

## Asthma Educator Institute – Course Syllabus

### Course Description:

The Asthma Educator Institute is a preparatory course for those qualified to take the National Board for Respiratory Care (NBRC) examination and also for individuals who want to implement asthma guidelines-based care. The American Lung Association Asthma Educator Institute was developed in January of 2003 and mirrors the National Institute of Health, Expert Panel Report 3: *Guidelines for the Diagnosis and Management of Asthma*.

The curriculum covers the detailed content outline in the NBRC Candidate Handbook and includes case reviews, hands-on skills demonstration and practice. The course is delivered by asthma experts, including Certified Asthma Educators (AE-C), respiratory therapists, nurse practitioners, physicians, health educators and pharmacists.

**Course Website Link:** <https://www.lung.org/professional-education/training-certification/asthma-educator-institute>

**CEU/CME Credits:** Credits are offered for a variety of health care professionals. Up to 14 credits are available for the live stream virtual events and are awarded based on live participation at the event. Full credit is awarded to participants who complete the OnDemand course, pass the post-course knowledge assessment (80% or better) and submit the post evaluation survey.

**Asthma Basics:** Asthma Basics is a free online self-paced learning module to help people learn more about asthma. The program is ideal for frontline healthcare workers, as well as patients and their caregivers, and is available in English and Spanish. This course also provides 1 CEU/CME credit for licensed healthcare professionals. (***This course is strongly recommended for participation in the virtual course, and a required course for taking AEI OnDemand***)

**Contact info:** If you have general questions about the course please email [AsthmaEducatorInstitute@lung.org](mailto:AsthmaEducatorInstitute@lung.org). To receive future course communications, complete the “Stay Informed” section at [Lung.org/AEI](https://www.lung.org/AEI)

### Course Objectives

- To prepare participants to provide NHLBI guidelines-directed asthma care to patients, families and healthcare providers across all settings.
- To describe the various roles of the asthma educator.
- To prepare participants to pass the National Board for Respiratory Care AE-C exam.
- To network with healthcare professionals, asthma educators and organizations surrounding asthma education and asthma care policies.
- To engage professionals in the American Lung Association mission by promoting evidence-based and best practice asthma education programs, tools and resources to reduce the burden of asthma among children and adults.

## Learning Objectives

Upon completion of this course, participant will be able to:

1. Discuss the burden and pathophysiology of the asthma condition.
2. Discuss patient and family assessments related to educational needs
3. Assess barriers to adherence for patients and families and identify strategies to address them.
4. Identify factors contributing to acute and chronic asthma.
5. Identify methods to assess, diagnose, and monitor asthma.
6. Understand key components of spirometry and its role in asthma diagnosis and management.
7. Describe medications used in asthma management.
8. Discuss steps in the development, implementation and evaluation of an asthma management plan.
9. Identify components of asthma program evaluation and professional best practices
10. Observe and demonstrate selected procedures in asthma assessment and care.
11. Identify factors that contribute to the successful completion of the AE-C exam.

## Inclusion Statement:

The American Lung Association is committed to advancing our mission to save lives by improving lung health and preventing lung disease while fostering inclusion in our practices, programs and processes. For our education programs specifically, we do not discriminate against persons with various characteristics, including, but not limited to, individuals with temporary and permanent disabilities, certain immigration status, and mental health conditions. We also are committed to ensuring we provide accommodations for persons with various learning needs. Please feel free to let us know if there are circumstances affecting your ability to participate in the program.

## Expectations for Participant Success:

To be successful in this course, we recommend and ask that participants focus on five key things.

- 1) **Prepare.** This course asks that you prepare for class and review content. During the program, the faculty will guide your learning and facilitate discussion. Group work and individual case studies or resources are additional opportunities to practice applying what you know.
- 2) **Actively participate.** To succeed in this program, you must be focused and involved, offering your comments, questions, feedback, and answers.
- 3) **Take steps to avoid distractions.** During discussions, please turn off your cell phone and other electronic devices so you can focus on discussion.
- 4) **Be respectful.** In this course, we will be exposed to a variety of viewpoints, values, and opinions that may differ from our own. All participants in this course should feel comfortable expressing their viewpoints and concerns. We are each an important part of creating the atmosphere that makes this possible.
- 5) **Act with integrity.** Your instructors and fellow professionals expect you to choose to act with integrity in all your interactions, including this one.



## **AEI TOPIC AGENDA**

\*This agenda is subject to change.

### **Day 1**

- Burden of Asthma and Asthma Overview
- Education Principles for a Partnership in Asthma Care
- Barriers to Adherence and Compliance: Behavioral, Cultural and Other Challenges
- Assessment, Diagnosis and Monitoring of Asthma

### **Day 2**

- Spirometry Overview
- Spirometry: Calculations & Case Studies
- Asthma Management Treatments – part 1
- Asthma Management Treatments – part 2
- Asthma Medicine Devices and Demonstration

### **Day 3**

- EPR3 Asthma Guidelines: 2020 Focused Update Overview
- Asthma Action Plan: Management Plan Development
- Factors Contributing to Asthma Exacerbations
- Your Role as an Asthma Educator: Professional Issues/ Professional Practices
- Exam Preparation

Note: The above agenda topics are included in the OnDemand version of the Asthma Educator Institute course, offered in a self-paced format to be completed within 6 months of registration.