

# Asthma Learning Tool

## Questions

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*.
- When you are finished, read *One Minute Asthma* and answer the questions that you missed. At the end of each question, the page number for answers that can be found in the 7<sup>th</sup> edition are listed in the first column, and answers that can be found in the 8<sup>th</sup> edition are listed in the second column.
- If you do not have a copy of *One Minute Asthma*, download a copy of the answer sheet from: [www.pedipress.com/alt\\_main.html](http://www.pedipress.com/alt_main.html)
- 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.

## Questions

You Can Control Asthma	7 <sup>th</sup> edition	8 <sup>th</sup> edition
<b>1: Name four main signs of excellent asthma control:</b>	<b>Page 7</b>	<b>Page 7</b>
1.		
2.		
3.		
4.		
Signs of Asthma Trouble		
<b>2: Name four signs of asthma that you can see or hear:</b>	<b>Page 9</b>	<b>Page 9</b>
1.		
2.		
3.		
4.		
What is asthma?		
<b>3: Asthma is often misdiagnosed as...</b>	<b>Page 10</b>	<b>Page 10</b>
1.		
2.		
What happens in the airways?		
<b>4: Patients with asthma have airways that are overly sensitive or "hyper-responsive."</b>	<b>Page 11</b>	<b>Page 11</b>
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
<b>5: Name the two main things that happen in the airways during an episode:</b>	<b>Page 11</b>	<b>Page 11</b>
1.		
2.		

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Asthma Triggers	7 <sup>th</sup> edition	8 <sup>th</sup> edition
<b>6: Name at least two major triggers of asthma:</b>	<b>Page 12</b>	<b>Page 12</b>
1.		
2.		
3.		
4.		
5.		
<b>7: Can effects of triggers last more than a week?</b>	<b>Page 13</b>	<b>Page 13</b>
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
<b>8: Name at least two ways to reduce triggers:</b>	<b>Page 14</b>	<b>Page 14</b>
1.		
2.		
3.		
4.		
5.		
<b>9: Name at least two situations in which a person with poorly controlled asthma may cough:</b>	<b>Page 18</b>	<b>Page 24</b>
1.		
2.		
3.		
4.		
5.		
<b>10: Can sinus trouble trigger an asthma episode and interfere with its treatment?</b>	<b>Page 17</b>	<b>Page 21</b>
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
<b>Asthma Medicines</b>		
<b>11: What does a controller medicine do?</b>	<b>Page 36</b>	<b>Page 44</b>
<b>12: Name the most effective type of controller medicine:</b>	<b>Page 38</b>	<b>Page 45</b>
<b>13: How do inhaled steroids (such as Aerobid, Alvesco, Asmanex, Azmacort, Flovent, Pulmicort, and QVAR) work?</b>	<b>Page 38</b>	<b>Page 45</b>
<b>14: How do leukotriene modifier medicines (such as Accolate and Singulair) work?</b>	<b>Page 40</b>	<b>Page 47</b>
<b>15: How does cromolyn work?</b>	<b>Page 41</b>	<b>Page 48</b>

## Questions

Questions		
Asthma Medicines cont.	7 <sup>th</sup> edition	8 <sup>th</sup> edition
16: Name one good effect of albuterol (Bricanyl, Maxair, Proventil, Ventolin and Xopenex):	Page 42	Page 50
17: Name two side effects of albuterol:	Page 42	Page 50
1.		
2.		
18: Purified albuterol (Xopenex) is a form of albuterol that may be less likely to cause prolonged hyper-responsiveness of the airways.	Page 42	Page 50
<input type="checkbox"/> Yes		
<input type="checkbox"/> 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	Page 28
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
20: Define the term symptom.		*see end
21: Define the term sign.		*see end
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	Page 40
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
Using the Asthma Action Plan – High Yellow Zone		
23: What two actions should you always take in the High Yellow Zone?	Page 31	Page 40
1.		
2.		
Delivering Inhaled Medicines		
24: Should you puff (prime) your inhaler (MDI) before use if you haven't used it for a week?	Page 46	Page 54
<input type="checkbox"/> Yes		
<input type="checkbox"/> 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
26: How can you tell how much medicine you have left in your canister:	Page 53	Page 61
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	Page 54

## Questions

Questions		
Delivering Inhaled Medicines cont.	7 <sup>th</sup> edition	8 <sup>th</sup> edition
<b>28: Name at least two advantages of using an MDI with a holding chamber:</b>	Page 48	Page 56
1.		
2.		
3.		
4.		
5.		
<b>29: Who can benefit from using a holding chamber with mask?</b>	Page 50	Page 58
<b>30: When you use a compressor driven nebulizer, why should you take longer to breathe in than to breathe out?</b>	*see end	
<b>Severity of Asthma</b>		
<b>31: A patient with signs or symptoms more than two days a week has persistent asthma and should take a controller medicine every day.</b>	*see end	
<input 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 *Dr. Tom Plaut's Asthma Guide for People of All Ages*. You can find further information at [www.pedipress.com](http://www.pedipress.com) and at the information site of the National Institutes of Health, [www.medlineplus.gov](http://www.medlineplus.gov)