

Breathing Easier

Asthma is a chronic disease that creates long-term inflammation in the airways, causing them to swell, constrict, and fill with mucus. Early and consistent treatment is critical to better breathing, with respiratory therapists (RTs) helping patients improve airflow, use inhalers correctly, identify and avoid triggers, and reduce the risk of future flare-ups.

Asthma *by the Numbers**

26.8 million people,

or 8% of the U.S. population, have asthma



On average, 11.4 million people, including 2.4 million children, had one or more asthma attacks in the last year

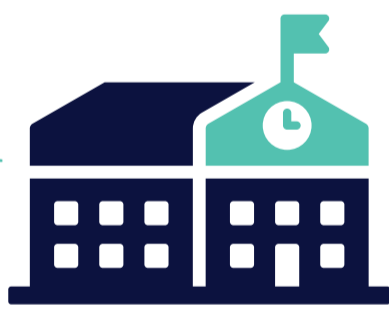


1 million emergency department visits annually are asthma-related



Roughly **10 people** die each day from asthma

More than **10 million school days** are missed every year because of asthma



~75% of patients use inhalers incorrectly

*All statistics are related to the U.S. population.

Why RTs Matter in Asthma Care

Performing Assessments

- Evaluate symptoms, airflow, and inhaler use
- Identify patients needing escalation of care
- Administer and interpret lung function testing

Providing Education

- RT-led education to patients improves asthma control
- A patient's understanding of their own triggers improves outcomes
- More informed patients are less likely to require emergency visits and hospitalizations

Developing Action Plans

- Action plans that are written by RTs personalize steps to better manage asthma, including triggers, medicine, emergency protocols, and asthma zones
- Self-monitoring with action plans helps detect conditions that are worsening, supports earlier interventions, and leads to fewer exacerbations

#asthmaawareness #aarc

