



## **RHA's Multi-Regional Asthma Program Leader Trainings**

With support from the Illinois Department of Public Health (IDPH), Respiratory Health Association (RHA) will be conducting multi-regional Asthma Program Leader trainings, at no cost. This training equips participants to deliver RHA's Asthma Management Programs: Fight Asthma Now® and Asthma Management for Adult Caregivers.

In conjunction with IDPH, RHA will identify up to 10 health department or school district staff in select Illinois regions to participate in multi-regional training. Each organization will receive travel stipends for participants to attend regional training. Each organization will also receive Fight Asthma Now® work books and Asthma Management tri-folds to support with program implementation. In addition to the in-person training, RHA staff will provide on-going technical assistance to support program implementation, facilitation, evaluation and analysis. RHA would conduct quarterly conference calls to support ongoing program implementation.

The multi-regional Asthma Program Leader trainings will be conducted over two days (total of 12 hours of training). *Training dates and locations have not been selected yet.*

### **About RHA**

RHA has been a public health leader in metropolitan Chicago since 1906. Today, RHA addresses asthma, COPD, lung cancer, tobacco control and air quality with a comprehensive approach involving policy change, research and education. RHA's core mission includes improving asthma management among children and their adult caregivers. RHA programs and services portfolio includes two companion asthma education programs that are focused on children and adult caregivers, respectively. RHA's school-based asthma management education interventions are well-established as RHA staff has educated more than 14,000 underserved, racially and ethnically diverse students through Fight Asthma Now® and nearly 30,000 adult caregivers through Asthma Management in the Chicagoland area to date. With RHA's three asthma educators, RHA brings our Fight Asthma Now® program to more than 80 Chicagoland schools annually in high-need community areas.

### **About RHA's Asthma Programs**

#### ***Fight Asthma Now®***

Fight Asthma Now® is RHA's validated, school-based education program for youth (3<sup>rd</sup>-6<sup>th</sup> grades) and teens (7<sup>th</sup>-12<sup>th</sup> grades) with asthma. Fight Asthma Now® is based on content set forth in the National Asthma Education and Prevention Program (NAEPP) including: how to identify asthma symptoms, how to avoid asthma triggers, and proper medication technique. The program uses engaging and active lesson plans to provide the information and tools students need to better manage their asthma. Flexible program design allows the program to fit within the school schedule and provides the opportunity to reinforce the content over subsequent sessions. The program is delivered through four, 45-minute sessions or three, 60-minute sessions over two consecutive weeks.

*"RHA's asthma programs for students with asthma and staff provide an invaluable service to our schools."*

Ken Fox, M.D. Chief Health Officer  
Chicago Public Schools



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Fight Asthma Now® curriculum meets the diverse needs of students and their communities by addressing contextual barriers to effective asthma management. The program includes culturally appropriate visual, auditory and experiential learning through diagrams and photographs, demonstrations, group discussion and individual reflection. All participants receive a workbook, which includes an asthma action plan, as enduring resources.

Respiratory Health Association conducted a formal validation study of Fight Asthma Now® program during the 2007-2008 school year, which indicated the program's efficacy in achieving behavioral change and knowledge gain. In the study, children showed a dramatic increase in overall asthma knowledge and spacer technique competency. All participants in Fight Asthma Now® complete a pre- and post-survey to assess knowledge gain and intent for behavior change. Ongoing program evaluation efforts indicate that Fight Asthma Now® increases student understanding of asthma medication and proper technique, essential components to successful asthma management.

Since 2007, RHA has educated more than 14,000 Chicago area public school students with asthma. RHA's, Fight Asthma Now® curriculum has recently been adopted by the Los Angeles Unified School District and select schools within Washington D.C.

### ***Asthma Management***

As a companion to Fight Asthma Now® program for children, RHA developed Asthma Management for adult caregivers. Asthma Management is a one-hour educational program developed for adults, including school staff, parents, park district staff, and daycare providers. The program helps participants better recognize and more effectively support children living with asthma. Asthma Management covers content set forth in national guidelines including early recognition of asthma symptoms, common asthma triggers, trigger avoidance strategies, descriptions of various asthma medicines and proper inhaler use. This program is tailored to meet the needs of each audience and is available in both English and Spanish. Since 2007, RHA has educated nearly 29,000 adult caregivers (including nearly 15,000 Chicago Public Schools staff and parents) throughout Chicagoland.

### **Interested?**

If you are interested in participating in this training, please contact Amy O'Rourke at 312-628-0217 or [aorourke@lungchicago.org](mailto:aorourke@lungchicago.org).

This publication was supported by the Grant or Cooperative Agreement Number, NU59EH000532-09, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.