

Education on Asthma Self-Management

Information for Public Health Professionals

Education on asthma self-management (AS-ME) is part of EXHALE, a set of six strategies used by CDC's National Asthma Control Program and its partners to help Americans with asthma.

Education on asthma self-management can:

- Improve medication adherence among people with asthma;
- Reduce asthma-related emergency department (ED) visits and hospitalizations;
- Decrease missed school or work days because of asthma; and
- Reduce healthcare costs.

AS-ME includes educating people with asthma and their families to:

- Use asthma medications correctly;
- Reduce exposures to asthma triggers such as cockroaches or mold; and
- Manage their condition when asthma symptoms worsen.

AS-ME can be delivered in various settings, including clinics, EDs, hospitals, pharmacies, schools, and homes.

Nurses, certified asthma educators, community health workers, and others can deliver AS-ME.

EXHALE

This strategy is represented by the first "E" in EXHALE. The six strategies in EXHALE can have the greatest impact when used together in every community.



Education

on asthma self-management

X-tinguishing

smoking and exposure to secondhand smoke

Home

visits for trigger reduction and asthma self-management education

Achievement

of guidelines-based medical management

Linkages

and coordination of care across settings

Environmental

policies or best practices to reduce asthma triggers from indoor, outdoor or occupational sources

Learn more about how AS-ME can help children and adults with asthma:

<https://www.cdc.gov/asthma/exhale/>



Centers for Disease
Control and Prevention
National Center for
Environmental Health

