



The Asthma Education Clinic

28.8 CE Credits

Asthma 401

An eight-session live teleclass
for Asthma Educators and Health Care Providers

An excellent training and refresher course
Covers all essential topics in the NAECB matrix
Helps prepare for certification

January 13, 2009 - March 3, 2009

“I found the course exciting. I learned something from every class that I could use in our clinic immediately. I couldn’t wait for the next class and did not want to miss any. I am thrilled to have taken this course.”

“The class was extremely valuable for preparation – I would highly recommend it to potential candidates. Thanks for all your great instruction.”

Updated – now includes the new NHLBI Guidelines

Presented by
The Asthma Education Clinic Ltd.



The Asthma Education Clinic

Asthma 401

Preparatory course for Asthma Educators

“In the last two years I have taken a number of courses from different organizations. All the courses stress the Guidelines and go over the same material. This is the only course that handles it in a sensible, down-to-earth way. It not only teaches what I need to know to pass the exam but shows ‘how’ to teach. The case studies and scenarios are wonderful. The stress is on application. This is the first time I’ve got a sense of what I should be doing as an educator.”

- an Asthma 401 graduate

- Do you want to be an Asthma Educator?
- Are you studying for the certification examination?
- Are you uncertain about the material you have to review?
- Do you have questions you’d like answered?
- Would you welcome an opportunity to share and discuss ideas with your peers?

If you said “yes” to any one of these questions, consider **Asthma 401**. Asthma 401 is our **live** 8-session telecourse for asthma educators who want to prepare for the certification examination, learn more about asthma, improve their teaching skills, and exchange ideas with colleagues in a virtual classroom setting.

Asthma 401 is also suitable for health professionals who wish to review and refresh their asthma knowledge and teaching skills.

Asthma 401 is a “teleclass” – a live course conducted by teleconference. Classes are held once each week for 8 weeks. You simply call in to the teleclass number and are connected to the instructors and other participants. There are no travel costs, no hotel expenses, and no airport stresses. All you need is a quiet environment and two hours once a week for eight weeks. Apart from course fees, the only other costs are long-distance charges to connect to our teleclass number in Iowa (typically, \$3 per hour).

The Asthma 401 difference

When you attend a “traditional” education course, you spend two or three full – and exhausting – days listening to lectures for 8 or more hours each day. You do not get a chance to understand and assimilate what you have learned, and often will come away with a great deal of information, but no clear plan of how to use it.

ASTHMA 401 IS DIFFERENT. With Asthma 401, you receive the medical and teaching information you need in 8 stress-free classes spanning eight weeks. But you also get more: you learn **how** to teach. Each class addresses one topic in detail, and gives

you medical and teaching tips that you can use immediately. This “progressive” teaching approach helps you build your knowledge base systematically. And the instructors are available by phone or e-mail to help you with your questions. Asthma 401’s unhurried pace allows you to learn more, to learn it better, and to put your new knowledge to work immediately.

What you will learn

Asthma 401 emphasizes the essential skills needed to make you a better educator. It covers every topic needed for the certification examination, including:

- Asthma and its pathophysiology
- Measures of assessment and monitoring
- Classification of severity and control
- Differential diagnosis and co-morbidities of asthma
- Control of asthma triggers
- Asthma medications and the patient
- Handling an asthma exacerbation
- Teaching techniques and patient education
- Outcomes of asthma management

IMMEDIATE VALUE: The interactive format encourages discussion and comments. Each class provides knowledge together with teaching techniques and tips. Asthma 401 stresses practical application while teaching you how to:

- discuss the essential topics with patients
- implement teaching techniques
- look at asthma from the patient’s perspective
- watch for hidden pitfalls when dealing with patients of different cultures

Class format

Before each class, you receive an e-mail with reading materials, assignments, and the slide presentation that will be used in the next teleclass. You review these materials *before* the teleclass.

Each teleclass begins with a brief review of material presented in the earlier class, followed by the topic for the evening. Using the slide presentation, together with lectures, case studies and personal interaction, your instructors guide you through the material.

Each class includes a question period and “open discussion” session where you are encouraged to present your ideas and experiences, seek clarification, and talk to your colleagues from around the country. Information exchange is encouraged.

Convenient teleclass hours

Classes will be held every Tuesday from 8 to 10 pm Eastern Time (5 to 7 pm Pacific) on each of the following dates:

January 2009	13, 20, 27
February	3, 10, 17, 24
March	3

Class instructors

Your chief instructor is Gaynor Govias, one of North America’s leading asthma educators. She will be joined each week by a co-instructor who is a nurse and a Certified Asthma Educator.

GAYNOR GOVIAS, BSC, BED, CAI

Ms Govias is a graduate of the National Asthma and Respiratory Training Centre (U.K.). She has been a Certified Asthma Instructor since 1994, and was a Director and Vice Chairperson of the National Board of the Allergy Asthma Information Association.

She makes presentations and conducts workshops at national and international conferences, and provides consulting services to various organizations. A certified teacher with over 30 years of teaching experience, she has worked as a consultant in the development of teaching materials, teaching programs and workshops for both children and adults. She has over 15 years of experience in designing and administering unique asthma educational programs for various special groups.

