

Asthma Learning Tool

Questionnaire

This questionnaire will tell you what you know about asthma and what you still need to learn.

Instructions:

- Most questions are based on individual pages of *One Minute Asthma: What You Need to Know*.
- Complete the questionnaire before reading *One Minute Asthma*. Place a check in the right hand column for each correct answer.
- Read *One Minute Asthma* and answer the questions that you missed. The page number for each answer (7th edition) is listed next to the question.
- If you like, take the questionnaire one week later to check your improvement.
- There may be other right answers to the questions below, but those listed in *One Minute Asthma* are the most important.

Results:

- Some people may only know the answer to 10 percent of these questions. Others will know much more.
- After completing the Asthma Learning Tool, continue to study until you know all of the answers.

Questionnaire

You Can Control Asthma

1: Name four main signs of excellent asthma control: **Page 7**

- 1.
- 2.
- 3.
- 4.

Signs of Asthma Trouble

2: Name four signs of asthma that you can see or hear: **Page 9**

- 1.
- 2.
- 3.
- 4.

What is asthma?

3: Asthma is often misdiagnosed as... **Page 10**

- 1.
- 2.

What happens in the airways?

4: Patients with asthma have airways that are overly sensitive or "hyper-responsive." **Page 11**

- Yes
- No

5: Name the two main things that happen in the airways during an episode: **Page 11**

- 1.
- 2.

Questionnaire

Asthma Triggers

6: Name at least two major triggers of asthma: **Page 12**

- 1.
- 2.
- 3.
- 4.
- 5.

7: Can effects of triggers last more than a week? **Page 13**

- Yes
- No

8: Name at least two ways to reduce triggers: **Page 14**

- 1.
- 2.
- 3.
- 4.
- 5.

9: Name at least two situations in which a person with poorly controlled asthma may cough: **Page 18**

- 1.
- 2.
- 3.
- 4.
- 5.

10: Can sinus trouble trigger an asthma episode and interfere with its treatment? **Page 17**

- Yes
- No

Asthma Medicines

11: What does a controller medicine do? **Page 36**

12: Name the most effective type of controller medicine: **Page 38**

13: How do inhaled steroids (such as Aerobid, Asmanex, Azmacort, Flovent HFA, Pulmicort, and QVAR) work? **Page 38**

14: How do leukotriene modifier medicines (such as Accolate and Singulair) work? **Page 40**

15: How does cromolyn work? **Page 41**

Questionnaire

16: Name one good effect of albuterol (Bricanyl, Maxair, Proventil HFA, Ventolin HFA and Xopenex): **Page 42**

17: Name two side effects of albuterol: **Page 42**

1.

2.

18: Purified albuterol (Xopenex) is a form of albuterol that is less likely to cause prolonged hyper-responsiveness of the airways. **Page 42**

Yes

No

Tracking Your Asthma

19: A peak flow meter measures the fastest speed at which you can blow air out of your lungs. **Page 21**

Yes

No

20: Define the term symptom. ***see end**

21: Define the term sign. ***see end**

Using the Asthma Action Plan – Green Zone

22: Should you take your regular controller medicines daily when you are in the green zone? **Page 32**

Yes

No

Using the Asthma Action Plan – High Yellow Zone

23: What three actions should you take in the High Yellow Zone? **Page 31**

1.

2.

3.

Delivering Inhaled Medicines

24: Should you puff (prime) your inhaler (MDI) before use if you haven't used it for a week? **Page 46**

Yes

No

25: While you are having an asthma episode, why should you wait one to three minutes between puffs of a quick relief medicine? ***see end**

26: How can you tell how much medicine you have left in your canister: **Page 53**

27: If you are using two inhalers (a quick relief medicine and an inhaled steroid) why should you take quick relief medicine first? **Page 46**

Questionnaire

Questionnaire	
28: Name at least two advantages of using an MDI with a holding chamber:	Page 48
1.	
2.	
3.	
4.	
5.	
29: Who can benefit from using a holding chamber with mask?	Page 50
30: When you use a compressor driven nebulizer, why should you take longer to breathe in than to breathe out?	*see end
Severity of Asthma	
31: A patient with signs or symptoms more than two days a week has persistent asthma and should take a controller medicine every day.	*see end
<input type="checkbox"/> Yes	
<input type="checkbox"/> No	

***Notes:**

- Question 20: A symptom is a sensation, such as a tight chest.
- Question 21: A sign is an indicator that can be observed by others, such as a cough, a wheeze or sucking in of the chest skin.
- Question 25: So the first puff can dilate the airway allowing the second puff to go deeper.
- Question 30: Medicine only enters the lungs when you are breathing in.
- Question 31: Yes

After you have read *One Minute Asthma* and know the answers to all of these questions, you will have a good basic understanding of asthma.

Please take two minutes to evaluate this Asthma Learning Tool at: [Asthma Learning Tool Evaluation](#)

You can learn a lot more by reading additional sections of *One Minute Asthma* and also *Dr. Tom Plaut's Asthma Guide for People of All Ages*. You can find further information at www.pedipress.com and at the information site of the National Institutes of Health, www.medlineplus.gov