

Asthma Self-Management Training Program

What is Asthma?

Asthma is a disease that affects the lungs of both children and adults. It makes breathing difficult. Asthma causes your airways to narrow and swell. This causes wheezing sounds, breathlessness, chest tightness and coughing. Asthma can be controlled by taking medicine and avoiding the triggers that can cause an attack. If asthma is not controlled, it can cause missed school days in kids and work days for adults. Asthma attacks can also lead to emergency room visits and long hospital stays.

What is Asthma Self-Management Training?

Mercy Hospital provides classes to teach children and adults how to manage their asthma and prevent asthma attacks. We care about you and provide the classes free of charge. Insurance is not required.

What will you learn?

- When to use your asthma medications.
- How to use and clean your inhaler.
- How to recognize and decrease asthma triggers in your home.
- How to use a spacer and peak flow meter.
- How to use your asthma action plan.

What to expect during the training

A registered respiratory therapist, certified in asthma education, will provide individual or group training to help you gain control and prevent asthma attacks.

You will receive FREE devices to help you manage your asthma.

To make an appointment:

Call our scheduling professionals at (516) 705-1530.

Program location:

Mercy Hospital
1000 North Village Avenue
Rockville Centre, NY 11570

Proceed to the Patient Access Department on the first floor in the main building.

Please bring your photo ID, prescription and insurance card (if applicable).

Preparing for your visit:

- Please arrive at least 15 minutes before your appointment for registration purposes.
- Bring your asthma medication devices or a list of your asthma medications.
- Bring a list of questions that you may have about your asthma.

