

Asthma Learning Tool for Teachers

Questionnaire

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 7th edition are listed in the first column, and answers that can be found in the 8th 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
- 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.

Questions

		7 th edition	8 th edition
1: What is the basic problem in asthma?:		Page 10	Page 10
1.			
2: Name four main signs of an asthma episode:		Page 9	Page 9
1.			
2.			
3.			
4.			
3: Students have poor asthma control if they:		Page 7	Inside cover
1.			
2.			
4: Students can improve asthma control by:		See end	
1.			
2.			
5: A cough is often the first sign that asthma is not well controlled:		Page 18	Page 24
	<input type="checkbox"/> Yes		
	<input type="checkbox"/> No		
6: Once their asthma is under control, students will be able to run as fast and as long as they want		Page 7	Page 7
	<input type="checkbox"/> Yes		
	<input type="checkbox"/> No		

Questions

Questions		
	7 th edition	8 th edition
7: What type of medicine is used daily to prevent episodes?	Page 36	Page 44
1.		
8: What type of medicine is used to treat an asthma episode?	Page 37	Page 44
1.		
9: Should students have ready access to their rescue inhaler?	See end	
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
10: Name three common asthma triggers:	Page 12	Page 14
1.		
2.		
3.		
4.		
5.		
6.		
11: What happens when a person with asthma has contact with more than one trigger?	Page 13	Page 13
1.		
12: Name two signs of an asthma emergency?	Page 7	Page 7
1.		
2.		
3.		
4.		

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.

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