



RUSH CENTER FOR  
**Urban Health Equity**

# Community Health Worker Training Manual PEDIATRIC ASTHMA



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## **SECTION 2: PEDIATRIC ASTHMA** **(Supplement to self-management core training)**

This curriculum is designed for CHWs who will work with families of children with asthma. The curriculum focuses on achieving asthma control. Versions of this curriculum have been used in three asthma intervention studies by the author. Delivery of the curriculum requires a solid foundation of asthma physiology, triggers, and medications. This manual does not contain sufficient information for someone without strong asthma knowledge to deliver the training. A clinician or a certified asthma educator (with clinician supervision) can deliver this curriculum. For our study, we contracted educators on smoking cessation and integrated pest management because these are specialized topics with well-developed curriculums.

Remember:

- Integrate self-management skills into each lesson.
- Self-management skills and content delivery require practice. Make sure that at the end of each day, trainees make a change plan for themselves using the self-management skills to address their own challenges. This plan may or may not involve the disease-specific content area.
- Be sure to review the change plans and disease-specific content areas when sessions resume.

<b>Pediatric Asthma Topic</b>	<b>Time Needed</b>
Asthma Basics	3 hours
Triggers	4 hours 30 minutes
Medications	2 hours 30 minutes
Asthma Outside the Home	45 minutes
Allergies	40 minutes

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TRAINING MANUAL