_____	_____	_____

Physical Activity Use albuterol/levalbuterol ____ puffs, 15 minutes before activity
 with all activity when you feel you need it

Yellow Zone: Caution

Symptoms: Some problems breathing – Cough, wheeze, or chest tight – Problems working or playing – Wake at night

Peak Flow Meter _____ to _____ (between 50% and 79% of personal best)

Quick-relief Medicine(s) Albuterol/levalbuterol ____ puffs, every 4 hours as needed

Control Medicine(s) Continue Green Zone medicines
 Add _____ Change to _____

You should feel better within 20–60 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!

Red Zone: Get Help Now!

Symptoms: Lots of problems breathing – Cannot work or play – Getting worse instead of better – Medicine is not helping

Peak Flow Meter _____ (less than 50% of personal best)

Take Quick-relief Medicine NOW! Albuterol/levalbuterol ____ puffs, _____ (how frequently)

Call 911 immediately if the following danger signs are present

- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue
- Still in the red zone after 15 minutes

Emergency Contact Name _____ Phone (____) _____ - _____

Healthcare Provider Name _____ Phone (____) _____ - _____