



Program Overview

Program Philosophy

Asthma is a chronic disease that requires long-term treatment. By working with a healthcare provider and completing this program, Breathe Well, Live Well participants will learn to take responsibility for controlling their asthma.

The Breathe Well, Live Well program teaches simple strategies that can be incorporated into daily life in order to help reduce asthma symptoms and breathing emergencies. Breathe Well, Live Well also helps participants experience less activity restrictions due to asthma.

Program Goal

The goal of the American Lung Association's Breathe Well, Live Well program is to reduce illness and disability due to asthma by improving asthma knowledge and self-management skills.

Program Objectives

Adults who complete the American Lung Association's Breathe Well, Live Well program should be able to:

- Describe asthma and how it affects breathing.
- Practice effective communication skills with healthcare providers.
- Identify asthma control medicines and demonstrate the correct use of asthma medication devices.
- Recognize and track asthma symptoms.
- Demonstrate what to do during an asthma episode and how to handle a breathing emergency.
- Modify lifestyle to prevent asthma symptoms.

Orientation Module

Purpose

The purpose of the orientation is to acquaint the learner with Breathe Well, Live Well and to prepare them to participate in the education sessions.

Materials

The following materials will be helpful to have on hand when conducting the Orientation Module:

- *A copy of the American Lung Association's Breathe Well, Live Well: Guide to Managing Asthma at Home and Work*
- *Breathe Well, Live Well Pre-Test*

Summary

- Introductions
- Provide a brief program overview
- Complete the Breathe Well, Live Well Pre-Test
- Explain the Breathe Well, Live Well program philosophy
- Make a plan to meet and discuss what materials they should bring with them to the education sessions.



Introduction

Purpose

The purpose of this lesson is to help participants better understand their level of asthma control, the concepts of self-management education, and complete a goal setting exercise that will be used throughout the education process to motivate behavior change.

Materials

The following materials will be helpful to have on hand when reviewing the content of this lesson:

- *A copy of the American Lung Association's Breathe Well, Live Well: Guide to Managing Asthma at Home and Work*
- *Breathe Well, Live Well Pre-Test*
- *Lung model*
- *Rubber or elastic band*
- *A smart phone or tablet*

Summary

- Introductions
- Understanding asthma control
 - *Complete "Quick Quiz: Is My Asthma Under Control?" – (page 4)*
 - *Explain "Rules of Two" – (page 4)*
- Explain the concepts of self-management education
- Complete the Goal Setting Exercise – (page 6)

Session 1: Understanding Your Asthma

Purpose

The purpose of this lesson is to help participants understand what happens in the lungs when asthma symptoms start, to learn about how symptoms can be triggered by exposures to things in our environment like where we live and where we work, and how other health conditions can impact asthma control.

Materials

- *A copy of the American Lung Association's Breathe Well, Live Well: Guide to Managing Asthma at Home and Work*
- *The Breathe Well, Live Well Guide has helpful pictures and links to resources that help to explain asthma.*
- *Lung model*
- *There are several lung models on the market that can provide a visual aid to help demonstrate a normal airway versus an airway with asthma.*
- *Rubber or elastic band*
- *Use a rubber band to demonstrate bronchoconstriction, or muscles tightening around the airways*
- *A smart phone or tablet*
 - *The American Lung Association has a brief video called, "[What is Asthma?](#)" that describes asthma.*



Summary

- Define asthma – (page 8)
- Identify common asthma symptoms – (page 8)
- Explain an asthma flare-up – (page 9)
- Recognizing and avoiding asthma triggers – (page 10)
- Special consideration when treating and managing asthma – (pages 12-13)
- Define asthma control – (page 14)

Session 2: Building Your Asthma Support Team

Purpose

To help facilitators describe the importance of the healthcare team and social support.

Materials

- *A copy of the American Lung Association's Breathe Well, Live Well: Guide to Managing Asthma at Home and Work*
- *Getting Ready for Your Next Office Visit Worksheet*
- *Brochures and Flyers for additional resource*

Summary

- Understanding the role of your healthcare providers and making the most of your visits – (pages 16 - 18)
- Review Getting Ready for Your Next Office Visit Worksheet – (Use the QR Code found on the bottom of page 17)
- Communicating with healthcare team – (page 18)
- Knowing When to Seek Urgent Help – (page 19)
- When to See an Asthma Specialist
 - Complete: "Quick Quiz: Do I Need to See an Asthma Specialist?" - (page 20)
- Seeking Support From Your Personal Connections – (page 22)
- Approaching Your Employer About Your Asthma – (page 23)
- Review American Lung Association and local Support Resources – (page 24)

Session 3: Taking Asthma Medicines

Purpose

To train facilitators to teach about types of asthma medicines and inhalation technique.

Materials

- *A copy of the American Lung Association's Breathe Well, Live Well: Guide to Managing Asthma at Home and Work*
- *American Lung Association Asthma Medication Device & Demonstration videos available from Lung.org/asthmameds*

Summary

- Medicines for Daily Asthma Management – (page 26)
- Making a Medicine Schedule – (page 29)
- Review Medicine Do's and Don'ts – (page 28)
- Review [demonstration videos](#) for proper use of Metered Dose Inhalers, Devices, and Nebulizers – (pages 32-42)
- Wrap Up



Session 4: Using Tools for Daily Self-Management

Purpose

To identify ways to prevent an asthma episode, provide tools to manage asthma daily.

Materials

- *A copy of the American Lung Association's Breathe Well, Live Well: Guide to Managing Asthma at Home and Work*
- *A list of local resources to recommend for the Controlling Your Asthma Triggers exercise*
- *Measuring Symptoms and Peak Flow Exercises (Based on patient preference)*
- *Asthma Action Plan*
- *Traffic Light Graph*

Summary

- Avoiding and Controlling Your Asthma Triggers Exercise – (pages 44-47)
- Monitoring Your Airways – (page 49)
- Understanding Your Asthma Action Plan – (pages 51-52)
- Using Your Asthma Action Plan to Regain Control – (page 53)
- Signs You May Need a New Action Plan Exercise – (page 54)

Session 5: Following Good Health Habits

Purpose

To identify ways to learn healthy lifestyle habits in order to stay active and healthy.

Materials

- *A copy of the American Lung Association's Breathe Well, Live Well: Guide to Managing Asthma at Home and Work*
- *American Lung Association Breathing Techniques videos available at [Lung.org/breathing-exercises](https://www.lung.org/breathing-exercises)*
- *Breathe Well, Live Well Post-Test*
- *Participant Evaluation Form*

Summary

- Learning to Deal With Stress – (page 56)
- Keeping Active Through Exercise – (page 59)
- Avoiding Tobacco Smoke – (page 60)

Wrap-up

At the final visit, you will want to the client to complete the Breathe Well, Live Well Post-Test and the Participant Evaluation Form. Also, make a plan for a follow-up visit in 3 months to check on progress with asthma management skills either in-person or by phone.



Follow-Up Reinforcement Module

Purpose

To resolve any remaining questions the patient may have regarding controlling their asthma or properly using their medicine and to assess asthma control.

Materials Needed

- *A copy of the American Lung Association's Breathe Well, Live Well: Guide to Managing Asthma at Home and Work*
- *Asthma Action Plan*
- *Participant Goals*

Summary

- Prepare for Follow-up Call or visit
- Discuss any issues or questions the patient may have regarding controlling their asthma or using their asthma medicine/devices
- Describe American Lung Association resources for more support delivering the program