

Goal: Prepare entry-level community health workers (CHW) to effectively provide basic asthma management education.

Specific Aims:

- Ensure community health workers receive a consistent high-quality curriculum
- Provide an effective nationally available low-cost program
- Facilitate community health worker's communication with clinical mentors for professional development

Program Design:

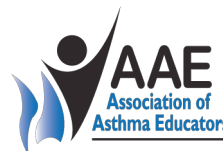
The AAE is dedicated to supporting the asthma educational needs of Community Health Workers by providing a comprehensive training program based on the national asthma guidelines. As a result, the *Asthma Education for the Community Health Worker* program was carefully designed and reviewed by over 35 asthma educators around the nation to ensure participants receive a high-quality curriculum. It includes five separate teaching modules as well as a comprehensive evaluation.

The *Asthma Education for the Community Health Worker* program covers basic information about asthma, but is *not a certification program for community health workers*. Participants who successfully complete the program and earn a satisfactory score on the comprehensive exam will earn an **AAE Certificate of Completion**. To earn the certificate of completion, the AAE is requiring that the participant show a higher than average understanding of the information. Our goal is for the medical community to hold this certificate of completion earned by CHWs in high esteem to further build their confidence in having community health workers included in the asthma care team.

Each module is between 90 and 120 minutes in length and contains instructional content and interactive activities to reinforce the learning objectives. The AAE requires the program to be taught by a certified asthma educator with the National Asthma Educator Certification Board's AE-C credential. In addition, the AAE encourages adding a CHW with asthma experience as a co-trainer, when available, to maximize participant understanding through peer mentoring. A video has also been included in the design to present each module's instructional content by an experienced CHW.

Program Materials Include:

- **Trainer Manual**
 - **Participant Manual**
 - **DVD**
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The program is uniquely designed to maximize learning potential for each participant.

Based on adult learning research, each module is created to be taught separately allowing participants adequate time between sessions to review and assimilate the content. During each module, attendees will participate in multiple active learning activities to work with new content and review previously taught subject matter. Trainers will have multiple tools to assess each learner's comprehension of the content throughout the training allowing opportunities to work with them individually to enhance their understanding and proficiency at explaining the material appropriately to others.

Program Objectives:

Module One: The Scope

- Recognize the prevalence of asthma in the United States.
- Identify the financial and quality of life impact of asthma on individuals and families.
- State the purpose of the national asthma guidelines and its definition of asthma control.
- Explain the national asthma guidelines' two major goals of asthma therapy.
- Identify the four most common symptoms of an asthma episode.
- Describe normal breathing and the main causes of airway obstruction in asthma.
- Identify care providers on the asthma team and the integral role played by CHWs.

Module Two: Triggers and Environmental Control

- State the definition of an asthma trigger and explain the difference between an allergen and irritant.
- List the most common asthma triggers and their environmental factors found in the home and school/childcare center/workplace.
- Identify asthma trigger environmental control strategies for the home and school/childcare/workplace.

Module Three: Medications

- Explain the role of long-term controller medications in asthma management.
- Explain the role of quick-reliever medications in asthma management.
- Describe possible negative consequences associated with having uncontrolled asthma.
- State how CHWs can assist in addressing possible barriers to using long-term controller medications.
- Recognize current asthma quick-reliever and long-term controller medications.

Module Four: Medication Delivery Devices

- Describe and demonstrate how to use a metered dose inhaler (MDI) and metered dose inhaler plus valved holding chamber/spacer.
- Describe and demonstrate how to use a dry powder inhaler (DPI).
- Describe and demonstrate how to use a small volume nebulizer.
- Describe the procedures for cleaning and care of a valved holding chamber/spacer, small volume nebulizer, MDI and DPI.
- State the purpose of priming an inhaler and demonstrate proper technique.
- Explain the benefit of using a valved holding chamber/spacer with a metered dose inhaler.

Module Five: Assessment and Monitoring

- State the main risk factors for asthma related deaths.
- Recognize the difference between asthma symptoms and asthma early warning signs.
- Explain the purpose of an asthma action plan and its individual components.
- Recommend the steps to take based upon an asthma action plan and a person's symptoms or peak flow values.
- Explain the purpose of a peak flow meter and demonstrate the correct technique.
- Explain why validated questionnaires are useful tools in assessing asthma control.

Comprehensive Competency Evaluation

- Complete the five-part examination utilizing the case based scenario involving a child with asthma or adult with asthma.
- Provide the identified key points for each module in either written or oral form.

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The video was created in-kind by



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