



Training Resources

for Professionals in Asthma, COPD, Spirometry,
and Indoor Air Quality

Tobacco/E-Cigarettes/Vaping

Online learning resources and videos for healthcare professionals, parents, and patients

1. Impact of E-Cigarettes on the Lungs <https://bit.ly/3gf3Wf0>
2. The Vape Talk..... <https://bit.ly/2CAXAS7>
3. Vaping: It's All Smoke and Mirrors <https://bit.ly/2CyVK4p>
4. Links to E-Cigarette Resources..... <https://bit.ly/2qa4OVR>
5. How Smoking Impacts Your Lung Health video <https://bit.ly/2Xa22kw>
6. The Health Effects of Smoking with Asthma..... <https://bit.ly/2CEPxnA>

Asthma and COPD

Resource	Length	How to Access
Asthma Basics A free one-hour interactive online learning module designed to help people learn more about asthma. Available in English and Spanish.	One hour online	https://bit.ly/3wUYBj2
Asthma 101 This free booklet describes how asthma impacts the lungs, signs and symptoms, medication and environmental treatment, and self-management strategies. An asthma action plan and medication delivery device instruction sheets are also included. Available in English and Spanish.	47-page booklet	https://bit.ly/2jG2oLQ
How to Use a Peak Flow Meter This video provides instructions on how to use a peak flow meter. Peak flow monitoring is recommended for patients with a history of severe exacerbations, moderate to severe persistent asthma, or difficulty perceiving symptoms.	40-second video	https://bit.ly/2QhLZBE
Medication Delivery Device Instructions These short videos provide instructions for the various respiratory medication delivery devices. Available in English and Spanish.	2-minute videos	https://bit.ly/2jdpL0w
Medication Delivery Device Training An in-depth training on how to use, instruct, and clean the different medication delivery devices. This training is ideal for all clinic staff.	60-minute in-person training	Contact your local American Lung Association at Lung.org or 1-800-LUNGUSA
How to Create an Asthma Action Plan Step-by-step instructions on how to create an asthma action plan. Available in English and Spanish.	Online instructions and PDF	https://bit.ly/1oU7wg1
How to Create a COPD Management Tool/Action Plan Step-by-step instructions on how to create a COPD management plan. Available in English and Spanish.	Online instructions and PDF	https://bit.ly/1HXsCmA

Asthma and COPD

Resource	Length	How to Access
Pursed Lip Breathing A brief video on how and why to use pursed lip breathing to relax your airways and resume a normal breath.	2-minute video	https://bit.ly/2rDMzxi
Belly Breathing A brief video on how and why to use diaphragmatic breathing to catch your breath.	2-minute video	https://bit.ly/32dBAyT
Understanding Your Medications There are a variety of medicines available to treat asthma, but there is no “best” medicine for all people. Learn more here.	Online instructions	https://bit.ly/2Czp3Ut
How to Use a Nebulizer A brief video to learn how to use your nebulizer.	2-minute video	https://bit.ly/32G88Kj
How to Clean a Nebulizer A brief video to learn how to clean your nebulizer.	2-minute video	https://bit.ly/2O3OmmM
LUNG FORCE Expo A program designed for patients, caregivers, and healthcare providers to learn more about the latest trends, resources, and research surrounding lung cancer, COPD, and asthma.	1-day conference Registration fee	https://bit.ly/32d1ltW
Asthma Educator Institute Take this professional development course to provide asthma guidelines-based care to patients and their families and get the knowledge you need to sit for the National Asthma Educator Certificate exam.	2-day course Registration fee	https://bit.ly/3dfuxGO
COPD Educator Course Take this professional development course to provide COPD guidelines-based care to patients.	1.5-day course Registration fee	https://bit.ly/3e27MW6
Clinical Quality Improvements in the Treatment of Children’s Asthma A description of the Lung Association’s work with clinics to implement best practices in improving outcomes for their asthma patients.	6-minute video	https://bit.ly/2Cp9yg4

Interstitial Lung Disease (ILD)

Resource	Length	How to Access
Interstitial Lung Disease (ILD) Learn what ILD is.		https://bit.ly/3soWelb

Tuberculosis and Other Lung Infections

Resource	Length	How to Access
Living with Tuberculosis Learn what TB is.		https://bit.ly/2CBBNtx
Sarcoidosis Learn what sarcoidosis is.		https://bit.ly/2QnP0Ax
Living with Sarcoidosis Learn what it's like to live with sarcoidosis.		https://bit.ly/3x3FQdk
Nontuberculosis Mycobacteria (NTM) Learn what NTM is.		https://bit.ly/3wS65mF
What is Idiopathic Pulmonary Fibrosis (IPF)? Learn what IPF is.		https://bit.ly/3ddYqr6
Living with Idiopathic Pulmonary Fibrosis (IPF) Expert answers to some common questions from patients about living with IPF.		https://bit.ly/3sdfh1v

