

Who is teaching you
about lung disease?



Pulmonary
Management & Education

Our vision is to collaborate with patients, families, caregivers, and physicians to bring educational excellence and control to lung disease. We look forward to bringing you educational excellence!



Asthma Management

The Asthma Management Program is offered to anyone with asthma through a referral by your medical practitioner. The program features one-on-one education during four classes covering triggers, early warning signs, special situations, medications, devices and using your individual asthma action plan.

A home environment tour is also offered to help locate triggers and learn how to remove them from within the living environment. At the program's end, individuals with asthma and their caregivers will work as a team to gain control of asthma. This free program is offered at both Union Hospital Terre Haute and Clinton.

COPD Management

The COPD Management Program is available to anyone with Chronic Obstructive Pulmonary Disease through a referral by your medical practitioner. The program features one-on-one education during 12 sessions covering how your lungs work and self-management, medications, exacerbations, oxygen therapy, exercise and energy conservation, nutrition, stress anxiety and depression, airway clearance, swallowing and continence, sleep disturbances, travel considerations, surgical treatments and advance directives. We will also work with your doctor to develop a personalized COPD action plan.

Our goal is to help you understand the basics of your disease, reduce symptoms, prevent flare-ups and to keep you healthy so you don't have to go to the emergency room or into the hospital. This free program is offered at both Union Hospital Terre Haute and Clinton.

1606 N. 7th St., Terre Haute, IN 47804
Ph: 812.238.7822 Fax: 812.238.4994
www.myunionhospital.org

Better Breathers Club

Better Breathers' Club (BBC) is a support group for people with COPD, Asthma, Cystic Fibrosis and other chronic lung diseases. Our goal is to build the desire to maintain and improve one's state of health. All are welcome to meetings, including first-time visitors and family. Chronic breathing difficulty can cause anxiety and depression. It is easy to withdraw socially as well as become less physically active. By attending the BBC educational meetings and exchanging ideas and information with others who have similar problems, it's possible to gain a sense of control over lung disease and lessen its symptoms. At each meeting, a different topic is presented by medical professionals who have treated lung disease. BBC meets the first Friday of every month from 1 to 3 p.m. at the Landsbaum Center for Health Education, 1433 N. 6 1/2 St., Terre Haute.

Free Educational Workshops

Asthma Awareness Program

This fun, interactive program is for all students with or without asthma and is perfect for PE, health or science class.

School Staff Workshop

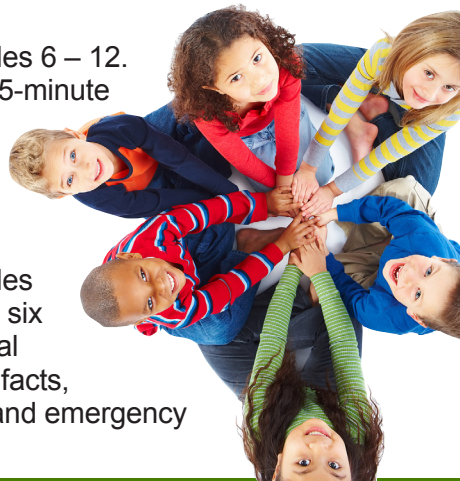
This workshop equips all school/daycare staff with information on early warnings signs, appropriate action to take during an attack, reducing triggers, managing asthma at school and using the asthma action plan.

Kickin' Asthma

This workshop is for asthmatic children grades 6 – 12. Students meet in small groups during four 45-minute sessions covering asthma facts, symptoms, early warning signs, medicines, emergency signs and self- advocacy.

Camp Rad

This workshop is for asthmatic children grades K – 5. Students meet in small groups during six 45-minute sessions. With the help of "Radical Randy", the MediKin, children learn asthma facts, symptoms, early warning signs, medicines and emergency management.



Need more information about
our Pulmonary Management
and Education Services?
Visit our website or give us a call.

UNION
HOSPITAL

Union Hospital provides Pulmonary Education and Management by respiratory therapists specializing in pulmonary disease. The therapists have received their certification in asthma education from the National Asthma Educator Certification Board (NAECB) and completed the Chronic Obstructive Pulmonary Disease (COPD) Educator training through the American Association for Respiratory Care (AARC).

The asthma educator certification (AE-C) is the official designation of a certified asthma educator who has necessary knowledge and skills to counsel patients in asthma management and has successfully passed the NAECB exam. If at any time you have questions regarding our services, please feel free to call Aimee Cottrell, RRT, AE-C, at 812.238.7822.



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