

CONTACT



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

The Essex County Community Asthma Care Strategy has been funded by the Ontario Ministry of Health and Long-Term Care's Primary Health Care Transition Fund.

RESOURCES

Allergy/Asthma Information Association
www.aaia.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 Surfers
www.windsorpubliclibrary.com/power

The Canadian Lung Association
www.lung.ca/asthma

Asthma Action™ Helpline
1-800-668-7682



An Exciting
ASTHMA
Education
Program
within
Your Community!

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



* The views expressed in this brochure are the views of ARG I and do not necessarily reflect those of the Ministry.

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.

THE STRATEGY



THE PROJECT

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.