

## Pediatric Patient Education Classes

Patient education classes are an important part of your experience at National Jewish Health. The classes will give you and your family the information and tools to manage your disease.

Plan to attend classes during your evaluation at National Jewish Health. The patient education classes are free for patients and family members.

Patient Education classes meet in the **Patient Education Room A01b**. The classroom is located in the basement across the hall from the main elevator.

### Monday

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#### Asthma and Exercise

If your child is school age and has asthma you may find this class helpful. The class will cover the benefits of exercise, plus safe and appropriate exercise programs. Discussions will include how asthma and asthma medications may affect sports participation and how to communicate.

### Tuesday

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#### What Makes Asthma Worse? (Adult and Pediatric class)

1:00 p.m. - 2:00 p.m.

What is happening in the lungs with asthma? What makes asthma worse? These questions will be discussed in this class. Irritants, allergens, infections, weather changes, exercise and gastroesophageal reflux will be discussed.

### Wednesday

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#### Learning about Atopic Dermatitis (Adult and Pediatric class)

3:00 p.m. - 4:00 p.m.

Learn about the importance of “Soak and Seal” in this class. Avoidance of things that make atopic dermatitis worse, daily skin care and managing worsening symptoms will be discussed.

### Thursday

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#### Asthma Medications and Self-Management (Adult and Pediatric class)

9:30 a.m. - 10:30 a.m. (1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month)

Correct medication technique is important. Asthma medications, side effects and correct techniques will be discussed. Monitoring asthma by assessing symptoms and using a peak flow meter with an Asthma Action Plan will also be discussed.

## Managing Asthma for Children and Teens

12:00 p.m. – 1:00 p.m. (2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month on the pediatric unit)

Correct medication technique is important. Asthma medications, side effects and correct techniques will be discussed. Monitoring asthma by assessing symptoms and using a peak flow meter with an Asthma Action Plan will also be discussed. The focus is for children and teens with asthma and their parents.

## Friday

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### Tools for Giving-Up Smoking - Trying Again

12:00 p.m. - 1:00 p.m. (Second Friday every month)

If you're just thinking about giving up smoking or ready to set a quit date, this class is for you. This is an informative class that follows along with the Giving Up Smoking Med Facts series. It will provide you with helpful, practical tools as you prepare to give up smoking.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 121 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit [njhealth.org](http://njhealth.org).