

OVERVIEW OF ASTHMA SKILLS COURSE

A/Prof Goh Lee Gan

INTRODUCTION

Undertreated asthma remains a challenge. There are several objectives in this skills course. At the end of the course the participant should be able to:

- κ describe the epidemiology of asthma, the reasons for undertreatment and what needs to be done;
- κ describe the pathophysiology of asthma and the application of such knowledge in disease management;
- κ describe how to optimize pharmacological treatment;
- κ describe the components of patient education, self management and living with asthma;
- κ describe the decisions needed in the case management of asthma;
- κ describe the steps in starting a patient education programme in the clinic.

COURSE CONTENT

The asthma skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated (subject to approval from SMC).

- κ Distance learning course – 6 points (see below) – each unit earns 1 CME point
- κ Seminars – 2 seminars – each 2 CME points
- κ Workshop – 2 CME points
- κ Reading papers on asthma – 10 suggested papers – each 1 CME point up to 5 points maximum for the whole CME year.

Distance learning course

Unit 1: The Burden of Asthma in Singapore (*A/Prof Lim Tow Keang*)

Unit 2: Pathophysiology of Asthma (*A/Prof Lee Bee Wah & A/Prof Goh Lee Gan*)

Unit 3: Diagnosis & Classification of Childhood Asthma (*Dr Chay Oh Moh*)

Unit 4: Optimising Pharmacological Treatment (*Dr John Abisheganaden*)

Unit 5: Patient Education & Self-Management Issues (*A/Prof Sin Fai Lam*)

Unit 6: Living with Asthma (*A/Prof Daniel Goh Yam Thiam*)

Unit 1 : The Burden of Asthma in Singapore

- κ Prevalence & Mortality
- κ How Can We Reduce The Burden Of Asthma In Singapore?
- κ Conclusion

Unit 2 : Pathophysiology of Asthma

- κ Normal Structure & Function
- κ Pathophysiological Processes In Asthma
- κ The Concept Of Airway Remodelling
- κ Genetic Predisposition

Unit 3 : Diagnosis & Classification of Childhood Asthma

- κ Diagnosis
- κ Assessing The Child With Asthma

Unit 4 : Optimising Pharmacological Treatment

- κ Goals Of Asthma Therapy
- κ Stepwise Approach
- κ Medications & Dosages
- κ Monitoring
- κ Prevention

Unit 5 : Patient Education & Self-Management Issues

- κ Why Patient Education?
- κ What Are The Components Of Patient Education?
- κ Compliance
- κ Self Management

Unit 6 : Living with Asthma

- κ Socio-economic Impact Of Asthma
- κ The Key To Living Optimally With Asthma
- κ Total Asthma Control – An Achievable Goal For Every Child
- κ Asthma Education & Training
- κ Differentiating Exercise-induced Asthma From Poor Physical Fitness
- κ A Comprehensive & Holistic Approach To Asthma & Allergy Care.

FACE-TO-FACE SESSIONS

Seminar 1: 19 March 2005

2.00pm – 4.00pm

Unit 1 : The Burden of Asthma in Singapore (*Prof Lim Tow Keang*)Unit 2 : Pathophysiology of Asthma (*A/Prof Lee Bee Wah & A/Prof Goh Lee Gan*)Unit 3 : Diagnosis & Classification of Asthma (*Dr Chay Oh Moh*)

Workshop 1: 19 March 2005

4.15pm – 6.15pm

Group A

- o Case Studies in Therapeutics

Resource persons: *A/Prof Lim Tow Keang & Dr Chay Oh Moh*

Group B

- o Starting a Patient Education Programme in Your Clinic

Resource persons: *A/Prof Sin Fai Lam & a nurse educator*

Seminar 2: 20 March 2005

2.00pm – 4.00pm

Unit 4 : Optimising Pharmacological Treatment (*Dr John Abishenagaden*)Unit 5 : Patient Education & Self-Management Issues (*A/Prof Sin Fai Lam*)Unit 6 : Living With Asthma (*A/Prof Daniel Goh Yam Thiam*)

Workshop 2: 20 March 2005 (REPEAT)

4.15pm – 6.15pm

Group A

- o Case Studies in Therapeutics

Resource persons: *Dr John Abishenagaden & A/Prof Daniel Goh Yam Thiam*

Group B

- o Starting a Patient Education Programme in Your Clinic

Resource persons: *A/Prof Sin Fai Lam & a nurse educator*