

# Asthma Learning Tool

## Questionnaire

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

### Instructions:

- Most questions are based on individual pages of *One Minute Asthma: What You Need to Know*.
- Complete the questionnaire before reading *One Minute Asthma*. Place a check in the right hand column for each correct answer.
- Read *One Minute Asthma* and answer the questions that you missed. The page number for each answer (7<sup>th</sup> edition) is listed next to the question.
- If you like, take the questionnaire one week later to check your improvement.
- There may be other right answers to the questions below, but those listed in *One Minute Asthma* are the most important.

### Results:

- Some people may only know the answer to 10 percent of these questions. Others will know much more.
- After completing the Asthma Learning Tool, continue to study until you know all of the answers.

## Questionnaire

### You Can Control Asthma

**1: Name four main signs of excellent asthma control:** **Page 7**

- 1.
- 2.
- 3.
- 4.

### Signs of Asthma Trouble

**2: Name four signs of asthma that you can see or hear:** **Page 9**

- 1.
- 2.
- 3.
- 4.

### What is asthma?

**3: Asthma is often misdiagnosed as...** **Page 10**

- 1.
- 2.

### What happens in the airways?

**4: Patients with asthma have airways that are overly sensitive or "hyper-responsive."** **Page 11**

- Yes
- No

**5: Name the two main things that happen in the airways during an episode:** **Page 11**

- 1.
- 2.

## Questionnaire

### Asthma Triggers

**6: Name at least two major triggers of asthma:** **Page 12**

1.

2.

3.

4.

5.

**7: Can effects of triggers last more than a week?** **Page 13**

Yes

No

**8: Name at least two ways to reduce triggers:** **Page 14**

1.

2.

3.

4.

5.

**9: Name at least two situations in which a person with poorly controlled asthma may cough:** **Page 18**

1.

2.

3.

4.

5.

**10: Can sinus trouble trigger an asthma episode and interfere with its treatment?** **Page 17**

Yes

No

### Asthma Medicines

**11: What does a controller medicine do?** **Page 36**

**12: Name the most effective type of controller medicine:** **Page 38**

**13: How do inhaled steroids (such as Aerobid, Asmanex, Azmacort, Flovent HFA, Pulmicort, and QVAR) work?** **Page 38**

**14: How do leukotriene modifier medicines (such as Accolate and Singulair) work?** **Page 40**

**15: How does cromolyn work?** **Page 41**

## Questionnaire

**16: Name one good effect of albuterol (Bricanyl, Maxair, Proventil HFA, Ventolin HFA and Xopenex):** **Page 42**

**17: Name two side effects of albuterol:** **Page 42**

1.

2.

**18: Purified albuterol (Xopenex) is a form of albuterol that is less likely to cause prolonged hyper-responsiveness of the airways.** **Page 42**

Yes

No

### Tracking Your Asthma

**19: A peak flow meter measures the fastest speed at which you can blow air out of your lungs.** **Page 21**

Yes

No

**20: Define the term symptom.** **\*see end**

**21: Define the term sign.** **\*see end**

### Using the Asthma Action Plan – Green Zone

**22: Should you take your regular controller medicines daily when you are in the green zone?** **Page 32**

Yes

No

### Using the Asthma Action Plan – High Yellow Zone

**23: What three actions should you take in the High Yellow Zone?** **Page 31**

1.

2.

3.

### Delivering Inhaled Medicines

**24: Should you puff (prime) your inhaler (MDI) before use if you haven't used it for a week?** **Page 46**

Yes

No

**25: While you are having an asthma episode, why should you wait one to three minutes between puffs of a quick relief medicine?** **\*see end**

**26: How can you tell how much medicine you have left in your canister:** **Page 53**

**27: If you are using two inhalers (a quick relief medicine and an inhaled steroid) why should you take quick relief medicine first?** **Page 46**

## Questionnaire

<b>28: Name at least two advantages of using an MDI with a holding chamber:</b>	<b>Page 48</b>
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- |    |  |
|----|--|
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |

<b>29: Who can benefit from using a holding chamber with mask?</b>	<b>Page 50</b>
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<b>30: When you use a compressor driven nebulizer, why should you take longer to breathe in than to breathe out?</b>	<b>*see end</b>
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### Severity of Asthma

<b>31: A patient with signs or symptoms more than two days a week has persistent asthma and should take a controller medicine every day.</b>	<b>*see end</b>
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- |  |                              |
|--|------------------------------|
|  | <input type="checkbox"/> Yes |
|  | <input type="checkbox"/> No  |

**\*Notes:**

- Question 20: A symptom is a sensation, such as a tight chest.
- Question 21: A sign is an indicator that can be observed by others, such as a cough, a wheeze or sucking in of the chest skin.
- Question 25: So the first puff can dilate the airway allowing the second puff to go deeper.
- Question 30: Medicine only enters the lungs when you are breathing in.
- Question 31: Yes

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.

Please take two minutes to evaluate this Asthma Learning Tool at: [Asthma Learning Tool Evaluation](#)

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*. You can find further information at [www.pedipress.com](http://www.pedipress.com) and at the information site of the National Institutes of Health, [www.medlineplus.gov](http://www.medlineplus.gov)