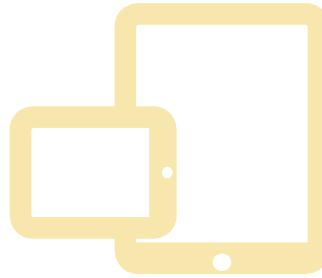


# CIRMA E-Learning Center

## Understanding and Managing Asthma Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

### Course Description

Asthma is a chronic respiratory condition that can have a serious impact on the health and lifestyle of those who are afflicted by it. Although, asthma cannot be cured, asthma sufferers can take steps to reduce their exposure to asthma triggers and pursue medical treatments to keep their condition under control.

**Time:** Approximately 30 minutes [Preview the Understanding and Managing Asthma online training program here.](#)

### Learning Objectives:

- Understand that asthma can be controlled but not cured.
- Identify known asthma triggers.
- Recognize the differences in purpose between long-term and quick-relief asthma medications.

### Key Topics Include:

- What is Asthma?
- Identifying Symptoms
- Measuring Your Breathing
- Asthma Triggers
- Nocturnal Asthma
- Asthma Treatments
- What You Can Do

*To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —*

[www.CIRMATraining.org](http://www.CIRMATraining.org)

To register for this course, please contact your organization's E-Learning Administrator.

