

OVERVIEW OF ASTHMA UPDATE 2008 SKILLS COURSE

A/Prof Goh Lee Gan

SFP2008; 34(3): 8-9

INTRODUCTION

The management of bronchial asthma has taken further steps forward. The current strategy is to aim for total asthma control, at least for the great majority – which is the freedom from day time symptoms, limitation of daily activities, nocturnal symptoms, need for reliever treatment, no exacerbations, and normal or near-normal lung function test results. This strategy is described in recent clinical practice guidelines such as the 2008 MOH CPG on management of asthma, the NHLBI 2007 EPR3 guidelines, and the 2007 GINA guidelines. To implement this strategy of asthma control, there is a need for a good knowledge and skills in the assessment of control, pharmacotherapy, and intensive asthma care education. There is also a need to know the utility of the ACT, PEF measurements, and spirometry in the total management of asthma control. These aspects will all be dealt with in this family practice skills course.

COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- κ Distance Learning Course – 6 units (1 CME point per unit)
- κ 2 Seminars (2 CME points per seminar)
- κ 2 Workshops (2 CME points per workshop / attend only 1 workshop)
- κ Reading papers on ASTHMA UPDATE – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

Distance Learning Course

- Unit 1 : Asthma Update 2008
(Dr Kong Po Marn)
- Unit 2 : Management of Paediatric Asthma
(Dr Anne Goh)
- Unit 3 : Wheezing in the Elderly – Distinguishing between Asthma and COPD
(Dr Ong Kian Chung)

GOH LEE GAN, Associate Professor, Department of Community, Occupational and Family Medicine, Yong Loo Lin School of Medicine, National University of Singapore
Senior Consultant, Institute of Family Medicine, College of Family Physicians Singapore

- Unit 4 : Asthma Control in Adults
(A/Prof Goh Lee Gan)
- Unit 5 : Diagnosis and Management of Occupational Asthma
(Dr Lee Lay Tin)
- Unit 6 : Environmental Control in Asthma – Allergens
(A/Prof Lee Bee Wah)

COURSE TOPIC DETAILS

Unit 1: Asthma Update 2008

- κ Guidelines
- κ Asthma control strategies
- κ Treatment agents
- κ Pathophysiology

Unit 2: Management of Paediatric Asthma

- κ Introduction
- κ Diagnosis of Asthma
- κ Asthma treatments
- κ Asthma management and prevention

Unit 3: Wheezing in the Elderly – Distinguishing between Asthma and COPD

- κ Introduction
- κ Pathophysiologic differences
- κ Clinical differences
- κ Distinguishing between Asthma and COPD: Does it matter?

Unit 4: Asthma Control in Adults

- κ Introduction
- κ Control and severity
- κ Ultimate goal and desired endpoints
- κ Assessing asthma control
- κ From assessment to stepwise pharmacotherapy
- κ The four key elements of asthma control education

Unit 5: Diagnosis and Management of Occupational Asthma

- κ Introduction
- κ Definition and classification
- κ Causative agents
- κ Diagnosis of occupational Asthma
- κ Management
- κ Compensation
- κ Prevention

Unit 6: Environmental Control in Asthma – Allergens

- κ Introduction
- κ The role of allergen avoidance
- κ Recommendations on house dust mite avoidance measures
- κ Allergen immunotherapy
- κ Allergens and prevention of Asthma

FACE-TO-FACE SESSIONS**Seminar 1: 19 July 2008****2.00pm – 4.15pm**

Unit 1 : Asthma Update 2008

(Dr Kong Po Marn)

Unit 2 : Management of Paediatric Asthma

(Dr Anne Goh)

Unit 3 : Wheezing in the Elderly – Distinguishing between
Asthma and COPD

(Dr Ong Kian Chung)

Workshop 1: 19 July 2008**4.30pm – 6.45pm**

Workshop A : Smoking Cessation (Dr Kenneth Chan)

Inhalation Techniques (Nurse Tricia Soh)

Workshop B : Spirometry Demonstration (Dr Ong Kian
Chung)

Case Studies (Dr Kong Po Marn)

Note: Workshop A and Workshop B will run concurrently as a round robin. Course participants will be assigned a group to attend workshop A followed by workshop B (Group 1), or workshop B followed by workshop A (Group 2). Please also take note that the workshops will be conducted only on Saturday evening.

Seminar 2: 20 July 2008**2.00pm – 4.15pm**

Unit 4 : Asthma Control in Adults

(A/Prof Goh Lee Gan)

Unit 5 : Diagnosis and Management of Occupational Asthma

(Dr Lee Lay Tin)

Unit 6 : Environmental Control in Asthma – Allergens

(A/Prof Lee Bee Wah)