



Caregiver Training

# Asthma & Chronic Obstructive Pulmonary Disease (COPD)

## Training Contents

- Module 1: Responsibilities of a Caregiver
- Module 2: Signs & Symptoms of Asthma & COPD
- Module 3: Risk Controls
- Module 4: Methods for Reducing Asthma & COPD
- Module 5: Challenges & Strategies to Support



Conducted by:  
**Center for Humanitarian Education**

Course Duration 	4 hours	Course Fees 	\$150
Certificate 	Certificate of Participation will be awarded by Centre for Humanitarian Education		
Mode of Training 	In person, class based		
Methodology 	Lecture, discussion and case-study		
Funding 	Not Eligible for SSG funding and Skills Future Credit		

### Requirements:

Have good english proficiency



### Course Overview

This course aims to educate caregivers on the essentials for caring for individuals with Asthma & Chronic Obstructive Pulmonary Disease (COPD)



### Learning Outcome:

At the end of the course, learners should be able to:

1. Demonstrate an understanding of the roles and responsibilities of a caregiver
2. Understand the signs and symptoms of Asthma/Chronic Obstructive Pulmonary Disease (COPD)
3. Identify the risk controls that cause Asthma/Chronic Obstructive Pulmonary Disease (COPD)
4. Identify the ways to reduce risk of Asthma/Chronic Obstructive Pulmonary Disease (COPD)
5. Understand the challenges faced by caregivers and family members of Asthma/Chronic Obstructive Pulmonary Disease (COPD) patients and explore strategies for their support

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Module 1:

## **Responsibilities of a Caregiver**

Covering the crucial responsibilities of caregivers supporting individuals with Asthma & Chronic Obstructive Pulmonary Disease (COPD), this module aims to equip learners with the knowledge and skills needed to manage Asthma & COPD effectively, ensuring a better quality of life for those in their care.

Module 2:

## **Signs & Symptoms of Asthma & COPD**

Explore the signs and symptoms of Asthma & Chronic Obstructive Pulmonary Disease (COPD), and two common respiratory conditions that require careful management. This module aims to provide caregivers and patients with the knowledge to identify and response to these respiratory symptoms, ensuring better health outcomes.

Module 3:

## **Risk Controls**

Explore the essential risk controls essential for managing Asthma & Chronic Obstructive Pulmonary Disease (COPD) effectively. This module aims to provide comprehensive guidance on implementing these risk controls.

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Module 4:

## Methods for Reducing Asthma & COPD

Explore the effective methods for reducing the impact of Asthma & Chronic Obstructive Pulmonary Disease (COPD). This module aims to provide comprehensive guidance on these methods, and achieve better control.

Module 5:

## Challenges & Strategies to Support

Delve into the challenges faced by individuals living with Asthma & Chronic Obstructive Pulmonary Disease (COPD), along with effective strategies to provide support. This module aims to equip caregivers and patients with practical knowledge and tools to manage Asthma & COPD effectively.