

Living with Asthma – Education Programs

What are ‘Living With Asthma’ Education Programs about?

The Living with Asthma Education Programs are run by The Lung Wellness Clinic and involve **small group discussions** facilitated by a **Certified Asthma Educator**. Topics discussed in the sessions include: what is asthma, how to manage and control asthma, triggers and use of asthma medicines.

Who are the Programs For?

These programs are available to

- Asthmatics
- Parents, families and caregivers whose children have been diagnosed with asthma
- Children living with asthma
- The community and general public
- Interested Healthcare Professionals

Which Programs are available:

- Parents and families with asthmatic children under age 3 years
- Parents and families with asthmatic children ages 3 – 6 years
- Parents, families and school children ages 7-11 years
- Teens with asthma
- Adults with Asthma
- One-on-One education
- Asthma Education in Schools
- Community Presentations and Workshops
- All About Asthma for Healthcare Professionals

The primary **Aims** of asthma education are to:

- Provide an affordable, accessible, high quality, on-going community resource to enhance the health and well-being of children who have asthma and their families.
- increasing awareness of asthma and its management
- excellence in educating children, families and health care professionals

The **Goals** of asthma education are to:

The goals of all Living With Asthma education programmes are to improve the quality of life for children and families by improving asthma management. Children and their families develop knowledge, attitudes, confidence, and self-management skills to lead healthy active lives.

In addition Healthcare professionals will improve skills to deliver high quality care for asthma sufferers.

Program Co-Ordinator and Facilitator:

Lindsay van der Linden(Certified Asthma Educator)

Upcoming Asthma Education Classes

1. Asthma Education for Parents, Families and Care Givers of Asthmatic Children under age 3

Asthma in children under 3 years is particularly challenging. Education will be given on all aspects that will assist in the understanding needed for day to day management and long term care of the young asthmatic child.

When? 17h30 – 19h30 on the **first Tuesday** of each month.

Where? The Lung Wellness Clinic, 111 Kensington Drive, Durban North

Cost: R200/person including light refreshments.

2. Asthma Education for Parents, Families and Care Givers of Asthmatic Children aged 3 – 6years

Education will focus on all aspects of asthma, treatment and devices, triggers and trigger avoidance, self- management and action plans for asthmatic children in this age group.

When? 17h30 – 19h30 on the **second Tuesday** of each month.

Where? The Lung Wellness Clinic, 111 Kensington Drive, Durban North

Cost: R200/person including light refreshments.

3. Asthma Education for parents, families, caregivers and children aged 7 – 11 years

Parents, families caregivers and asthmatic children aged 7 – 11 years will be included together in this informative and fun family education session and then later divided into adult and child groups for further information.

When? 09h00 – 11h30 on the **first Saturday** of each month.

Where? The Lung Wellness Clinic, 111 Kensington Drive, Durban North

Cost: R200/adult and R50/child including light refreshments.

4. Asthma Education for Teens ages 12 – 16 years

The Lung Wellness Clinic is pleased to offer a program for teens 12-16 years old who have asthma. Teens have the opportunity to participate in asthma-related games and activities while developing their skills for good asthma control. Learn about its causes, how to control it, what can trigger an attack and what you can do to prevent it.

Education sessions are held once a week for 2 weeks. Each class will cover different topics. These sessions are for Teens only. Teens bring a friend - your friend does not have to have asthma.

When? The sessions start at 5:30 pm to 7:30 pm on the **third and fourth Tuesday evenings** of each month. A pizza dinner will be served but please let us know if there are any known food allergies. Registration is limited to 8 teens.

Where? The Lung Wellness Clinic, 111 Kensington Drive, Durban North

Cost: R400 for both sessions including supper.

5. Asthma Education for Adults

Fully comprehensive, basic, need-to-know asthma education will be shared with adult asthmatics covering an overview of asthma, causes, treatment options, triggers and trigger avoidance, self-management and action plans.

When? 17h30 – 19h30 on the **first Wednesday** of each month.

Where? The Lung Wellness Clinic, 111 Kensington Drive, Durban North

Cost: R200/person including light refreshments.



6. Asthma Education in Schools

a. Small Group Sessions

This is an interactive, fun filled, small group, school based program for children with asthma. The program consists of five sessions, 1 hour in length, held once per week at lunchtime over a 5 week period. This program has been shown to have significant and clinically relevant benefits for children, families and schools

When? On request Monday – Friday in school term

Where? At schools

Cost: R50/child per session (min 8 children)

b. Class Sessions

1 hour is spent in individual classrooms giving all children an overview on the basics of asthma. The aim is to increase asthma awareness and understanding in the community.

When? On request Monday – Friday in school term

Where? At school in the classroom

Cost: R400/class (approx. R15/child)

7. One-on-One Asthma Education

Individual teaching sessions are available for families whose children have been diagnosed with asthma. Families receive information on how to manage and control their child's asthma.

When? Monday – Friday by appointment

Where? The Lung Wellness Clinic, 111 Kensington Drive, Durban North

Cost: R300/hour

8. Community Presentations and Workshops

An Asthma Educator is available to meet with a variety of community groups interested in the management of childhood asthma and allergies.

When? Monday – Saturday by appointment

Where? Venue of Client's choice

Cost: R400/hour plus preparation and travel

9. Asthma Education for Healthcare Professionals

Our Asthma Educators are also happy to work with all clinic staff. Ask your Asthma Educator for an update on such topics as how to use an inhaler device, how to complete an Asthma Action Plan, or how to perform spirometry. We would be happy to help your staff meet their learning needs.

When? 08h30 – 16h00 **last Friday** of each month

Where? The Lung Wellness Clinic
111 Kensington Drive, Durban North

Cost: R500.per person (min 10 persons)

10. Support Group for Mothers of Children with Asthma

Creating a forum whereby mothers living with asthmatic/allergic children can share information and concerns with the support and advice of other Mom's and a certified Asthma Educator.

When? 11h30 – 13h00 on the **first Saturday** of each month.

Where? The Lung Wellness Clinic
111 Kensington Drive, Durban North

Cost: R100/person including light refreshments.

For further information on any of the above Living With Asthma Education Programs or if interested in attending a class, please contact Lindsay at:

The Lung Wellness Clinic

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www.spirometrysa.co.za

www.lungwellness.co.za



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