

**Attachment E – Health Education Materials and Questionnaires – Asthma/Inhaler**

The following are the selected health education materials and the tailored questionnaires for each material. The factual questions have the correct responses indicated in brackets.

**1) How to Use an Inhaler by the Utah Department Health Asthma Program**

<b>Material Type</b>	Audiovisual
<b>Understandability Rating</b>	Understandable
<b>Actionability Rating</b>	Actionable

**Understandability Questions**

- a) Tell me what you think was the most important point or message in this material.
- b) Please tell me in your own words why it is important to use an inhaler correctly? [May not get enough medicine to control symptoms if you use it incorrectly.]
- c) Please explain to me when and why you would prime an inhaler? [When you haven't used it in the last 2 days. To make sure the right amount of medicine.]
- d) Was there any information that was difficult to understand? What was it?
- e) Was there any information that was very easy to understand? What was it?
- f) On a scale of 1 to 10, 1 being very difficult and 10 being very easy, how easy was this material to understand?

**Actionability Questions**

- g) Does the material suggest any actions that you could or should take, or does it just give you information? What actions does it suggest? [how to properly use an inhaler; prime inhaler if haven't used before or in a while; rinse mouth after use]
- h) Based on this material, can you please show me how you would use an inhaler? [Check for removing cap, shake, seal mouth around canister, breathing out, breathing in through mouth before pressing down, holding breath, recap.]
- i) What should you do after you've taken your medicine? [Rinse with water and spit it out.]
- j) Was there anything in the material that was particularly helpful for understanding what you need to do to use an inhaler properly?
- k) After viewing this material, is there anything that is unclear about what you would need to do to use an inhaler properly?
- l) Can you think of any way this material could better explain how to use an inhaler correctly?
- m) On a scale of 1 to 10, 1 being very poor and 10 being very good. How well did this material identify the actions or steps you need to take to use an inhaler properly?

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2) **Asthma Triggers by Children’s Healthcare of Atlanta**

<b>Material Type</b>	Audiovisual
<b>Understandability Rating</b>	Understandable
<b>Actionability Rating</b>	Poorly Actionable

**Understandability Questions**

- a) Tell me what you think was the most important point or message in this material.
- b) What happens when a child has an asthma attack? [Difficulty breathing.]
- c) How would you know if a child was about to have an asthma attack? [Coughing, itchy or sore throat, runny or stuffy nose, itchy or watery eyes, headache, tiredness or irritability, chest tightness, mild wheezing, fast breathing, sneezing. If consumer provides some answers, ask, “Anything else?” If the consumer leaves any signs out, ask about them along with distracters such as earache, gum pain, and queasy stomach, tightness in the joints.]
- d) What are some things that can set off an asthma attack? [Smoke, things the child is allergic to, things with a strong smell, dirty air, exercise or sports, sickness, strong emotions, changes in the weather. Ask about things that consumer didn’t mention along with distracters, e.g., loud noises, stuffy nose, bus or car exhaust, running to catch a bus, a sudden, humid storm.]

**Actionability Questions**

- e) Does the material suggest any actions that you could or should take, or does it just give you information? What actions does it suggest? [what to do to prevent asthma attacks]
- f) When and why does a child with asthma need to see the doctor? [Regular visits to check that the asthma is under control and make changes to medicine if need. Ask consumer what “regular” means to him/her.]
- g) What can you do to avoid asthma attacks? [Know what sets off the child’s asthma attacks and avoid them. Take medicine correctly. Ask what “correctly” means to them. Should say something about following instructions about how and how often to take it.]
- h) Where can you get an asthma plan and what should you do with it? [Your doctor. Share it with people who take care of your child.]
- i) Was there anything in the material that was particularly helpful for understanding what you need to do to recognize asthma triggers and prevent asthma attacks?
- j) After viewing this material, is there anything that is unclear about what you would need to do to recognize asthma triggers and prevent asthma attacks?
- k) Can you think of any way this material could better explain how to recognize asthma triggers and prevent asthma attacks?
- l) On a scale of 1 to 10, 1 being very poor and 10 being very good. How well did this

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3) [Asthma Inhaler Medication Technique - How to Take An Asthma Inhaler](#) by America's Allergist

<b>Material Type</b>	Audiovisual
<b>Understandability Rating</b>	Poorly understandable
<b>Actionability Rating</b>	N/A

**Understandability Questions**

- a) Tell me what you think was the most important point or message in this material.
- b) Please tell me in your own words why it is important to use an inhaler correctly? [If the medicine doesn't go where it should, you won't get the full benefit.]
- c) Please tell me how long you should hold your breath after you inhale? [for as long as you can; for 12, 15, 20 seconds].
- d) In your own words, please tell me about advantages and disadvantages of different kinds of inhalers? [Diskus – have to keep it flat, don't have to use a tube. Twist inhalers – don't have to keep it flat. HFA – have to start breathing first, but don't need tubes/spacers. All of them you have to hold breath.]
- e) Was there any information that was difficult to understand? What was it?
- f) Was there any information that was very easy to understand? What was it?
- g) Can you think of any way this material could better explain how to use an inhaler correctly?
- h) On a scale of 1 to 10, 1 being very difficult and 10 being very easy, how easy was this material to understand?