She writes for *The Asthma Education Quarterly*, a magazine for asthma educators, and is the author of numerous publications and articles for asthma educators. She is also co-author of *Asthma Education: Principles and Practice*, published in August 2005.

Course materials

Each registrant receives a comprehensive course and reference package consisting of textbooks, workbooks, reprints and other materials:

Textbooks

- » The Fundamentals of Teaching: *Guidelines for Asthma Educators* (2nd Edition)
- » Delivery Devices for Asthma and COPD Medication: *Selection, Use and Care* (5th Edition)

- » “When I Nod, I Mean No!”: *Behavioral guidelines for health professionals working with people from other cultures*

Workbooks

- » Case Studies for Asthma Educators
- » Practice Multiple-Choice Questions for Asthma Educators (second edition)

Booklets

- » Environmental Triggers of Asthma
- » Asthma and its Associated Conditions

Other items

- » Asthma Quick Reference Chart
- » Three-ring binder for notes and printed materials

What participants have said about Asthma 401

“My goal was the exam but I now see that I am getting more. Everything that is said is valuable to me. The materials are such that I have all the information at my fingertips.”

“I am thrilled to have taken this course. I picked up a lot of new ideas and learned so much that I can use in my teaching.”

“I really enjoyed the course. It is wonderful. I like the format and find it pertinent and realistic. The materials are very good.”

“I learned a lot. I really liked the unit on medications and found it helpful with great explanations. I like being able to take the course from (my) home and find the materials good and helpful. Things are starting to click now.”

“I did very much enjoy the teleclass. The instructor was very knowledgeable and well-read. The information presented was current and informative. It was obvious that the instructor took great care in researching the latest information on asthma. The topics of the class were great. I think the instructor covered key areas of asthma care, including treatment (and medication), asthma in different age groups, spirometry, etc. It was a very well rounded class.

“The materials are of considerable help. The information presented is very useful. The Case Studies help a lot and make you think. Since reading the book on Delivery Devices, I’ve had to make changes to some of the things I do in clinic. I now keep the book on my desk as a handy reference. I really enjoyed the course.”

“I learned a great deal and really enjoyed it. The course reinforces what I’ve been doing. I like the continual emphasis on education and the stress on keeping it simple. I like the fact that all through the course (the instructor) provides tips about teaching. The course is invaluable and worthwhile.”

“I had no expectations but I find the course fantastic. I like the intricate details on pathophysiology. I’m very impressed. Everything is addressed.”

“I enjoyed the class. Really excellent. I thought the teleclass would be hard but it has been a good experience.”

“This is the first time I’ve done a teleclass and it is really interactive and interesting. The materials are really to the point and very good. The slides make it easy to follow where you are leading. The course structure is very helpful. I like the fact that there are two of you doing the presentation. It gives us different perspectives and two instructors makes it more interesting”

“I heard that this was a wonderful course from two previous participants. I find the materials excellent and have enjoyed reading them. I really enjoyed the course. I feel informed. Having it spread out allowed me to study each section individually.”

“Without hesitation I would recommend this course. I am impressed with the content and quality of teaching. The instructor is very accessible. This course has helped me feel like a professional and fuelled my enthusiasm. The instructors are committed and genuine and don’t just give me knowledge but inspire me.”

Limited class size

To ensure individual attention and effective personal interaction, only 15 persons are accepted for each class.

Continuing Education Contact Hours

Participants can earn up to 28.8 CE contact hours. The Asthma Education Clinic Ltd. is a provider (no. 14165) approved by the California Board of Registered Nursing.

To register

Call (780) 988-6014. You will need to provide:

- registration information (name, address, etc.)
- payment (credit card or an approved Purchase Order)

Registration fees

The course fee is \$647 for tuition and all course materials. Shipping is an additional \$50. For registrations received after January 2, an additional courier fee of \$93 will be charged.

Free shipping: register by December 23 and get free shipping.

Cancellations and Substitutions

- ▶ **Cancellations** will be accepted up to January 5. An administration fee of \$100 will be charged. If course materials have already been mailed, they will additionally be charged at their full price of \$190, plus shipping costs.
- ▶ **Substitutions:** If the original registrant cannot attend, another person from the same organization may attend instead. Substitutions may be made up to January 9, 2009, for a change fee of \$100.

The Asthma Education Clinic

Since 1994, The Asthma Education Clinic has served the needs of asthma educators and health care professionals. We specialize in producing carefully-researched educational materials for both educators and patients – including asthma textbooks, forms and reference publications – and in developing courses related to asthma.

We are one of North America’s best resources for asthma educators, and our list of publications grows each year. For more information on our products and services, visit our web site at www.asthmaed.com.

For more information

Visit AsthmaEd.com, our web site, for more information about our many other services, courses and publications including:

- *The Asthma Education Quarterly*, a quarterly newsletter for asthma educators;
- The *AEC Library*, a resource with downloadable articles and materials
- forms for clinic use
- teaching kits
- textbooks
- quick-reference charts for asthma, spirometry and asthma medications (USA and Canada only)
- a *Textbook Supplement Service* that provides updates to, and further information on, topics in our textbooks
- a five-evening asthma course intended for patients
- courses on advanced teaching techniques, asthma, COPD and teaching methods
- course schedules

The Asthma Education Clinic Ltd.

Helping you help people with asthma

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