

What is asthma/wheeze?

Your airways are sensitive and become inflamed, swollen and narrow if they come into contact with a trigger; such as a virus or an allergen (substance that causes an allergic reaction). This makes it difficult to breathe.

What to do in an asthma attack

Think: Are they coughing or wheezing? Are they finding it hard to breathe? Do they have a tight chest?

Intervene: Reassure the child, sit them upright and slightly forward.

Medicine: Give 10 puffs of their salbutamol inhaler (blue inhaler) using a spacer.

Emergency: If there is no improvement or if you are worried call **999**. If you're waiting for an ambulance and there is no improvement after 5 minutes give another 10 puffs of salbutamol.

ADRENALINE PEN? IF IN DOUBT – USE IT!!!!

as the signs of an anaphylaxis (severe allergic reaction) may not always be obvious.

You should have your adrenaline pen with you at all times and one available in school. You must check they haven't expired.

Make sure you request your flu vaccine from your GP as soon as possible. Children and young people should avoid the nasal spray flu vaccine if you are on high dose steroids or if they are currently having a wheezy episode

#AskAboutAsthma campaign

This September, to coincide with the highest hospital admission rates for asthma, BartsHealth was proud to support the **#AskAboutAsthma** public awareness campaign launched by Healthy London Partnership and NHS England London.

Each child and young person with asthma should;

- 1. Have an asthma management plan**
- 2. Be able to use their inhalers effectively**
- 3. Ensure they have had their annual asthma review**

Speak to your GP or Practice nurse if you're not sure you have these three simple steps in place

Asthma/Wheeze yearly review

You must have an asthma review with your GP or Practice Nurse at least once a year.

You should see them earlier if your symptoms are not controlled, in particular if you have:

- Used more than one salbutamol inhaler in a month
- Attended the emergency department
- Used two courses of steroid medication (Prednisolone) in a year

If you have had a hospital admission or A&E attendance please arrange an emergency follow up appointment with your GP within 48 hours of discharge. This is important to check you are getting better and don't need extra medication

Complete the Asthma Control Test at www.myasthmaproject.co.uk to find out how well controlled your asthma is

New asthma/wheeze management

We are pleased to announce the launch of our new Asthma/Wheeze management plans!



You can pick up your asthma management plan from your GP, Practice nurse or hospital doctor/nurse. If your child's asthma is exacerbated give the blue inhaler as advised and follow your management plan. If you are requiring salbutamol more often than every 4 hours, seek medical help from your GP or A&E as you may need extra treatment.

Salbutamol weaning plan after an A&E attendance or hospital admission

Day	Number of puffs	Length of time
1	10	4 hourly
2	10	6 hourly
3	10	8 hourly
4	10	Twice a day
5	10	When needed

Make sure you bring all your inhalers, medications and your spacer to clinic appointments