

Asthma Learning Tool

Answers

This questionnaire will tell you what you know about asthma and what you still need to learn.

Instructions:

- Most questions are based on individual pages of *One Minute Asthma: What You Need to Know*.
- Complete the questionnaire before reading *One Minute Asthma*. Place a check in the right hand column for each correct answer.
- Read *One Minute Asthma* and answer the questions that you missed. The page number for each answer (7th edition) is listed next to the question.
- If you like, take the questionnaire one week later to check your improvement.
- There may be other right answers to the questions below, but those listed in *One Minute Asthma* are the most important.

Results:

- Some people may only know the answer to 10 percent of these questions. Others will know much more.
- After completing the Asthma Learning Tool, continue to study until you know all of the answers.

Answers

You Can Control Asthma

1: Name four main signs of excellent asthma control:

Page 7

1. Can run as long and fast as you want
2. Miss no work or school days due to asthma
3. Make no unscheduled doctor visits due to asthma
4. Sleep through night without cough or wheeze

Signs of Asthma Trouble

2: Name four signs of asthma that you can see or hear:

Page 9

1. Cough
2. Wheeze
3. Breathing faster
4. Sucking in of the chest skin

What is asthma?

3: Asthma is often misdiagnosed as...

Page 10

1. Bronchitis
2. Pneumonia

What happens in the airways?

4: Patients with asthma have airways that are overly sensitive or "hyper-responsive."

Page 11

- Yes
- No

5: Name the two main things that happen in the airways during an episode:

Page 11

1. Lining of the airways becomes swollen (inflammation)
2. Muscles around the airways tighten (bronchoconstriction)

Answers

Asthma Triggers

6: Name at least two major triggers of asthma: **Page 12**

1. Respiratory infections
2. Allergens
3. Exercise
4. Pollutants
5. Cold air

7: Can effects of triggers last more than a week? **Page 13**

- Yes
- No

8: Name at least two ways to reduce triggers: **Page 14**

1. Don't allow smoking in your home or car
2. Avoid your allergens
3. Encase mattresses and pillows
4. Keep humidity in your house between 25 and 50%
5. Use a HEPA air filter in bedroom

9: Name at least two situations in which a person with poorly controlled asthma may cough: **Page 18**

1. At night
2. With exercise
3. In smoky areas
4. After laughing or crying
5. In cold air

10: Can sinus trouble trigger an asthma episode and interfere with its treatment? **Page 17**

- Yes
- No

Asthma Medicines

11: What does a controller medicine do? **Page 36**

Keeps an attack from happening

12: Name the most effective type of controller medicine: **Page 38**

Inhaled steroids

13: How do inhaled steroids (such as Aerobid, Asmanex, Azmacort, Flovent HFA, Pulmicort, and QVAR) work? **Page 38**

Prevent swelling of the airway lining and/or reduce existing swelling

14: How do leukotriene modifier medicines (such as Accolate and Singulair) work? **Page 40**

Prevent asthma signs and symptoms by blocking an early part of the asthma reaction.

15: How does cromolyn work? **Page 41**

Keeps the airways from becoming inflamed.

Answers

16: Name one good effect of albuterol (Bricanyl, Maxair, Proventil HFA, Ventolin HFA and Xopenex): **Page 42**

Dilates the airways rapidly

17: Name two side effects of albuterol: **Page 42**

1. *Shakiness or tremor*

2. *Increased heart rate*

18: Purified albuterol (Xopenex) is a form of albuterol that is less likely to cause prolonged hyper-responsiveness of the airways. **Page 42**

Yes

No

Tracking Your Asthma

19: A peak flow meter measures the fastest speed at which you can blow air out of your lungs. **Page 21**

Yes

No

20: Define the term symptom. ***see end**

A sensation of an illness experienced by the patient that is not normal. Examples are tight chest and shortness of breath.

21: Define the term sign. ***see end**

An indicator that can be observed by others. Examples are cough and wheeze.

Using the Asthma Action Plan – Green Zone

22: Should you take your regular controller medicines daily when you are in the green zone? **Page 32**

Yes

No

Using the Asthma Action Plan – High Yellow Zone

23: What three actions should you take in the High Yellow Zone? **Page 31**

1. *Eliminate triggers*

2. *Double or add inhaled steroid*

3. *Take albuterol as prescribed*

Delivering Inhaled Medicines

24: Should you puff (prime) your inhaler (MDI) before use if you haven't used it for a week? **Page 46**

Yes

No

25: While you are having an asthma episode, why should you wait one to three minutes between puffs of a quick relief medicine? ***see end**

So the first puff can start to dilate the airway allowing the second puff to go deeper.

26: How can you tell how much medicine you have left in your canister: **Page 53**

Calculate it based on your daily dose or mark it on the canister label.

27: If you are using two inhalers (a quick relief medicine and an inhaled steroid) why should you take quick relief medicine first? **Page 46**

It will dilate the airways allowing the inhaled steroid to go deeper.

Answers

Answers	
28: Name at least two advantages of using an MDI with a holding chamber:	
1.	Easy to hold in right position
2.	Holds puff of medicine so you can inhale slowly
3.	Helps more medicine get into airways
4.	Lessens bad taste of medicine
5.	Reduces possible bad effects of medicines
29: Who can benefit from using a holding chamber with mask?	
Anyone who cannot hold their breath for 5 seconds or has other problems using a holding chamber.	
30: When you use a compressor driven nebulizer, why should you take longer to breathe in than to breathe out?	
*see end	
Medicine only enters the lungs when you are breathing in.	
Severity of Asthma	
31: A patient with signs or symptoms more than two days a week has persistent asthma and should take a controller medicine every day.	
*see end	
<input checked="" type="checkbox"/> Yes	
<input type="checkbox"/> No	

***Notes:**

- Question 20: A symptom is a sensation, such as a tight chest.
- Question 21: A sign is an indicator that can be observed by others, such as a cough, a wheeze or sucking in of the chest skin.
- Question 25: So the first puff can dilate the airway allowing the second puff to go deeper.
- Question 30: Medicine only enters the lungs when you are breathing in.
- Question 31: Yes

After you have read *One Minute Asthma* and know the answers to all of these questions, you will have a good basic understanding of asthma.

Please take two minutes to evaluate this Asthma Learning Tool at: [Asthma Learning Tool Evaluation](#)

You can learn a lot more by reading additional sections of *One Minute Asthma* and also *Dr. Tom Plaut's Asthma Guide for People of All Ages*. You can find further information at www.pedipress.com and at the information site of the National Institutes of Health, www.medlineplus.gov