

# Asthma & Spirometry Workshop



Asthma is a common chronic disease affecting more than 17 million Americans and causing more than 4000 deaths annually in the United States. Spirometry is a simple yet powerful tool which gives the medical team objective information on lung function – both the type of airflow problem and the severity. It is essential in the diagnosis and monitoring of asthma and can be done in primary care settings by trained health professionals. Allied health professionals can make a significant contribution to the care of persons with asthma, no matter what their licensure, role, or clinical setting.

Based on national asthma guidelines, the one-day Asthma & Spirometry Workshop gives health professionals a basic understanding of asthma and the practical skills involved in assessment and management. This workshop also offers students an opportunity to practice performing these skills. Following an introductory session on disease process, participants practice with structured approaches to assessing and teaching patients with asthma, using a case scenario approach. Spirometry is reviewed and demonstrated, and participants practice basic interpretation of spirometry tracings. A hands-on inhaler devices workshop completes the day.

## LEARNING OBJECTIVES

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

- Discuss key asthma facts related to pathophysiology, symptoms, and approaches to monitoring and treatment, both chronic management and acute exacerbation.
- Take a structured history of an asthma patient using a standardized assessment form and a model patient case scenario.
- Teach key elements of asthma management using a standard asthma action plan and a model patient case scenario.
- Recognize acceptable spirometry results and perform basic spirometry interpretation.
- Demonstrate the various asthma medication delivery devices, including inhalers and nebulizers, and be familiar with their use, teaching, and care.

## TARGET AUDIENCE

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Nurses, nurse practitioners, physician assistants, respiratory therapists, case managers, and other health professionals actively involved in the care of patients with 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 assessment and care.

## ACCREDITATION

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- **AANP.** This program has been approved for **5.5** contact hours of continuing education (which includes **1.5** hours of pharmacology) by the American Academy of Nurse Practitioners. Program ID: 0708358.
- **AARC.** This program has been approved for **5.75** contact hours of Continuing Respiratory Care Education (CRCE) credit by The American Association for Respiratory Care, 9425 N. MacArthur Blvd, Suite 100, Irving, TX 75063 Provider # 9380443.
- **AAPA.** This program has been reviewed and is approved for a maximum of **5.75** hours of AAPA Category I (Pre-approved) CME credit by the Physician Assistant Review Panel.
- **CBRN.** The Asthma & Spirometry Workshop is approved by the California Board of Registered Nursing, Provider #13556 for **6.9** contact hours.

## COST

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\$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

PO BOX 5468 SUFFOLK, VA 23435 TEL 757.483.4130 FAX 757.483.4261 info@nrtc-usa.org www.nrtc-usa.org

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## AGENDA

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- 8:30 – 9:00      **Sign in and introductions; expectations for the day**
- 9:00 – 9:30      **Module One: Asthma Overview**
- What is asthma? Inflammation and bronchoconstriction
  - Variable symptoms: cough, wheeze, shortness of breath
  - Why is it important to treat? Lifestyle impact, risk of permanent damage, death
- 9:30 – 10:15      **Module Two: Structured Office Visit**
- 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?
- 10:15 – 10:30      Break
- 10:30 – 12:30      **Module Three: Spirometry**
- Spirometry techniques
  - Achieving technically acceptable results
  - Basic spirometry interpretation
- 12:30 – 1:30      Lunch
- 1:30 – 2:30      **Module Four: Patient education using the 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
- 2:30 – 4:00      **Module Five: Devices workshop**
- Hands on practice with each of the asthma 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
- 4:00 – 4:15      **Closing remarks; next steps for learning**