

# Asthma Learning Tool for Teachers

## Answers

This questionnaire will tell you what you know about asthma and what you still need to learn.

### Introduction:

There is a student with asthma in almost every classroom. For the safety of these students, every teacher should know some basic facts about asthma. This learning tool was designed to provide these basic facts.

- Most of these questions are based on individual pages of *One Minute Asthma: What You Need to Know*.
- Complete the questionnaire before reading *One Minute Asthma* answering as many of the questions as you can.
- 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/school\\_alt.html](http://www.pedipress.com/school_alt.html)
- Answers not found in *One Minute Asthma* are listed at the end of this questionnaire.
- Answer statements with a yes or no; answer questions with a word or phrase.
- After completing the Asthma Learning Tool for Teachers, continue to study until you know all of the answers.

### Answers

		7 <sup>th</sup> edition	8 <sup>th</sup> edition
<b>1: What is the basic problem in asthma?:</b>		<b>Page 10</b>	<b>Page 10</b>
1.	The airways are over-sensitive to triggers.		
<b>2: Name four main signs of an asthma episode:</b>		<b>Page 9</b>	<b>Page 9</b>
1.	Cough		
2.	Wheeze		
3.	Sucking in the chest skin		
4.	Breathing faster than usual		
<b>3: Students have poor asthma control if they:</b>		<b>Page 7</b>	<b>Inside cover</b>
1.	Cough or wheeze more than two days per week.		
2.	Limit their physical activity due to asthma.		
<b>4: Students can improve asthma control by:</b>			<b>See end</b>
1.	Learning more about asthma and how to treat it.		
2.	Working out a new treatment plan with their doctor.		
<b>5: A cough is often the first sign that asthma is not well controlled:</b>		<b>Page 18</b>	<b>Page 24</b>
	<input checked="" type="checkbox"/> Yes		
	<input type="checkbox"/> No		
<b>6: Once their asthma is under control, students will be able to run as fast and as long as they want</b>		<b>Page 7</b>	<b>Page 7</b>
	<input checked="" type="checkbox"/> Yes		
	<input type="checkbox"/> No		

## Answers

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<b>7: What type of medicine is used daily to prevent episodes?</b>		<b>Page 36</b>	<b>Page 44</b>
1.	Controller medicine (inhaled steroid or a leukotriene modifier)		
<b>8: What type of medicine is used to treat an asthma episode?</b>		<b>Page 37</b>	<b>Page 44</b>
1.	Quick relief medicine (inhaled albuterol)		
<b>9: Should students have ready access to their rescue inhaler?</b>		<b>See end</b>	
	<input checked="" type="checkbox"/> Yes		
	<input type="checkbox"/> No		
<b>10: Name three common asthma triggers:</b>		<b>Page 12</b>	<b>Page 14</b>
1.	Exercise		
2.	Pollutants (such as chalk dust, perfume or cigarette smoke)		
3.	Allergens (such as animal dander, pollen or mold)		
4.	Viral infections		
5.	Cold air		
6.	Coughing, yelling or laughing		
<b>11: What happens when a person with asthma has contact with more than one trigger?</b>		<b>Page 13</b>	<b>Page 13</b>
1.	The effects of triggers add up and are more likely to cause and prolong symptoms.		
<b>12: Name two signs of an asthma emergency?</b>		<b>Page 7</b>	<b>Page 7</b>
1.	Trouble walking or talking.		
2.	Child is struggling to breathe.		
3.	Lips, tongue or tips of fingers are blue.		
4.	Child is having sever retractions (sucking in of skin between ribs or at front of neck).		

Question 4: Students can improve asthma control by:

- Learning more about asthma and how to treat it.
- Working out a new treatment plan with their doctor.

Question 9: Should students have ready access to their rescue inhaler?

- Yes, either carry it or have it easily available in the nurse's or principal's office.

A student who has any sign of asthma (cough, wheeze, sucking in the chest skin or breathing faster) is having an asthma episode. Refer to the [Asthma Emergency Guide](#) to learn how to tell the difference between a severe asthma episode requiring immediate medical care and a moderate asthma episode requiring medical care within one to two hours.

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. You can learn a lot more by reading additional sections of *One Minute Asthma* and also *Dr. Tom Plaut's Asthma Guide for People of All Ages*. For further information visit [www.pedipress.com](http://www.pedipress.com).

If you have a particular interest in asthma, you may want to use the more comprehensive [Asthma Learning Tool for Patients and Professionals](#).