



OVERVIEW

BIG IDEA

Successful asthma management depends on careful control of the home environment.

OBJECTIVE

10.8: Identify environmental triggers for asthma in the home.

AGENDA

1. Asthma Triggers
2. Asthma Basics
3. Challenges of Asthma Management
4. Asthma Home Environment Checklist

HOMEWORK

Use the handout “Asthma Home Environment Checklist” to conduct an assessment of your home.

LESSON 10.8

Asthma

SUMMARY:

This lesson will provide the background understanding students will need for the upcoming case study (10.9). Students will begin by evaluating a list of possible triggers of asthma in the home and guessing which could be correct (they all are). Then they will read the CDC overview about asthma, followed by a discussion on why managing the chronic illness can be challenging. Finally, students will read and review a home environment checklist and reflect through follow-up questions. They will then go home and complete the checklist in their own home for homework.

STANDARDS:

IL Learning Standard 22.C: Explain how the environment can affect health



MODULE 10: ENVIRONMENTAL HEALTH
LESSON 10.8

Asthma

Obj. 10.8: Identify environmental triggers for asthma in the home.

Asthma Triggers

Circle any of the following items you think a person with asthma would want to reduce or remove from their home:

- Cats
- Mold
- Dogs
- Secondhand smoke
- Dust mites
- Cockroaches
- Rodents
- Odorous cleaning products
- Incense & candles

Asthma Basics

Read the "Basic Information" handout on asthma from the CDC and answer the questions below:

What is asthma?	
How can you tell if you have asthma?	
What is an asthma attack?	
What causes an asthma attack?	
How is asthma treated?	

DO NOW: Answer: All these things could be triggers

Ask students what all of these have in common. How do they think these things trigger asthma?


NEW INFO:

The handout can be printed out for students or they can access it online at <http://www.cdc.gov/asthma/faqs.htm>




Lesson 10.8 Instructor Guide


MODULE 10: ENVIRONMENTAL HEALTH

**Challenges of Asthma Management**

Based on what you have learned, why do you think asthma can be a difficult chronic illness for some people to manage?


**Asthma Home Environment Checklist**

Read the "Asthma Home Environment Checklist" handout from the EPA.




Answer the questions based on the checklist:

- 1) Which triggers on the checklist do you think are most common in low-income homes?
- 2) Which triggers would be easiest for YOU to modify in your home?
- 3) Which triggers would be most difficult for YOU to modify in your home?
- 4) Which triggers would be most difficult for those in low-income homes to modify?

**ID Asthma Triggers**

List 5 common triggers of asthma that might be found in the home:

**Asthma Home Environment Checklist in YOUR Home!**

Use the handout "Asthma Home Environment Checklist" to conduct an assessment of your home.

DISCUSS:

Possible answers: Lack of knowledge/health literacy, Lack of access to health care for consistent monitoring & checkups, No family support, Low poverty level may prevent from making modifications to home environment or affording/accessing the medications, etc.

THINK:

Have students think about the various factors that would be required to modify each trigger: knowledge (ex: how to spot mold), time (ex: vacuuming every week), money (purchasing a high-quality vacuum with HEPA filter), expertise/experience (removing cockroaches or other pest infestations), difficult choices (ex: giving up a pet for adoption), etc.

HOMEWORK:

The purpose of this homework assignment is to make the learning experiential for all students, regardless of whether they or another family member have asthma or allergies. By conducting the assessment of their home, students will internalize the triggers for asthma as well as better understand how many nuances of the environment can impact health.