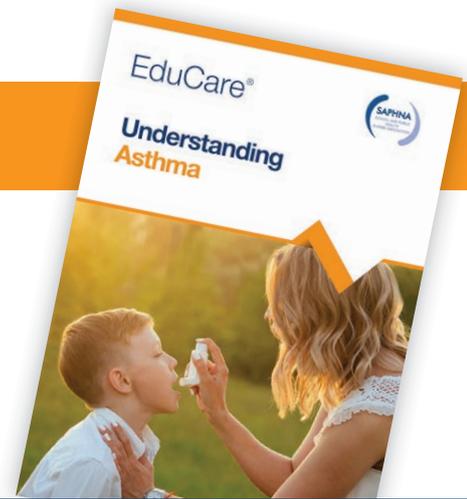


## Understanding Asthma

This course will help you to understand asthma, a chronic, long-term condition that affects 5.4 million people in the UK. At EduCare, we ensure that all of our training courses are written and endorsed by experts. This course has been endorsed by the School and Public Health Nurses Association.



### Course details

- **Level 2 course as graded against the nationally accepted levels**
- **One module with a multiple-choice questionnaire**
- **One CPD credit\***
- **Optional narration of the course module and questionnaire for accessibility**
- **Personalised downloadable certificate**
- **70% pass mark**
- **Printable module for future reference**

\*1 CPD credit equals up to 1 hour of learning

### Course content

- A look at what asthma is, and the number of ways the airways react when someone is having an asthma attack.
- Information on symptoms a sufferer may experience during an asthma attack.
- Details on the common triggers for asthma, including house dust mites, cigarette smoke, stress and many more.
- A look at the different treatments for asthma, and medications used to treat the symptoms and reduce the likelihood of an asthma attack.
- Information on the two main types of inhaler, one for relieving symptoms, and the other for preventing the occurrence of symptoms.
- Information on other treatments that may be prescribed for asthma which includes tablets and injections.
- A helpful video that demonstrates the use of inhalers.
- Important information on first aid treatment to help reduce the effects of an attack, and procedures you should take if you suspect someone is having an asthma attack.
- Procedures for emergency medication including who you can use emergency medication on.
- Specific information for schools, including information on salbutamol inhalers which schools can purchase without a prescription and use in an emergency.

### This course is suitable for

Anyone who wants to increase their understanding of asthma.

Contents

## What are the common triggers for asthma?

Asthma triggers are anything that an individual's airways are sensitive to. This means that triggers can be different for every person. **Can you think of some possible triggers for asthma?** Click the icon below to see more information.

Common triggers for asthma include:

- scented deodorants and perfumes
- latex gloves
- chemicals and fumes
- weather and air quality
- exercise
- viral infections
- house dust mites
- cigarette smoke
- mould and damp
- pollen and grass cuttings
- furry and feathery animals
- stress and emotion

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## Procedures for emergency medication

The only emergency medication likely to be used in an asthma attack is an inhaler. Emergency medication should only be used for the person named on the medication. It cannot be provided to any other person experiencing an asthma attack.

You have now finished this section, click the 'Home' button to return to the main menu.

Further information for schools

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## Treatment for asthma

There are two kinds of inhaler:

**Preventer inhaler**

This inhaler contains medication that prevents the occurrence of asthma symptoms by preventing inflammation in the airways. This inhaler is commonly in a brown container but can be other colours such as orange depending on the medication. This inhaler should be used every day as prescribed.

Click the inhalers on the right

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## Key features

- Visually engaging and highly interactive.
- Answer explanations for those who achieve the pass mark.
- A bank of extra resources to extend learning.

## Pricing options

1. Available as a standalone course on the EduCare website.
2. Buy as part of our Health Awareness Bundle. For further information, please call 01926 436212 to discuss purchase options and licences.



## Why choose us?



“ We purchased EduCare for Education to enable us to train all our staff in one go, but at their own pace and in their own time. It's very flexible and cost effective and the accredited courses are quality training. The online system has certainly met our expectations. ”

Penny Austin  
Head Teacher, Walthamstow Hall Junior School

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