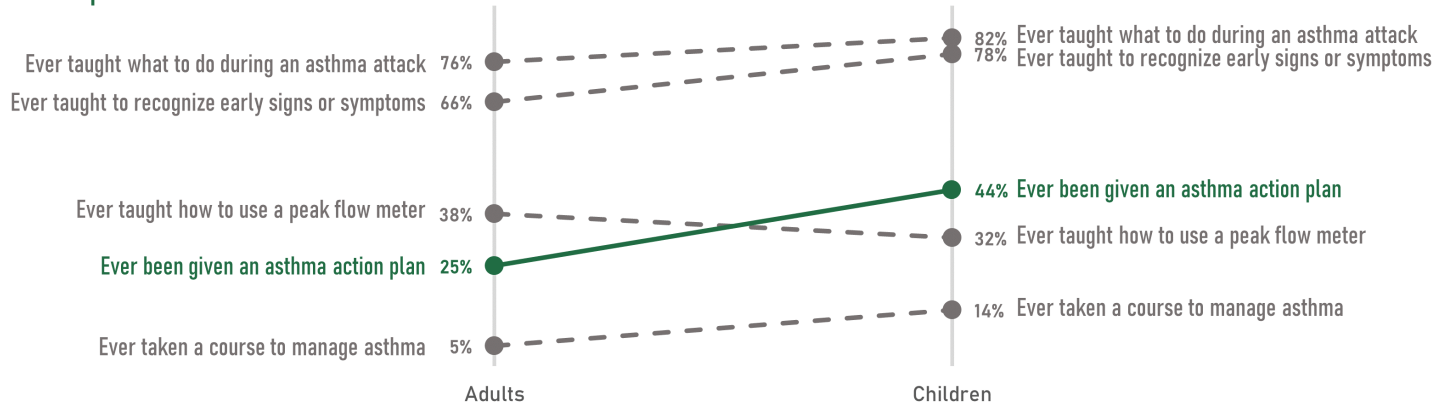


Asthma Self-Management Education Among Montanan Adults and Children with Asthma

How AS-ME could help your patients

Asthma self-management education (AS-ME) can help adults and children with asthma learn to identify and manage their symptoms, use medications for asthma correctly, and identify and reduce exposure to possible triggers¹. AS-ME can help improve medication adherence, reduce asthma-related emergency department (ED) visits and hospitalizations and their costs, and decrease the number of missed school and work days due to asthma.

Adults and children had similar AS-ME outcomes, with the exception of having **ever been given an asthma action plan**.



Montana AS-ME Data

From 2018 to 2020, only two in five adults with asthma and half of all children with asthma knew 3 or more AS-ME components². In Montana, 46% of adults with asthma and 27% of children with asthma have uncontrolled asthma.

Montana Asthma Home Visiting Program

Because AS-ME is an important part of controlling asthma, the Montana Asthma home visiting Program (MAP), provided by the Montana Asthma Control Program (MACP), provides free asthma education for both adults and children with uncontrolled asthma.

To learn more about MAP, please visit the [Montana Asthma Home Visiting Webpage](#).

Certified Asthma Educator

MACP also supports healthcare providers in Montana seeking to become qualified Asthma Educator Specialist (AE-C). **To learn more about becoming a certified asthma educator, please visit the [Continuing Education for Healthcare Professionals Webpage](#).**

Symptoms of Uncontrolled Asthma

- Suffering from daytime asthma symptoms more than 2 days a week.
- Waking up more than twice a month at night from asthma symptoms.
- Using a rescue inhaler more than twice a week.
- Having to limit activities due to asthma.

Contact

Montana Chronic Disease Program
 1400 E Broadway
 Helena, Montana 59620-2951
 (406) 444-7304
<http://www.dphhs.mt.gov/asthma>

Sources

1. Centers for Disease Control and Prevention (CDC). Education on Asthma Self-Management. 2020. Retrieved from: <https://www.cdc.gov/asthma/exhale/as-me.htm>
2. Montana Department of Public Health and Human Services (MT DPHHS) and Centers for Disease Control and Prevention (CDC). Adult & Child Asthma Call Back Survey (ACBS). 2018-2020.