

Who can use this service?

Any adult who has been diagnosed with asthma by a doctor is eligible to use this free service.

Any individual seeking information about asthma is also welcome to contact the Service.

Services are confidential and provided free of charge for Medicare and ACT Services Access card holders.

Referrals can be made by

- Self referrals, individuals & families
- Community members
- Health professionals
- GPs
- Specialists

Referrals can be made by phoning or faxing the Respiratory and Sleep Medicine Department:

| | |
|---------|---|
| Phone | (02) 6244 2066 |
| Fax | (02) 6244 2604 |
| Email | respsleep@act.gov.au |
| Address | Canberra Hospital and Health Services, Building 1, Level: 2 |

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Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



Interpreter

If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit:
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ACT
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Health



CANBERRA HOSPITAL
AND HEALTH SERVICES

ADULT ASTHMA EDUCATION SERVICE



Asthma is a condition where the airways of the lungs become narrow, making it difficult to breathe. It is a common health problem in Australia affecting up to 1 in 9 children and adults.

The Adult Asthma Educator Service

The Adult Asthma Educator Service provides free, up to date education and support to adults 18 years and above who have a diagnosis of asthma.

The Adult Asthma Educator Service is provided by Registered Nurses who works within a team of health professionals based at the Canberra Hospital. This service works closely with the Respiratory Specialists, Pharmacists, hospital staff and the ACT Asthma Foundation to provide a holistic approach to asthma education.

General Practitioners (GPs) and Respiratory Specialists are responsible for diagnosing, treating and managing people affected by asthma. The Asthma Educators role is to support GPs and Specialists in the care of people with asthma.

Everyone's asthma is different and can affect each individual differently. The Service tailors the education session to meet the individual's needs, and specific healthcare goals.

Asthma Education

Asthma education assists individuals and families to increase the knowledge and understanding of asthma and its management.

The Asthma Educators provide information on:

- Symptoms
- Common trigger factors
- Devices used to deliver medications
- Exercise and asthma
- Peak flow monitoring/spirometry
- Emergency management
- Allergy skin testing.

