

## **Research Assessment 7**

**Date:** 11 November 2021

**Subject:** Different Asthma Treatments

### **MLA Citation:**

Bock, Allan, et al. "How Is Asthma Treated?" Asthma and Allergy Foundation of America, June 2021.

### **Assessment:**

As a large part of my original work deals with the treatment of asthma, I needed to have a deeper understanding of what types of treatments exist and how to incorporate that into my kit. As medicine is very personalized and asthma is unique to each individual, I don't think it would be appropriate to try to put it directly in a kit made for children. However, I do want to have a large educational aspect to my kit and include information in it about treatments and how to use them. From reading this article, I definitely learned a lot more about treatments and a lot of new vocabulary to remember.

I was very shocked to see the amount of important vocabulary that I learned that was related to asthma but not specifically to treatment. Since a lot of it was very new to me, I definitely need more practice and it has led me to some new things to research such as how to come into contact less with triggers. The more I study asthma, the more I think that schools would be a good way to implement my product, so I can use this information that I learned to look into how to help with common triggers that are found in schools. To make an informational packet, I would need to create it so that it is easy to understand as there is a language barrier and parents would need to be able to understand it. Adding another translation would be good, but that may be difficult and it would be one of the later parts of my original work. Now that I have so much knowledge on asthma, I will collect it in a separate document so that it can all be together in one place. This would definitely be helpful to create an informational pamphlet later. The asthma basics course that I am currently taking was very beneficial to me understanding this article, so I am glad that I am being able to synthesize my research. Now that I know about many common asthma treatments, the next thing that I want to do is to narrow this down so that I can find what is a good option for children and also what is good for developing countries. Since my topic is on pollution based asthma, this article gave me some insight into which treatments would be best for that type of asthma. However, I am still unsure about this and would need to look further into it.

At this point of my original work, I have been combining background information with higher level articles at the same time, and I feel like I have made a lot of good progress. By going back to basics, I feel like I know a large amount about asthma. I am surprised at how doing so much research has shaped what I want my product to look like as I didn't originally anticipate going down this route. I am excited to see my original work will come to shape and how it develops over time. Looking forward, I want to learn more about treatments, along with information about air cleaners, which were only briefly introduced here.