

**COUNSELING FOR ASTHMA RISK REDUCTION© (CARR):
TRAINING AND CURRICULUM FOR CLINIC-BASED EDUCATORS**

Candy Neuner RN, BSN, AE-C; Tammy Rood MSN, CPNP-PC, AE-C;
Ben Francisco PNP, PhD, AE-C; Lainey Bratt RN, BSN, MPH;
Paul Foreman PhD, MS, MA; Jesse Irwin ATC/L, BSN nursing student
Asthma Ready® Communities - University of Missouri Health Care, Columbia,
MO

Background: Counseling for Asthma Risk Reduction© (CARR) is a multimedia program developed by Asthma Ready® Communities to provide Missouri clinic staff with an outline for asthma education that qualifies for third party reimbursement. CARR utilizes clear, evidence-based approaches for improving asthma care based on *Guidelines for the Diagnosis and Management of Asthma: Expert Panel Report 3*. CARR incorporates IMPACT Asthma Kids©, an evidence-based, interactive, multimedia, self-management program for school-aged children and families.

Audience: CARR was developed for use by Missouri Asthma Educator Network (MAEN) members (more than 1000 health professionals who have completed ≥ 6 hours of standardized asthma training, primarily the Association of Asthma Educators' course *Becoming an Asthma Educator and Care Manager*©).

Educational Design and Approach: Interested, eligible educators (MAEN members) complete training by streaming video with online pre/post tests, covering 7 key self-care actions. The 2.5 hour, accredited training presents guidelines for billing, a recommended schedule for educational sessions and an outline summarizing topics to be covered at an initial visit and follow-up visits. Educational sessions are modeled by actors demonstrating an educator with a caregiver of an infant, and an educator with a school-age child and parent. After training the “credentialed” educator receives asthma equipment and a kit with instructional media to standardize educational sessions. The CARR kit contents include: 1) health care provider guide to asthma care, 2) 32-lesson flip chart, 3) patient handouts, 4) guide to use and care of asthma equipment, 5) the ICS Star Chart© and incentive offer (to promote adherence), 6) flash drive with electronic versions of all media, additional asthma resources and 44 IMPACT Asthma KIDS© animations, 7) standardized assessment forms, and 8) a digital flow meter for measuring forced expiratory volume in 1 second (FEV1) to assess airflow and an In-Check Dial™ to assess and improve patients' inhalation technique.