

Asthma Learning Tool

Questions

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*.
- 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/alt_main.html
- 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.

Questions

You Can Control Asthma	7 th edition	8 th edition
1: Name four main signs of excellent asthma control:	Page 7	Page 7
1.		
2.		
3.		
4.		
Signs of Asthma Trouble		
2: Name four signs of asthma that you can see or hear:	Page 9	Page 9
1.		
2.		
3.		
4.		
What is asthma?		
3: Asthma is often misdiagnosed as...	Page 10	Page 10
1.		
2.		
What happens in the airways?		
4: Patients with asthma have airways that are overly sensitive or "hyper-responsive."	Page 11	Page 11
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
5: Name the two main things that happen in the airways during an episode:	Page 11	Page 11
1.		
2.		

Questions

Questions		
Asthma Triggers	7 th edition	8 th edition
6: Name at least two major triggers of asthma:	Page 12	Page 12
1.		
2.		
3.		
4.		
5.		
7: Can effects of triggers last more than a week?	Page 13	Page 13
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
8: Name at least two ways to reduce triggers:	Page 14	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	Page 24
1.		
2.		
3.		
4.		
5.		
10: Can sinus trouble trigger an asthma episode and interfere with its treatment?	Page 17	Page 21
<input type="checkbox"/> Yes		
<input type="checkbox"/> No		
Asthma Medicines		
11: What does a controller medicine do?	Page 36	Page 44
12: Name the most effective type of controller medicine:	Page 38	Page 45
13: How do inhaled steroids (such as Aerobid, Alvesco, Asmanex, Azmacort, Flovent, Pulmicort, and QVAR) work?	Page 38	Page 45
14: How do leukotriene modifier medicines (such as Accolate and Singulair) work?	Page 40	Page 47
15: How does cromolyn work?	Page 41	Page 48

Questions

Asthma Medicines cont.		7 th edition	8 th edition
16: Name one good effect of albuterol (Bricanyl, Maxair, Proventil, Ventolin and Xopenex):		Page 42	Page 50
17: Name two side effects of albuterol:		Page 42	Page 50
1.			
2.			
18: Purified albuterol (Xopenex) is a form of albuterol that may be less likely to cause prolonged hyper-responsiveness of the airways.		Page 42	Page 50
<input type="checkbox"/> Yes			
<input type="checkbox"/> 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	Page 28
<input type="checkbox"/> Yes			
<input type="checkbox"/> 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	Page 40
<input type="checkbox"/> Yes			
<input type="checkbox"/> No			
Using the Asthma Action Plan – High Yellow Zone			
23: What two actions should you always take in the High Yellow Zone?		Page 31	Page 40
1.			
2.			
Delivering Inhaled Medicines			
24: Should you puff (prime) your inhaler (MDI) before use if you haven't used it for a week?		Page 46	Page 54
<input type="checkbox"/> Yes			
<input type="checkbox"/> 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	Page 61
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	Page 54

Questions

Questions		
Delivering Inhaled Medicines cont.	7 th edition	8 th edition
28: Name at least two advantages of using an MDI with a holding chamber:	Page 48	Page 56
1.		
2.		
3.		
4.		
5.		
29: Who can benefit from using a holding chamber with mask?	Page 50	Page 58
30: When you use a compressor driven nebulizer, why should you take longer to breathe in than to breathe out?	*see end	
Severity of Asthma		
31: A patient with signs or symptoms more than two days a week has persistent asthma and should take a controller medicine every day.	*see end	
<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 *Dr. Tom Plaut's Asthma Guide for People of All Ages*. You can find further information at www.pedipress.com and at the information site of the National Institutes of Health, www.medlineplus.gov