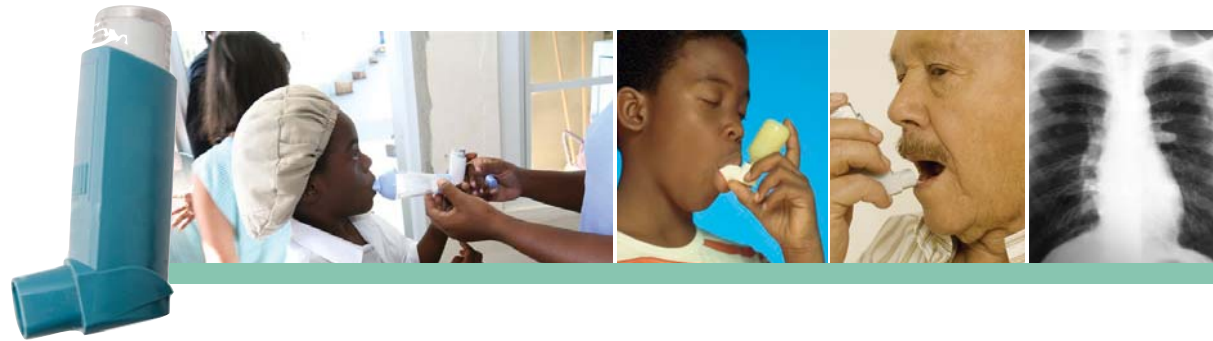


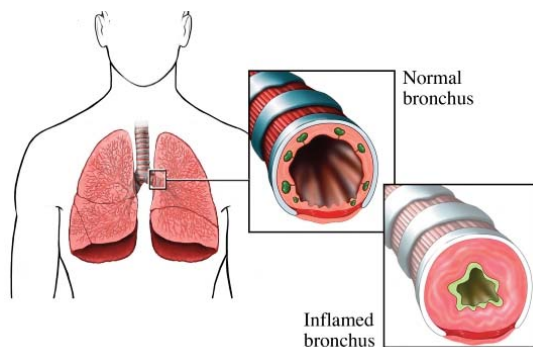
# Asthma Education Centre



The goal of the Asthma Education Centre is to help you, with the support of your physician, gain and maintain control of your asthma, and achieve the best results with the least amount of medication.

## We will help you:

- ✓ Establish and maintain control of your asthma
- ✓ Achieve the best results with the least amount of medication
- ✓ Develop self-management skills to take care of your asthma
- ✓ Become an informed decision-maker and play an important part in your asthma management



## There are three steps in your visits to the Centre:

### Step One – Initial Visit:

Your doctor will refer you, or you can refer yourself to the Asthma Education Centre. At the Centre, you will receive individual counseling and asthma management education. You will undergo a comprehensive assessment.

### Step Two – Reassessment Visits:

Now that we know more about you and your asthma, the next few visits will help you acquire the skills needed to take an active role in your asthma management. During these visits, we will also evaluate the effectiveness of the treatment set at the initial visit. A personal Action Plan will be made.

### Step Step Three – Follow-up Visit:

This visit will review the effectiveness of your Action Plan and answer any questions that you have. Before this visit, and throughout your treatment, your regular doctor will manage your asthma. He/she is an active member of the team and will receive a report regarding your asthma following every visit.

## At the Centre, you will learn:

- what asthma is
- how to recognize and understand your body's warning signals
- your triggers and how to avoid them
- how to effectively take inhaled medications with minimal side effects
- how to use a spacer if you need one
- how to develop an Action Plan – your personal guideline if your asthma gets out of control
- to evaluate your condition through breathing measurements

## Remember:

If you do have questions for your Asthma Nurse at the Asthma Centre, it is always worthwhile writing them down beforehand so you do not forget.

**Come for Asthma Education soon!**



## The Goal is Control



## Chronic Obstructive Pulmonary Disease (COPD)

The Asthma Education Centre also educates clients with Chronic Obstructive Pulmonary Disease (COPD).

COPD is a serious lung disease that over time makes it harder to breathe. You may have heard COPD called other names, like emphysema or chronic bronchitis.

If you are 40 years of age or older and currently smoke, or have a history of smoking, please ask your doctor to order a simple breathing test called Spirometry.

**Although one out of six people with COPD have never smoked, smoking remains the most common cause of COPD.**

*Get COPD Education*



## Asthma Education Centre Hours of Operation

Appointments by consultation only  
Monday, Wednesday & Friday

Initial visit – 90 mins

Follow-up Visit – 20 mins

Please bring:

- All medications you are currently taking
- All devices you are currently using

For further inquiries or  
to book an appointment call:

Debbie Barboza

Asthma Nurse Educator  
Asthma Education Centre

(441) 239-1652 or  
email [asthma.centre@bhb.bm](mailto:asthma.centre@bhb.bm)

Location:  
Chronic Disease Management Services  
Fairview Court, Mid Atlantic Wellness Institute  
44 Devon Springs Road, Devonshire

# Asthma Education Centre

*Helping you help yourself*



**Bermuda Hospitals Board**

Produced in partnership  
with BHB's Public Relations Department