



The Breathe Well, Live Well® adult asthma education program is implemented in three parts: an orientation element, an education element, and a follow-up and reinforcement element.

Orientation: a 15-minute telephone call held up to one month before the education element to provide an overview of the program, to learn about the client and their needs, and to prepare the client for the lessons.

Education: The asthma education element is a 4 to 5-hour intensive asthma self-management program that covers the materials in the Breathe Well, Live Well Guide. The educator will cover the topics to optimize learning and behavior change. For example, guided practice and feedback on inhaler use, goal setting and modeling will be among the instructional methods used. This element covers the lessons in the Breathe Well, Live Well Guide.

Follow-up: a 15-minute phone call or brief visit with the client 90-days after the first education visit, allowing time for the client to encounter a range of barriers and successes. During this follow-up, educators inquire about implementation of self-management skills and discuss solutions to any problems.

To meet the needs of adults living with asthma, the American Lung Association designed the Breathe Well, Live Well educational element to be taught in different settings and formats. Whether you are implementing this program in a group setting or one-on-one, here are some ways to tailor the education to meet the needs of the client.

1-day Education

(This option works best on a weekend, e.g., Saturday 9 a.m. – 12 p.m.)

One Day*

3-4 hours

Introduction	20-30 minutes
Lesson 1	30 minutes
Break	10-15 minutes
Lesson 2	20 minutes
Lesson 3	30 minutes
Break	10-15 minutes
Lesson 4	30 minutes
Lesson 5	20 minutes
Wrap-up/next Steps	10-15 minutes

*Please note that while 1-day Education is an option, clients have shown fewer instances of long-term adoption of self-management practices.

2-day Education

(This option works well for weekday evenings, e.g., Tuesday and Thursday from 6:00 p.m. – 7:30 p.m.)

Two Day* 90-120 minutes each day

Day 1	Introduction	20-30 minutes
	Lesson 1	30 minutes
	Lesson 2	20 minutes
	Wrap-up/next Steps	10 minutes
Day 2	Review Day 1	10-15 minutes
	Lesson 3	30 minutes
	Lesson 4	30 minutes
	Lesson 5	15 minutes
	Wrap-up/next Steps	5 minutes



3-day Education

(This option works well for weekday brown bag lunch sessions, e.g., Monday, Wednesday and Friday from 12:00 p.m. – 1: 00 p.m.)

Three Day 60 minutes each day

Day 1	Introduction	20 minutes
	Lesson 1	30 minutes
	Wrap-up/next Steps	5-10 minutes
Day 2	Lesson 2	20 minutes
	Lesson 3	30 minutes
	Wrap-up/next Steps	5-10 minutes
Day 3	Lesson 4	30 minutes
	Lesson 5	15 minutes
	Wrap-up/next Steps	5-10 minutes

One-on-one Education model*

(This option works well as part of an in-home asthma management program that incorporates an environmental assessment)

Visit	Timing	Curriculum Activities	Forms and Supplies
1- Orientation	1 hour	Program Overview Enrollment and Intake	Breathe Well, Live Well Pre-Test
2- Education	1.5 hours (One Week later)	Course Overview Lesson 1 Lesson 2 Lesson 3	Breathe Well, Live Well Workbook Asthma Medicines Chart Inhalers (participant should have medication available to review) In-Check Dial to practice inhalation technique (optional)
3- Education	1.5 hours (One Week later)	Review of Lessons 1, 2 & 3 Lesson 4 Lesson 5 Wrap-Up	Breathe Well, Live Well Workbook Sample Peak Flow Meter Breathe Well, Live Well Participant Evaluation & Post-Test

*Based on the one-on-one education model implemented in Long Beach, California as part of the *CAARE Program* operated by the Long Beach Department of Public Health from 2008 - 2013.