

## Where to find the Program?

- ❑ **St. Joseph Healthcare Hamilton - King Campus** is on King Street East between Nash Road and Centennial Parkway also called 20 Highway. It is on the Delaware bus route.

**The Family Asthma Education Program** is on the Lower Level in the Special Program area. When you arrive at the Centre, stop at the front desk and ask for directions. You can take the stairs or an elevator down to the program.

- ❑ **St. Joseph's Healthcare Hamilton - Charlton Campus** is on Charlton Avenue East between John Street South and James Street South. It is on many bus routes.

**The Family Asthma Education Program** is on Level 1 in the Firestone Institute for Respiratory Health (FIRH) in the Juravinski Tower. When you arrive at St. Joseph's Hospital ask for directions.

- ❑ **McMaster Children's Hospital** is on 1200 Main Street West. It is on many bus routes.

**The Family Asthma Education Program** is on Level 3 in the 3 F Clinic. When you arrive at McMaster Children's Hospital, ask for directions.

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# Family Asthma Education Program



- ❑ **St. Joseph's Healthcare Hamilton - King Campus**  
Lower Level - Special Programs  
2757 King St. East • Hamilton, Ontario • L8G 5E4  
Telephone: 905-573-7777 Ext. 38403

- ❑ **St. Joseph's Healthcare Hamilton - Charlton Campus**  
Firestone Institute for Respiratory Health (FIRH)  
Level 1 - Juravinski Tower  
50 Charlton Avenue • Hamilton, Ontario • L8N 4A6  
Telephone: 905-522-1155 Ext. 38403

- ❑ **McMaster Children's Hospital - 3 F Clinic**  
1200 Main Street West • Hamilton, Ontario • L8N 4A6  
Telephone: 905-521-2100 Ext. 73744

## **What is the Family Asthma Education Program?**

This program provides education and support to children, teenagers and adults with asthma and their families. After a complete assessment, you will learn:

- about asthma
- about medications and how to take them
- how to prevent and control symptoms
- how to manage at school, social events and work

You will also learn how to:

- help prevent asthma attacks
- manage symptoms and problems
- make changes in the home when needed
- help children take control
- know when to contact the doctor or healthcare provider, or get help

Working closely with your doctor or healthcare provider, the nurse will help you and your family learn about asthma and how to have a healthy lifestyle.

## **Do we need to do anything before we come to the program?**

After your doctor or healthcare provider, has sent the referral form, the nurse will call you to arrange your first appointment. You may also want to write your questions down at home so you can ask them during your visit. You should bring all asthma medication and any devices used to take the medications with you when you come.

## **What happens when we come to the program?**

Your first appointment is about 1 hour long. Any members of the family are welcome to come. You will be able to talk about your concerns and ask questions you have. The nurse will also ask some questions and do some breathing tests. This helps the nurse understand the asthma triggers and symptoms.

Education is the most important part of the program. People who know more about their asthma have fewer symptoms, can prevent attacks and can avoid being in the hospital. The main goal of the program is to help you or your child learn to self manage asthma.

## **Who do I call if I have questions?**

Call the Asthma Education Nurse at the program you are referring to:

- St. Joseph's (both sites): 905-522-1155 ext. 38403
- McMaster Children's Hospital: 905-521-2100 ext. 73744

Be prepared to leave a message and the Asthma Education Nurse will call you back.