



# **Home Health Aide On-the-Go In-Service Lessons: Vol. 4, Issue 12: Adult Asthma (Home Health Aide on-the-Go in-Service Lessons, Volume 4)**

*HCPPro, Inc., Beacon Health*

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This lesson on Adult Asthma includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. LESSON OBJECTIVES Upon completion of this program, the home health aide will be able to: Distinguish among differences in symptoms of asthma and other respiratory diseases Identify two or three asthma triggers Identify one type of medication that asthma sufferers should avoid, and Identify two asthma treatment options. OVERVIEW Asthma is characterized by inflammation of the air passages resulting in the temporary narrowing of the airways that transport air from the nose and mouth to the lungs. Asthma symptoms can be caused by allergens or irritants that are inhaled into the lungs, resulting in inflamed, clogged, and constricted airways. Symptoms include difficulty breathing, wheezing, coughing, and tightness in the chest. In severe cases, asthma can be deadly. Asthma is a breathing problem that can affect people at any age. Sometimes people get asthma for the first time when they are older. Close to 20 million Americans currently have asthma, including approximately 2 million people over the age of 65. Home health aides need to understand the disease so they can adequately care for their patients.

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