

Asthma & Allergic Rhinitis Workshop



Allergic disease encompasses many different conditions, including asthma, allergic rhinitis, eczema, food allergies, anaphylaxis, and urticaria. Allergic disease affects more than 40 million Americans and has a profound impact on health status and quality of life. Allergic rhinitis and asthma are often seen together; 78% of people with asthma have rhinitis and up to 54% of people with rhinitis may have asthma. Asthma affects more than 17 million Americans, and causes more than 4000 deaths annually in the United States. Allied health professionals can make a significant contribution to the care of persons with asthma and allergic rhinitis, whatever their licensure, role, and clinical setting.

In this one-day workshop, participants learn about asthma and allergic rhinitis within the basic framework of the IgE mediated allergic response. Using office assessment tools, case studies, and action plans, the Asthma & Allergic Rhinitis Workshop emphasizes clinical skill building, including assessment, patient teaching, and practice with inhaler devices.

LEARNING OBJECTIVES

At the end of the workshop, students will be able to

- Describe how early- and late-phase allergy mechanisms are expressed in rhinitis and asthma symptoms.
- Discuss elements of a structured outpatient visit for asthma.
- Teach self management using an asthma action plan.
- Teach key messages for relief of allergic rhinitis symptoms.
- Teach correct use of inhaler devices used in asthma and allergic rhinitis.

TARGET AUDIENCE

Nurses (registered nurses, licensed practical/vocational nurses, medical assistants), nurse practitioners, physician assistants, respiratory therapists, asthma case managers, and other health professionals actively involved in the care of patients with allergic rhinitis and asthma. Maximum benefit will be derived if the allied health professionals who attend have physician colleague support for implementing new knowledge in the practice setting. Front office personnel may also benefit from a fuller understanding of asthma and allergic rhinitis.

ACCREDITATION

- **AANP.** This program has been approved for **6.9** contact hours of continuing education (which includes **3.0** contact hours of pharmacology) by the American Academy of Nurse Practitioners. Program ID 0511457.
- **AARC.** The American Association for Respiratory Care has granted the Asthma & Allergic Rhinitis Workshop **5.50** hours of continuing education credit (CRCE). Provider #9380443.
- **CBRN.** The Asthma and Allergic Rhinitis Workshop is approved by the California Board of Registered Nursing, Provider #13556 for **6.9** contact hours.

COST

\$3,000 for up to 20 participants. Please contact the NRTC about pricing for larger groups.

*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.*

NATIONAL RESPIRATORY TRAINING CENTER

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AGENDA

- 8:30 – 9:00 **Sign in and introductions; expectations for the day**
- 9:00 – 9:30 **Module One: Overview of allergic disease**
- Why is allergic disease important to treat? Lifestyle impact, risk of permanent damage, death
 - Mechanisms of allergy and how allergy is expressed
 - Focus on asthma
- 9:30 – 10:30 **Module Two: Structured Office Visit for asthma**
- Elements of the office visit: symptoms, treatment, education for self-management
 - Taking the medication history
 - Establishing symptom frequency
 - Checking peak flow and calculating variability
 - Spotting poor control
 - Do severity and therapy match?
- 10:30 – 10:45 Break
- 10:45 – 12:15 **Module Three: Patient education using Asthma Action Plan**
- What are action plans and how do they work?
 - Green/Yellow/Red – symptoms and peak flow
 - What to teach: bronchodilators, anti-inflammatories; self-monitoring
 - Hands-on practice using model patient case scenarios
- 12:15 – 1:15 Lunch
- 1:15 – 2:00 **Module Four: Focus on Allergic Rhinitis**
- Patient assessment
 - Treatment
 - What to teach
- 2:00 – 4:00 **Module Five: Devices workshop**
- Hands on practice with each of the asthma and allergic rhinitis medication delivery devices:
 - Review of medications in each device
 - How to use, how to teach, how to care for
 - How to select according to individual needs/preferences
- 3:00 – 3:15 Break
- 4:00 – 4:15 Closing remarks; next steps for learning