

# ASTHMA EDUCATION

Sullivan County Community Hospital would like to offer an asthma education in service to the students and parents of Southwest School Corporation.

I am a Registered Respiratory Therapist and a Certified Asthma Educator with 15 years of experience dealing with asthma. Asthma affects 22 million people in the United States and 9 million are under the age of 18. The in service will cover the following topics:

1. What is asthma and how did I get it?
2. Can I live a normal life with asthma including sports?
3. Is my asthma under control?
4. What triggers an asthma attack?
5. When should I go to the doctor or emergency room?
6. How to use a peak flow meter?
7. Medications: what you need to know to get the best results from your medication.
8. How to use a spacer to make your MDI work better.

This will last approximately one hour and I will be happy to answer any questions afterwards. Please let Susan Tincher know if you and/or your child are interested in attending this in-service by completing and returning the bottom of this notice

Thank you,

Susan Pershing, RRT, AC-E

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I will be attending the asthma education class at my child's school \_\_\_\_\_

My child \_\_\_\_\_ will be attending the class at his/her school \_\_\_\_\_

\_\_\_\_\_ Parent/Guardian Name