



# Topic Talks

## Asthma

Australia has one of the highest rates in the world. This serious condition leads to the deaths of almost 400 Australians a year. This week we will learn more about Asthma

### Asthma in Australia

- One in nine people have Asthma (2.7million)
- Asthma affects people of all ages
- It can appear at all stages of life
- Approximately 80% of asthma hospitalisations are preventable
- Almost half (44%) of the hospitalisations are for children aged 0-14

### Common barriers to correct use of Asthma medicines

- Misunderstanding purpose of medicines
- Concerns about side effects
- Taking wrong dose
- Skipping doses to save on treatment costs
- Incorrect inhaler technique
- Poor perception of airflow limitation
- Social pressure from peer group, employer, colleagues or family (e.g. expectation that should have grown out of asthma)
- Beliefs about health that conflict with or undermine confidence in conventional asthma medicines.

## Let's talk

Suggested questions to ask yourself or your peers this week



### How would you rate your level of understanding of this topic?

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

### Do you know how to do a nursing assessment for asthma? How is it done and documented?

A nursing assessment includes respiratory status (rate, work of breathing, accessory muscle use), breath sounds, peak flow, oxygen saturation and vital signs. Listen to examples here <https://www.youtube.com/watch?v=7oTfvJff7go>

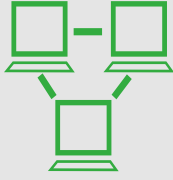
### Consider the nursing implications for asthma

Discuss the nursing implications for a patient with asthma in your organisation. Particularly if it is not the presenting problem but in conjunction with main problem.

### What are 2 new pieces of information you have learned about the topic this week?

Think about what you have learned. How can you use this learning going forward?

# Loddon Mallee Activities and Resources



## What's on the Web?



## References:



### Tuesdays@2 Webinar

Tuesday 31st August, 2pm. Join the webinar via the [Bendigo Health Website](#)

or via zoom <https://bendigohealth.zoom.us/j/93324155450?pwd=Nm9iSUZmSEl4enJHWFRheWRtaTdaUT09>

**Speaker:** Tracy Kidd Nurse Educator CPD

**Topic:** Thunderstorm Asthma

Asthma Week 1-7 September <https://asthma.org.au/get-involved/what-is-on/asthma-week/>

### E-Learning:

- Asthma Australia: [Asthma Connect](#)
- [ThinkGP Asthma Education](#)
- [Online Spirometry Training](#)
- Lung Foundation Australia [Webinars Lung Learning](#)

### Webcasts:

- Lung Foundation Australia [Webinars Lung Learning](#)
- World Asthma Day 2021 - [Uncovering Asthma Misconceptions](#) [30:02]
- Asthma Australia (2021) [New changes in asthma management](#) [1:01]
- Centre of Excellence in Severe Asthma (2019) [Severe Asthma in Paediatrics](#) [38:21]
- APNA (2018) [What's New in Asthma Management APNA Webinar](#) [1:00:36]

### Podcasts:

- MJA Podcasts (2018) [Severe asthma with Prof Peter Gibson](#) [10:51]
- Melbourne Pollen Count and Forecast (2020) [Thunderstorm Asthma - The Pollen Podcast Ep. 4](#) [19:22]

### Apps:

- [Asthma First Aid App](#)
- [Kiss myAsthma App](#)
- [Menzies Asthma App](#)

### Web Sites:

- [Asthma Australia](#)
- [National Asthma Council Australia](#)
- [Lung Foundation Australia](#)

- National Asthma Council (2020) Australian Asthma Handbook. Retrieved from <https://www.astmahandbook.org.au/>
- Asthma Australia (2021) Asthma Statistics and Facts Retrieved from <https://asthma.org.au/about-asthma/understanding-asthma/statistics/>
- Asthma Australia (2021) About Asthma. Retrieved from <https://asthma.org.au/about-asthma/>