

Asthma Education Program at Sunnyside Hospital

For Immediate Release as news or PSA

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The Sunnyside Community Hospital Cardiopulmonary Department has been working hard the last several months to implement an "Asthma Education Program" for our community. The program is now accepting referrals from area physicians.

Department Manager Kathleen Anderson said the Valley has an on going need for Asthma education.

"Asthma is a problem that crosses all cultural and economic barriers," said Anderson. "We see young children with asthma problems, and have had patients in their 60's and 70's still dealing with issues of the disease."

The new hospital program is the result of considerable planning and training. The hospital has two Respiratory Therapists who are Certified Asthma Educators.

"We are working to help asthmatics and their families," Anderson said. "We want to help them learn more about managing their asthma." The class covers a wide variety of items including asthma pathophysiology, asthma medications and proper techniques for using their medication devices.

"We have found many patients who have questions about their medications and need additional education and training to properly use their inhalers," she explained. "We provide them with the tools to increase their awareness of signs and symptoms of asthma and the environmental control measures to avoid triggers that bring on asthma episodes."

Patients are taught how to use a Peak Flow Meter and create an Asthma Action Plan which is approved by their physician Anderson said.

Classes are provided Monday through Friday by appointment. A physician referral is required.