

# Free Asthma Self-Management Education Program



## Who the Program is For

This free service is for adults or children (and their caregivers) living in Maine who are currently being treated for asthma, but still experiencing any of these issues:

- Needing to use a rescue inhaler more than twice in a week
- Waking up at night because of coughing or breathing issues
- Being unable to do activities they normally enjoy
- Missing school or work
- Having to go to urgent care or the emergency room

Patients who develop self-management skills and receive medical care can improve the ability to control their asthma and maintain their quality of life<sup>1</sup>.

## About the Program

The Asthma Self-Management Education Program covers a range of topics over two or more visits held at locations convenient to patients and their caregivers—including homes, schools and places of work.

This program follows the National Institute of Health Guidelines<sup>2</sup> for Asthma Self-Management Education, including:

- Establishing connection and obtaining baseline information
- Delivering asthma education
- Providing medication assessment and reconciliation
- Creating Asthma Action Plans
- Educating on the dangers of tobacco use and secondhand smoke
- Developing asthma management and treatment goals
- Conducting home environmental and trigger reduction assessment

With proper authorization, Public Health Nurses can coordinate care between patients and their health care providers. This includes making sure a written Asthma Action Plan and visit outcomes notes are shared with patients and their providers.

## Make a Referral

- You can refer a patient to the program by contacting Public Health Nursing Central Referral.
- Call (888) 644-1130
- Or fax a referral form to (207) 287-4577. These forms can be found on the Maine CDC Public Health Nursing webpage. [www.maine.gov/dhhs/mecdc/public-health-nursing/](http://www.maine.gov/dhhs/mecdc/public-health-nursing/)
- If a patient chooses to refer themselves, you can provide them with a copy of the Asthma Self-Management program brochure.
- Download the brochure from the Maine CDC Asthma Program webpage. [www.maine.gov/dhhs/mecdc/population-health/mat/](http://www.maine.gov/dhhs/mecdc/population-health/mat/)
- Call the Maine CDC Asthma Program at (207) 287-4083 for printed copies or to learn more.

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1. 2020 Focused Updates to the Asthma Management Guidelines At-A-Glance Guide. The full-length report, *2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group*, can be accessed at [nhlbi.nih.gov/asthmaguidelines](http://nhlbi.nih.gov/asthmaguidelines).

2. Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma.