Spirometry

Resource	Length	How to Access
How to Conduct a Spirometry Maneuver This short patient-based video reinforces what spirometry is and how to perform a test.	2-minute video	https://bit.ly/2jPVdmO
Coaching a Spirometry Test This video walks through how to coach a quality test.	2-minute video	https://bit.ly/2CnOGFV
Implementation and Interpretation of Spirometry in the Primary Care Practice	Full-day courses Registration fee	https://bit.ly/2jfXRCs
Crash Course in Spirometry This free, archived webinar provides the basics on what spirometry is, how it is conducted, and how to interpret the results for the management of lung disease.	35-minute online webinar	https://bit.ly/2kfOWNI
Spirometry Implementation Refresher Course A hands-on refresher on how to use equipment and coach a quality spirometry test.	90 minutes	Contact your local American Lung Association at Lung.org or 1-800-LUNGUSA
Spirometry Quick Reference Guide This step-by-step algorithm simplifies spirometry interpretation.	Two-page reference sheet	https://bit.ly/3tim9fx
Spirometry Skill Competency Checklist A great tool to assess the skills of your clinic staff.	One-page checklist	https://bit.ly/2OJUHYS

Lung Cancer

Resource	Length	How to Access
LUNG FORCE Expo A program designed for patients, caregivers, and healthcare providers to learn more about the latest trends, resources, and research surrounding lung cancer, COPD, and asthma.	1-day conference Registration fee	https://bit.ly/2raLI6W
Lung Cancer Learn what you need to know about lung cancer, what to do after a diagnosis, and what to do when a loved one is diagnosed.		https://bit.ly/3wYcQ6w
Supportive Palliative Care for Lung Cancer Learn key points about palliative care for lung cancer.		https://bit.ly/2KdPF1k
State of Lung Cancer American Lung Association's report shows how the toll of lung cancer varies by state. Examining lung cancer incidence, survival, stage of diagnosis, along with surgical treatment and access to lung cancer screening facilities, this report finds states must do more to protect their residents from lung cancer.	Online report	https://bit.ly/33JktyL

Pulmonary Rehabilitation

Resource	Length	How to Access
Basics of Pulmonary Rehabilitation These programs are designed to improve lung function, reduce symptom severity, and improve quality of life.		https://bit.ly/2O44OUd
Advance Health Care Directive A sample of an advance health care directive.	Available in PDF	
Get Health Education Materials Geared toward a healthcare professional, employer, or head of a community organization, find helpful health education materials.		https://bit.ly/2pd6JgN

Oxygen Therapy

Resource	Length	How to Access
Oxygen Therapy Learn about conditions and treatments around oxygen therapy.		https://bit.ly/33LDqAU
Getting Started with Oxygen An interactive tool to learn about using oxygen.		https://bit.ly/2CFmbW5
Things to Know When Using Oxygen This video will help you get started with oxygen therapy and adjust to life on oxygen.	3-minute video	https://bit.ly/32BGnTe

Indoor Air Quality

Resource	Length	How to Access
Removing Asthma Triggers This video series shows how to remove asthma triggers in the home.	13 videos each 20-60 seconds long	https://bit.ly/2IVPI62
Indoor Air Quality—How to Conduct a Home Assessment This free, online training is designed for public health nurses, certified asthma educators, and others interested in learning more about reducing asthma triggers in the home.	40-minute online module	https://bit.ly/3uQvXOe
Particle Pollution A brief description and video on how particles pollution can impact lung health.	Brief description 16-second video	https://bit.ly/2j25Nmp
Indoor Air Pollutants and Health Find out what makes indoor air unhealthy and how pollution can hurt your body.		https://bit.ly/2CP7BLT
Asthma Home-Based Services Toolkit This toolkit provides resources and educational tools to support healthcare professionals providing asthma home-based services.		https://bit.ly/2O1zntC
20 Ways to Manage the Indoor Air Quality in Your Home A list of things you can do to improve the air quality in your home.	Available in PDF	https://bit.ly/3dqCyc0
Healthy Housing General resources by the National Center for Healthy Housing for keeping a home healthy.		https://nchh.org/
American Lung Association's Indoor Air Quality Training This full-day training links indoor air quality and asthma triggers to how it impacts our lung health. Topics covered include: allergens, irritants, mold particulate matter, and combustion bi-products.	Full-day training	Contact Jill.Heins@Lung.org

Clinical Trials

Resource	Length	How to Access
Current ACRC Clinical Trials		https://bit.ly/2Qeb3Yi
About Clinical Trials		https://bit.ly/2NFnqec
Research Collaboration Between Patient and Provider	One minute 19-second video	https://bit.ly/3uRVV3W