Asthma 101
Guided Note Taking

1. Approximately _____ out of 10 children in Kansas have been diagnosed with asthma.

2. Asthma causes the following changes in the airway:
   a. 
   b. 
   c. 

3. Match the common myths of asthma
   a. Asthma is acute & can be outgrown. 1. When well-controlled asthma should not limit activities.
   b. Asthma is curable. 2. Asthma is a chronic disease that is never outgrown.
   c. Asthma is psychological. 3. Asthma meds are not addictive.
   d. People with asthma can’t do sports or be active. 4. Children die every year from asthma.
   e. Asthma medications are addictive. 5. Asthma is very real & can be triggered by strong emotions.
   f. You can’t die from asthma so it’s not serious. 6. Asthma can be controlled but not cured.
   g. Asthma medications aren’t effective after a while. 7. Asthma medications work best if they used exactly as directed by a physician.

4. The symptoms of asthma are:
   a. 
   b. 
   c. 
   d. 

5. An asthma trigger is: ________________________________________________________________.
6. Examples of common triggers and how to avoid them:

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<th>Tigger</th>
<th>Example</th>
<th>How to Avoid</th>
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7. A __________________________ is used everyday as directed by a physician to prevent an asthma episode.

8. A __________________________ is fast-acting and is used during an asthma episode.

9. A ________________ is a device used to administer asthma medications with an inhaler.

10. List the steps to using a metered-dose inhaler with a spacer:
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 
   h. 
   i. 
11. List the steps to using a nebulizer:
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 
   h. 
   i. 

12. Put this list in order of how to clean a nebulizer.
   a. Place nebulizer on towel to dry.  
      1. ________________________________
   b. Disconnect nebulizer from tubing.  
      2. ________________________________
   c. Rinse & shake off excess water.  
      3. ________________________________
   d. Disassemble tubing  
      4. ________________________________
   e. Wash tubing/cup in warm sudsy water.  
      5. ________________________________

13. For an inhaler without a counter, the best way to know if it is empty is:
    ____________________________________________________________________________

14. 