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<b>Material Type</b>	Printable
<b>Understandability Rating</b>	Understandable
<b>Actionability Rating</b>	Actionable

### **Understandability Questions**

- a) Tell me what you think was the most important point or message in this material.
- b) Who should use an inhaler? [Someone with asthma, heart problems, or lung problems.]
- c) Are any of the 3 instructions for holding the inhaler better for some types of inhalers than others? [A or B for MDI, C for dry powder inhaler.]
- d) Please tell me in your own words why it is important to use an inhaler correctly? [So you receive the right amount of medicine.]
- e) Please tell me in your own words what a spacer or chamber does?
- f) Was there any information that was difficult to understand? What was it?
- g) Was there any information that was very easy to understand? What was it?
- h) Let's take a look at the material together. What do you think this section is saying (go through each section of the material)?
- i) On a scale of 1 to 10, 1 being very difficult and 10 being very easy, how easy was this material to understand?

### **Actionability Questions**

- j) Does the material suggest any actions that you could or should take, or does it just give you information? What actions does it suggest? [how to hold an inhaler; how to use an inhaler correctly]
- k) Based on this material, can you please show me how you would use an inhaler? [Check for removing cap, shake, tilting head back, breathing out, breathing in through mouth before pressing down, holding breath.]
- l) Please describe how you would know when to replace your inhaler? [Read the number of puffs in the canister from the canister. Divide the number of puffs you take a day by the number of puffs in the canister.]
- m) How would you make sure you don't run out of medicine if you use your medicine for when you have an asthma attack? [Ask your doctor to prescribe 2 inhalers so you'll have one when the first runs out.]
- n) Was there anything in the material that was particularly helpful for understanding what you need to do to use an inhaler properly?
- o) After reading this material, is there anything that is unclear about what you would need to do to use an inhaler properly?
- p) Can you think of any way this material could better explain how to use an inhaler correctly? [Probe: pictures or diagrams?]

- q) Can you think of any way this material could better explain you would know when to replace your inhaler? [Probe: describe the mathematical operations, give a chart]
- r) On a scale of 1 to 10, 1 being very poor and 10 being very good. How well did this material identify the actions or steps you need to take to use an inhaler?

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5) [How to use an inhaler - no spacer](#) by MedlinePlus

<b>Material Type</b>	Printable
<b>Understandability Rating</b>	Understandable
<b>Actionability Rating</b>	Poorly Actionable

**Understandability Questions**

- a) Tell me what you think was the most important point or message in this material.
- b) Please explain to me when you would need to prime an inhaler? [When you haven't used it for a while.]
- c) When should you clean your inhaler? [When there's powder in or around the hole where the medicine sprays out.]
- d) What might happen if you don't rinse out your mouth after using an inhaler? [
- e) Was there any information that was difficult to understand? What was it?
- f) Was there any information that was very easy to understand? What was it?
- g) Let's take a look at the material together. What do you think this section is saying? What is this picture is telling you? [If consumer answers, "It's showing me what an inhaler looks like," ask whether they know what kind of inhaler it is and whether they can identify the different parts of the inhaler.]
- h) On a scale of 1 to 10, 1 being very difficult and 10 being very easy, how easy was this material to understand?

**Actionability Questions**

- i) Does the material suggest any actions that you could or should take, or does it just give you information? What actions does it suggest? [how to use an inhaler – how to get ready, how to breathe; how to clean an inhaler]
- j) Based on this material, can you please show me how you would use an inhaler? [Check for removing cap, prime, shaking hard, breathing out, distance between inhaler and mouth, breathing in through mouth before pressing down, holding breath, recap.]
- k) Please describe how you would know when to replace your inhaler? [Read the number of puffs in the canister from the canister. Divide the number of puffs you take a day by the number of puffs in the canister.]
- l) Was there anything in the material that was particularly helpful for understanding what you need to do to use an inhaler properly?
- m) After reading this material, is there anything that is unclear about what you would need to do to use an inhaler properly?
- n) Can you think of any way this material could better explain how to use an inhaler correctly? [Probe: pictures or diagrams?]
- o) Can you think of any way this material could better explain you would know when to replace your inhaler? [Probe: describe the mathematical operations, give a chart]

- p) On a scale of 1 to 10, 1 being very poor and 10 being very good. How well did this material identify the actions or steps you need to take to use an inhaler properly [control asthma]?

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6) **Inhaled Asthma Medications: Tips to Remember** by the AAAAI

<b>Material Type</b>	Printable
<b>Understandability Rating</b>	Poorly understandable
<b>Actionability Rating</b>	N/A

**Understandability Questions**

- a) Tell me what you think was the most important point or message in this material.
- b) How does asthma medicine help you breathe more easily? [You inhale it into your lungs. It opens up swollen airways.]
- c) When do you take asthma medicine? [Every day to prevent asthma attacks AND when experiencing an asthma attack.]
- d) Does asthma medicine cure asthma? [No, but it can make you feel better.]
- e) In your own words, please tell me how the different kinds of inhalers work? [MDI – shoots the medicine into your mouth. Nebulizer – you use a mask and breathe in the mist. Dry powder inhaler – you need to sharply inhale.]
- f) Please tell me in your own words what a spacer or chamber does?
- g) Was there any information that was difficult to understand? What was it?
- h) Was there any information that was very easy to understand? What was it?
- i) Let’s take a look at the material together. What do you think this section is saying? What is this picture is telling you? [If consumer answers, “It’s showing me what an inhaler looks like,” ask whether they know what kind of inhaler it is and whether they can identify the different parts of the inhaler.]
- j) On a scale of 1 to 10, 1 being very difficult and 10 being very easy, how easy was this material to understand?

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