

Healthy Hoops® Presents: Asthma Continuing Education Course for Nurses

Presented by Maureen George



Background

Asthma is a leading cause of childhood morbidity. According to the CDC, in 2008, children ages 5 – 17 years with at least one asthma attack in the previous year missed over 10 million school days. Nearly 60 percent had at least one absence, making asthma the leading cause of school absenteeism attributable to a chronic medical condition. More than 5 percent of children also experienced activity limitations, and uncontrolled asthma was associated with poorer academic performance.

The burden of asthma is greatest in minority communities and among those living in poverty. To address increasing asthma prevalence, morbidity and mortality and the associated financial and social costs, asthma guidelines provide school nurses evidence-based recommendations for the diagnosis, management and education of children with asthma and their families.

Training overview and goal

The goal of this program is to highlight the key components of national and global asthma guidelines, with a focus on what is new in our understanding of asthma. This knowledge should facilitate implementing asthma care and education standards in community, clinical and school settings. The target audience includes school nurses; nurses working in hospitals, outpatient centers or the community; respiratory therapists; nurse practitioners and physician assistants.

Training objectives

Upon completing this six-hour training session, participants will be able to:

1. Identify global, national and regional trends in asthma prevalence, morbidity and mortality.
2. Describe the development of asthma and the factors associated with varying patterns of disease expression.
3. Discuss the key characteristics of the four components of the EPR-3:
 - a. Diagnosis, assessment and monitoring (asthma severity vs. asthma control; the role of spirometry and peak flow monitoring).
 - b. Key principles of asthma education and management to create a partnership.
 - c. Environmental factors that contribute to asthma severity and control.
 - d. New asthma treatment recommendations based on age, disease severity and level of control.



Maureen George, Ph.D., RN, AE-C, FAAN, asthma educator

Program attendees said:

“Great presentation.”

“This was the best program ever.”

“I learned more about asthma this afternoon than I’ve learned in 10 years of being a school nurse.”

Nursing continuing education units (CEUs) are available through the California Board of Registered Nurses (CEP 12618). Every 50 minutes of instruction equals one contact hour.

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About Healthy Hoops



Since 2003, Healthy Hoops has been helping children and their families learn how to better control their children's asthma and otherwise adopt healthy lifestyles.

The program's goal is to help children with uncontrolled asthma, and their families, manage their disease day to day. That includes learning how to exercise safely, avoiding triggers and taking medicine just as directed.

To date, thousands of children and families have benefitted from this award-winning program and its related training for coaches and school nurses.

For more information, contact us at:
info@amerihealthcaritaspartnership.org
1-888-674-8780
www.amerihealthcaritaspartnership.org



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