



# Managing Asthma In Your Community

## Programs, Training and Resources

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**American Lung Association**

# American Lung Association and CDC EXHALE Strategies

- E** **Education** on asthma self-management (AS-ME) by preparing a workforce of health professionals to facilitate evidenced-based asthma programs
- X** **X-tinguishing** smoking and secondhand smoke through the elimination of tobacco/nicotine use and exposure
- H** **Home visits** for trigger reduction and asthma self-management education (AS-ME) by promoting evidenced based programs and strategies
- A** **Achievement** of guidelines-based medication management by strengthening systems supporting guidelines-based medical care
- L** **Linkages** and coordination of care through Clinical Quality Improvement initiatives to strengthen health systems
- E** **Environmental** policies and best practices to reduce indoor and outdoor asthma triggers where people live, work, go to school and play

# American Lung Association and CDC EXHALE Strategies

## **E** Education on asthma self-management (AS-ME)

X

The American Lung Association's approach includes:

- Preparing a **workforce** of health professionals to facilitate **evidenced-based asthma programs**
  - Open Airways For Schools<sup>®</sup>
  - Kickin' Asthma
  - Breathe Well, Live Well<sup>®</sup>

H

A

L

E

Open Airways for Schools



Kickin' Asthma



Breathe Well, Live Well



# Asthma Basics

***The American Lung Association's online learning module, Asthma Basics, provides a free, in-depth look at how to accomplish better asthma management.***

**This program will teach participants:**

- To recognize and manage triggers,
- The value of an asthma action plan, and
- How to recognize and respond to a breathing emergency.



**+** American Lung Association.  
**Asthma Basics**

Learn better asthma management through a free interactive program.

[Lung.org/asthma-basics](https://lung.org/asthma-basics)

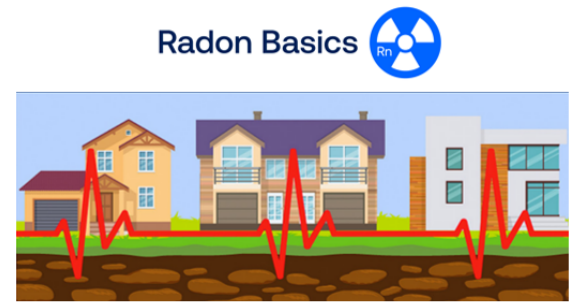


**[Access the Asthma Basics Implementation Guide](#)**

# The Basics

The American Lung Association is committed to supporting those affected by asthma. We offer a variety of resources and learning opportunities to understand more about the disease.

- Asthma Basics, Radon Basics & Tobacco Basics
  - Free online self-paced program
  - Virtual or in-person group learning opportunities
  - Those with asthma and their caregivers
  - School nurses, community health workers, frontline healthcare providers
  - Each course now includes 1 CEU/CME contact hour credit



The purpose of Radon Basics is to comprehend the impact of radon in our lives and be able to address the problem through education and mitigation techniques.  
Access the program at [Lung.training/courses/radon-basics](https://www.lung.org/training/courses/radon-basics)



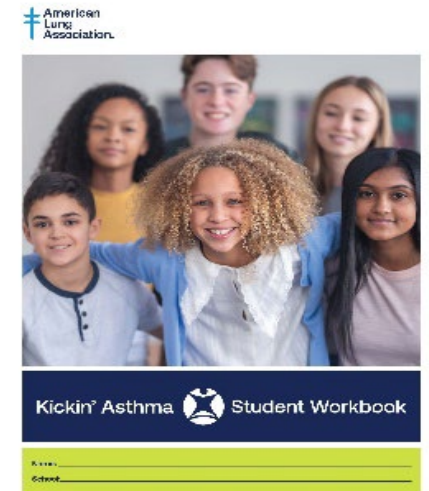


# Asthma Self-Management Education

## Educational Programs and Facilitator Training

We have 3 facilitator-led asthma educational programs available:

- Open Airways or Schools – school-aged children ages 8-11
- Kickin' Asthma – adolescents & teens, ages 12-16
- Breathe Well Live Well – adults
  - In-person or virtual implementation
  - Academic Partnership opportunities
  - Scholarships are available for Michigan facilitators

