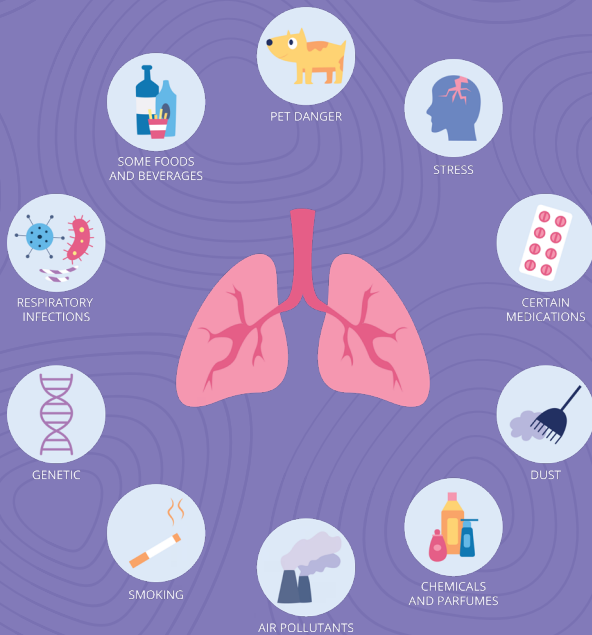


ASTHMA CAUSES



'Every 10 seconds someone in the UK is having a potentially threatening Asthma attack and 3 people die everyday'.

NRAD - 2014

'Only 1 in every 169 caregivers correctly demonstrated how to use their child's spacer device'.

M Reznick - 2014



ASTHMA

COMMUNITY HEALTH CHAMPIONS

Information and Resources to support Children and Young People with Asthma

ASTHMA SYMPTOMS



DIGITAL HEALTH PASSPORT



For more information on who can support you locally:

wellbeing@springnorth.org.uk
07592 154912



ASTHMA FACTS

What is Asthma?

Asthma is a very common long-term lung condition. It affects the airways that carry air in and out of your lungs.

- ◇ In the UK one in every 11 children have asthma.
- ◇ People with asthma often have sensitive, inflamed airways. They can get symptoms like coughing, wheezing, feeling breathless or a tight chest.
- ◇ Asthma symptoms can come and go. Sometimes people may not have symptoms for weeks or months at a time.
- ◇ Asthma needs to be treated every day, even if you feel well, to lower the risk of asthma attacks.

Treatments for Asthma

Preventers

- ◇ Reduce inflammation in airways
- ◇ Airways become less sensitive to triggers
 - ◇ Side effects – minor
- ◇ Important to monitor doses used so that inhaler can be replaced before it becomes empty

Relievers

- ◇ Muscle relaxant
- ◇ Works for 4 hours
- ◇ Can be used proactively for known triggers
- ◇ Important to monitor doses used so that inhaler can be replaced before it becomes empty

Inhalers should always be taken back to your local pharmacy for disposal as they can emit harmful greenhouse gases which damage the environment. They should NOT be thrown in the bin. Stock-piling inhalers is detrimental to the environment as it increases waste.

It's not okay to Wheeze

- ◇ Wheezing is a high-pitched whistling sound made whilst breathing
- ◇ It is a sign that the airways are becoming narrow
- ◇ This means air cannot flow in and out as it should
- ◇ It can make breathing difficult
- ◇ It is a sign that your asthma may not be as well controlled as it should be and you may need to book a review with your GP/practice nurse if your child is wheezing regularly

How can I look after my child?

- ◇ You can make sure your child takes their preventer inhaler (usually brown or purple) every day using a spacer device, as prescribed.
- ◇ It is important that your child continues to take their preventer inhaler even when they are completely well and have no symptoms.
- ◇ They should only stop taking this medication on the advice of a doctor or nurse.
- ◇ Make sure you request an annual review of your child's asthma with your GP/Practice Nurse. This should include, medication check, inhaler technique and a Personalised Asthma Action Plan.



If your child is:

- Too breathless to talk/eat or drink
- Has blue lips
- Having symptoms of cough/wheeze or breathlessness which are getting worse despite 10 puffs blue (salbutamol) inhaler every 4 hours
- Confused and drowsy

Ring 999 for immediate help.

Give 10 puffs of blue (salbutamol) reliever inhaler every 10 minutes until ambulance arrives.

Keep child in upright position and reassure them.



If your child is:

- Wheezing and breathless and blue (salbutamol) reliever inhaler 2-5 puffs is not lasting 4 hours
- Having a cough or wheeze/tight chest during the day and night
- Too breathless to run/play/do normal activities

Immediately contact your GP and make an appointment for your child to be seen that day face to face.

Increase blue (salbutamol) reliever every 4 hours until symptoms improve.



If your child starts to cough, wheeze or has a tight chest but can continue day to day activities

Give 2-5 puffs blue (salbutamol) reliever inhaler every 4 hours until symptoms improve