

You can access this local program by contacting the:

Asthma Strategy Program Coordinator

519-966-4447

ARGI@cogeco.ca OR

Asthma Action Helpline

1-800-668-7682

RESOURCES

Allergy/Asthma Information Association www.gaig.ca

Asthma Society of Canada www.asthma.ca

Canadian Asthma Consensus Guidelines www.asthmaguidelines.com/home.html

Canadian Centre for Occupational Health & Safety www.ccohs.ca

Canadian Health Network
www.canadian-health-network.ca

Connecting Windsor-Essex™
www.windsor-essex.info

Industrial Accident Prevention Association www.iapa.ca/home/home.asp

Occupational Health Clinics for Ontario Workers Inc. www.ohcow.on.ca

Power Surferswww.windsorpubliclibrary.com/power

The Canadian Lung Association www.lung.ca/asthma

Asthma Action™ Helpline 1-800-668-7682



www.ARGI.on.ca

An Exciting

ASTHMA

Education

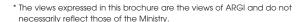
Program

within

Your Community!

Efficient, effective asthma education provided by a Certified Asthma Educator.







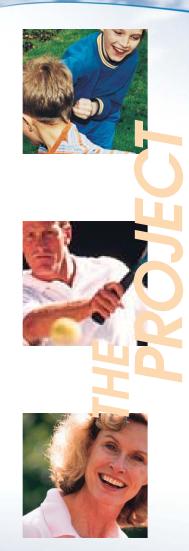


ESSEX COUNTY COMMUNITY ASTHMA CARE STRATEGY

- An initiative to provide education to individuals and/or family members with the diagnosis of asthma.
- Why? There are new treatments and new standards for control.
 Most people with asthma can be symptom free. You can learn to control your asthma instead of it controlling you.
- Through education the program may reduce or eliminate your asthma symptoms, increase your awareness of asthma symptoms and provide you with an action plan that will allow you to manage your own disease.
- This project is unique within Canada. We will be asking for your permission to evaluate whether the project has helped to control your asthma.

ARGI as the lead organization, is a registered not-for-profit corporation supported by the Ontario Ministry of Health & Long Term Care and others.





DESCRIPTION OF THE PROJECT

- There are no procedures, therapies or interventions associated with this project.
- You will be interviewed by a Certified Asthma Educator within your own doctor's office.
- The educator will help you understand and manage your asthma.
- It will take 60-90 minutes to complete.
- The educator will work through a standardized asthma history to achieve specific educational objectives relevant to your asthma control including:
 - Recognizing your symptoms of asthma
 - The medications you are using and how they should be used appropriately
 - A review of your inhaler device technique
 - An evaluation of environmental exposures at home, work or school
 - How to become an active participant in maintaining control of your asthma
- The Educator will perform a breathing test to assess your lung function.
- A final management plan is developed by you, the educator and your physician.
- A report of the assessment is generated for your chart including the breathing test, recommendations and self-management plan.
- Follow-up is then scheduled to see how you are improving.