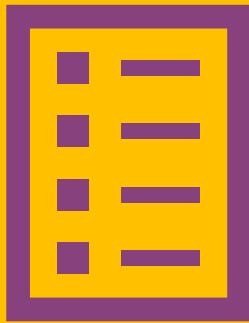


# Virtual Implementation of American Lung Association Asthma Programs

Open Airways for Schools 

Kickin' Asthma 

Breathe Well, Live Well 



**Virtual Implementation  
Guide**



**Training & Support**



**Evaluation**

# Training and Certification

Enhance your professional skills while serving your community with training and certification from the American Lung Association.



## Professional Training & Development , based on Education, Advocacy and Research

- [Facilitator Training for ASME programs](#)
- [Asthma Educator Institute](#)
- [Improving Asthma for All](#)
- [Asthma Basics, Tobacco Basics, Radon Basics, Ask Advise Refer to Quit Don't Switch](#)



## Asthma Educator Institute



The purpose of the Asthma Educator Institute is to build the skills and capacity of healthcare professionals to treat and manage individuals with Asthma, while at the same time prepare eligible candidates to successfully pass the National Asthma Educator Certification Board (NAECB) examination to become a Certified Asthma Educator (AE-C). Up to 14.0 CEU/CME credits are available.

- **Next virtual course date:**
  - December 13, 14 and 16, 2022
- **New On Demand version!**

Self-paced, Take up to 6 months to complete
- **Access course information at:**
  - [Lung.org/AEI](https://www.lung.org/AEI)

# Improving Asthma for All

## Project Overview

### Goal:

- Less severe asthma and fewer respiratory problems for adults with asthma, quit tobacco when possible

### Timeline:

- 5-year initiative spanning 21 states

### Year One focus states:

- Kentucky, **Michigan**, Missouri, West Virginia, Fresno, CA

Comprehensive approach to improve asthma self-management, identify environmental triggers, increase education and tobacco cessation by training and supporting professionals

- **Education for healthcare professionals and individuals**
  - Asthma Basics & Tobacco Basics
- **Behavior Modification Programs – scholarships available for facilitator training**
  - Freedom From Smoking
  - Breathe Well, Live Well
- **Health Systems Change**
  - Ask, Advise, Refer

For more info: [ImprovingAsthmaforAll@lung.org](mailto:ImprovingAsthmaforAll@lung.org)

# American Lung Association

## Clinic Resources

### Asthma Quality Improvement: Enhancing Care for Children with Asthma



## Environmental Improvements for Children with Asthma

- Free virtual home assessment
- Offered to residents in 6 locations
- Recruiting new clinics now including **Michigan!**
- Contact [lung.org](http://lung.org) or call 1-800-LUNGUSA for information

In addition to being available at no charge to primary care clinics, the *Enhancing Care for Children with Asthma* program allows providers and other healthcare professionals to earn Maintenance of Certification Part 4 credits, as well as CME and CEU credits. More information is available at [Lung.org/EnhancingAsthmaCare](http://Lung.org/EnhancingAsthmaCare). Priority will be given to clinics in Illinois, Maryland, **Michigan**, Minnesota, Montana, New Mexico, Pennsylvania, Oklahoma, Washington, and Wisconsin.

# QUESTIONS?

## LUNG HELPLINE

Talk for free with our lung health experts such as respiratory therapists, nurses, and tobacco cessation counselors about asthma, COVID-19 or any other lung health questions.



Lung HelpLine  
1-800-LUNG-USA

Bilingual Spanish speaking staff along with a live language interpretation service for over 250 languages.





# Thank you!

**Let's work together to help those in your community  
living with asthma!**



[Asthma@Lung.org](mailto:Asthma@Lung.org)

[KickinAsthma@Lung.org](mailto:KickinAsthma@Lung.org)

[OAS@Lung.org](mailto:OAS@Lung.org)

[BreathWell@Lung.org](mailto:BreathWell@Lung.org)

[AsthmaEducatorInstitute@Lung.org](mailto:AsthmaEducatorInstitute@Lung.org)

# Our Vision

A World Free of Lung Disease

