

# **Asthma Management Program**

## **FAQs**

### **What is The COACH Program?**

The COACH Program is an evidence-based program that has been shown to reduce the risk of future hospital admissions. Since its development in 1995, it has won many awards and has been operating very successfully in the public health system since 2003. Asthma Australia is operating The COACH Program for people with asthma.

The COACH Program is delivered over the telephone over a period of 6 months. The aim is to:

- Coach patients on achieving the recommendations within the Australian Asthma Handbook by addressing lifestyle factors, including diet, exercise, smoking cessation and compliance with taking medications, device technique, and management of triggers and flare ups;
- Encourage patients to consult with their usual doctor/s regarding medication and asthma management.

Following each call, a summary letter will be sent to the patient and their referring doctor (with the patient's consent) as a record of the education and recommendations discussed.

### **What is an Asthma Control Pack?**

A durable plastic pack contains a range of resources to support patients in managing your asthma including:

- Brochures on a range of asthma issues
- Asthma Action Plan templates
- Asthma First Aid magnets

Each Asthma Control Pack is valued at \$5. However, if you send through a referral form, we are funded to provide the patient with an Asthma Control Pack for free!

### **How can I refer?**

Referral forms are available for this service, which can be returned to Asthma Australia via

- Fax: (07) 3257 1080
- Email: [advice@asthma.org.au](mailto:advice@asthma.org.au)

You can also refer via our online form at: [www.asthmaaustralia.org.au/coach](http://www.asthmaaustralia.org.au/coach)

### **For more information**

If you have any questions about what services Asthma Australia can offer your patients, please call us on 1800 278 462.

**ACT** Unit 12, Health and Wellbeing Hub Corner, Eggleston and Maclaurin Crescents, Chifley ACT 2606 - 02 6282 4186

**Head Office and NSW** Lvl 13, Tower B, 799 Pacific Highway, Chatswood NSW 2067 - 02 9906 3233

**QLD** 42 Costin Street, Fortitude Valley QLD 4006 - 07 3252 7677

**SA** 300 South Rd, Hilton SA 5033 - 08 8238 9300

**VIC** 479-481 King Street, West Melbourne VIC 3003 - 03 9326 7088