



Asthma and Allergy  
Foundation of America

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# Asthma Management and Education

## Helping You Help Your Patients Take Control of Their Asthma

**Upon completion of this program, participants will be able to:**

Discuss the importance of establishing a patient/clinician partnership for asthma management and patient education.

Discuss the importance of inflammation in the pathophysiology of asthma


Identify strategies to reduce exposure to environmental triggers associated with asthma.

Identify the classifications and purpose of commonly prescribed asthma medications.

Describe the use of peak flow and asthma symptom monitoring in the development of an asthma action plan.

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*Continuing education credits  
are available.*



# The Asthma Management and Education Program

This program recognizes the critical role allied health professionals play in educating and caring for patients with asthma and allergies.

Attendees will learn the latest techniques in asthma care and receive current and reliable patient education information and materials. Program participants will also receive hands on peak flow meter training and learn proper techniques for using various medication devices.

All program material comply with the standards set by the National Institutes of Health (NIH), National Heart, Lung, and Blood Institute's *2007 Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma*.

## The Continuing Education Credits

Continuing education credits are available for registered nurses, nurse practitioners and respiratory therapists.

This program has been approved for 2.6 contact hours by the Maryland Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses' Credentialing

Center's Commission on Accreditation (ANCC).

The program has been approved for two CRCE credits by the American Association for Respiratory Care (AARC).

# The Value of this Program

Allied health professionals who have attended AAFA's Asthma Management and Education program have said:

**"Excellent program! So informative and helpful in a school setting"**

– School Nurse, Rockville, MD

**"This was one of the best seminars I've ever been to, very educational and informative. I didn't want it to end."**

-Registered Nurse, Fort Worth, TX

**"Excellent Program- practical knowledge that I can use in my clinical practice- very up-to-date and pertinent."**

-Respiratory Therapist, Chicago, IL

**"Excellent program with great educational materials and information that helps under the scope of practice..."**

-Pharmacist, New York City, NY

## The Materials

Attendees will participate in an interactive program including a meal. They will also receive a peak flow meter, the Summary Report of the 2007 NHLBI Guidelines and a program packet containing valuable resources and a copy of the program's slide presentation for note taking.

## Program Agenda

Introduction  
Asthma: An Overview  
Factors Contributing to  
    Asthma Severity  
Medications  
Peak Flow Meters  
Patient/Clinician  
    Partnership

## How to Register

Fax the completed registration form to the fax number on the enclosed form. Mail the completed registration form to the address on the enclosed form.

For additional registration options please refer to the registration form.

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## Allied Health Faculty

The faculty consists of allied health professional with years of expertise in pediatrics, family medicine, internal medicine, allergy/immunology and/or pulmonology. All faculty members have received special training to teach this continuing education course.

Jeanette Arnold, C-FNP

B. Gwen Carlton, DNP, FNP-BC, AE-C

Kathleen Conboy-Ellis, RN, PhD, MHA, CPNP, AE-C

Don Cui, PA-C, AE-C

Maureen R. George, PhD, RN, AE-C

Margaret Lester, RN, NP, AE-C

Carol Lilley, RN, BSN, AE-C

Jan Tippett, RN, AE-C

**For more information about this educational opportunity,  
please call 1-800-7-ASTHMA.**

The Asthma and Allergy Foundation of America (AAFA) is the premier patient organization dedicated to improving the quality of life for people with asthma and allergies and their caregivers, through education, advocacy and research. AAFA, a not-for-profit organization founded in 1953, provides practical information, community based services, support and referrals through a national network of chapters and educational support groups. AAFA also sponsors research toward better treatments and a cure for asthma and allergic diseases.