

# Asthma

## Assessment and Management Course



The prevalence of asthma is growing worldwide, despite improved understanding of the disease process and effective medicines for treatment. In the United States, there are more than 22 million persons with asthma. It is one of the most common chronic diseases of childhood affecting more than 6 million children. The burden of avoidable hospitalizations across the age groups is significant with more than 497,000 hospitalizations annually. Avoidable deaths from asthma still occur. Uncontrolled asthma not only accounts for missed school and work, decreased ability to participate in normal activities, growth retardation, and decreased quality of life, it is also associated with permanent airway damage when inadequately treated over time.

Despite the existence of national guidelines for more than 10 years, the treatment of asthma remains suboptimal. One explanation is that clinical decision making is not greatly affected by traditional medical lectures. Rather, approaches that integrate new skills into actual practice are required in order to change clinical behavior and improve patient outcomes.

### LEARNING OBJECTIVES

---

At the completion of the NRTC Asthma Course, participants will be able to:

- Demonstrate solid understanding of disease process and medications
- Take a comprehensive patient history and understand significance of information gathered
- Apply criteria for diagnosis and staging to case study patients
- Design a comprehensive management plan for adults and children, including appropriate medications, devices, and self-monitoring
- Write an asthma action plan
- Recognize signs and symptoms of acute exacerbation and recommend proper treatment

### TARGET AUDIENCE

---

The Asthma Course is designed for licensed health professionals: nurses, nurse practitioners, physician assistants, registered respiratory therapists, pharmacists, case managers, and physicians. Because the course focuses on clinical practice, applicants are expected to be actively working with asthma patients, either in primary or secondary care.

### COURSE FORMAT

---

The Asthma Course is a comprehensive 12-week program including 2 interactive study days, self study, and a formal written evaluation process.

#### **Interactive study days**

Approximately half-way through the Asthma Course, students join an expert trainer for 2 intense and interactive study days. Participants review asthma pathophysiology, lung function testing, medications, delivery devices, patient education strategies, staging and treatment guidelines. Using case studies, students work through assessment and management of a variety of patient presentations, learning to integrate and apply new knowledge and skills.

#### **Self study**

Course materials consist of a comprehensive workbook and CD-ROM on Respiratory Therapeutics. Each unit of the workbook contains learning activities, recommended reading, and references. Students receive their materials by mail at the beginning of the study period.

## **NATIONAL RESPIRATORY TRAINING CENTER**

PO BOX 5468, SUFFOK, VA 23435 TEL: 757.483.4130 FAX 757.483.4261 [info@nrtc-usa.org](mailto:info@nrtc-usa.org) [www.nrtc-usa.org](http://www.nrtc-usa.org)

## Evaluation: Becoming an NRTC Asthma Course Graduate


Mastery of course material and application to practice is evaluated at 2 points.

- Objective exam to be completed by the mid-course study days
- Practical demonstration during the study days on device choice and device teaching
- 20 multiple-choice questions to be completed and turned in by the end of the course. (They serve as examples of AE-C type questions.)
- A case-based assessment and management paper to be completed by the end of the course

Students who obtain a combined score of 60% or greater on these examinations become an Asthma Course Graduate and receive the NRTC Asthma Course Certificate of Completion.

## ACCREDITATION

---

- **AANP.** This program has been approved for **24.8** contact hours of continuing education (which includes up to **13.9** hours of pharmacology) by the American Academy of Nurse Practitioners. Program ID 0812569.
- **AAPA.**  This program has been reviewed and is approved for a maximum of **11.5** hours of AAPA Category I (Pre-approved) CME credit by the Physician Assistant Review Panel.
- **AARC.** The American Association for Respiratory Care has granted the Asthma Course **22.5** hours of continuing education credit (CRCE).  
Provider #9380443
- **CBRN.** The Asthma Course is approved by the California Board of Registered Nursing, Provider #13556 for **49.8** contact hours.

## TUITION

---

Individual tuition for the Asthma Course is \$595. Costs related to travel, accommodation, and meals to attend the study days are the responsibility of the student.

## FOR MORE INFORMATION

---

The Asthma Course is held in various locations across the United States. For more information about upcoming courses, starting a course in your area, or enrollment, please contact our national office.

Phone	757.668.6455 or 757 483.4130
Website	<a href="http://www.nrtc-usa.org">www.nrtc-usa.org</a>
Email	<a href="mailto:info@nrtc-usa.org">info@nrtc-usa.org</a>

*The **National Respiratory Training Center (NRTC)** is an independent, 501(c)3 nonprofit educational organization committed to improving the health of patients with respiratory and allergic disease by enhancing the knowledge and skills of the health professionals who care for them.*