

Asthma Teaching Tool

Developed by Jane Hennessy, R.N.

This tool was developed in an attempt to present instructions for monitoring and controlling asthma in a clear, understandable format that is culturally appropriate for American Indian children and their families. It was developed using the Expert Panel Report "Guidelines for the Diagnosis and Management of Asthma" (NIH, 1997)¹

The tool is designed to be an individualized, symptom based plan for a specific child. The section in the upper left corner is meant for the child's picture to give the child and their family a sense of the importance of the plan for that child. The tool is made to fit into a plastic frame that has magnetic strips, so it can be placed on the refrigerator in the home.

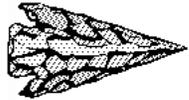
Instructions:

1. Introduce the tool to the child and the family. Explain where the child's picture should be placed.
2. Read each section of the tool with the child and family.
3. Fill in each of the blanks with specific information for that child. Include the names of specific medications with instructions. Fill in the clinic phone number and emergency information. Include any special instructions.
4. Make a copy for the chart so there is a record of what the family has been told.
5. Talk with the family about the symptoms they have seen and their responses to the symptoms. Discuss how and when to access help.
6. Encourage the child and family to talk and ask questions.
7. The next time the child and family come in go over the tool again, ask them how they are using the tool. Find out what has gone well. If medications or the plan have changed, write out a new plan and copy the updated one for the chart.

¹ National Institutes of Health, National Heart, Lung, and Blood Institute. (1997). Expert Panel Report Guidelines for the Diagnosis and Management of Asthma (NIH Publication No.97-4051). Washington, DC: U.S.Government Printing Office.

EMERGENCY: My clinic's name and number: _____
The nearest emergency room: _____

How Do I Feel?



Good

I can play
I can sleep at night
I can breathe good

I will take my medicine:



O.K.

I'm coughing
I have a cold
I wake up at night coughing

First I will tell an adult
and _____

If I'm not better in 4 hours,
call _____



**Not O.K.
I Need
Help**

The medicine hasn't helped
It's hard to breathe
I can't catch my breath
My breathing makes noises
I can't play at all

I will ask for help.

Call _____

