



#AskAboutAsthma Campaign

# Calling all schools! Tell us the [#OneThing](https://www.healthylondon.org/our-work/children-young-people/asthma/onething/)LDN… that would improve asthma in children and young people in London

The [#AskAboutAsthma](https://www.healthylondon.org/our-work/children-young-people/asthma/askaboutasthma/)campaign encourages CYP and their families to ask for three simple and effective interventions to help them control their asthma:

1. A [**written asthma action plan**](https://www.healthylondon.org/children-and-young-people/london-asthma-toolkit/hospital-care/action-plans) drawn up between a clinician and asthma sufferer means people are four times less likely to have to go to hospital for their asthma. Only 28-48% of CYP with asthma in London have an asthma plan
2. [**Using inhalers effectively**](https://www.healthylondon.org/children-and-young-people/london-asthma-toolkit/pharmacy/inhalers): less than ¾ of CYP have any form of instruction in how to use their inhalers – meaning they may not be getting the full benefit of their asthma medication
3. An [**annual asthma review**](https://www.healthylondon.org/children-and-young-people/london-asthma-toolkit/primary-and-community-care/review)to ensure effective management of the condition

The 2019 [#AskAboutAsthma](https://www.healthylondon.org/our-work/children-young-people/asthma/askaboutasthma/) campaign runs from **16th to 22nd September** to raise awareness of these measures that should be taken to manage all children and young people (CYP) with asthma. It aims to ensure that existing [asthma standards](https://www.healthylondon.org/resource/london-asthma-standards-children-young-people/) and [ambitions](https://www.healthylondon.org/resource/londons-ambitions-asthma-care-children-young-people/) are met across London and that no more children die from preventable asthma attacks.

This year [#AskAboutAsthma](https://www.healthylondon.org/our-work/children-young-people/asthma/askaboutasthma/) is focusing on [*#OneThing*](https://www.healthylondon.org/our-work/children-young-people/asthma/onething/)*LDN* that people have done, will do or would like to see happen to improve asthma care or [air quality](https://www.healthylondon.org/resource/toolkit-nhs-trusts-supporting-nhs-reduce-impact-air-pollution/) for CYP in London. We welcome schools, children and young people and their families sending in contributions to help spread the message. Please ask your pupils or their families what is the [*#OneThing*](https://www.healthylondon.org/our-work/children-young-people/asthma/onething/)*LDN* they would like to happen (instructions at the end of this document). Tweet us @healthyLDN or email [hlp.cyp-programme@nhs.net](mailto:hlp.cyp-programme@nhs.net)

The [HLP communication toolkit](https://www.healthylondon.org/resource/askaboutasthma-communications-toolkit/) includes resources to help you, including posters for your school which can be printed as well as short videos for schools.

The campaign identifies questions that healthcare professionals should ask of those CYP with asthma to help optimise care. Questions for schools are below.

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| [**#AskAboutAsthma**](https://www.healthylondon.org/our-work/children-young-people/asthma/askaboutasthma/) |
| **Schools should make sure their staff:** |

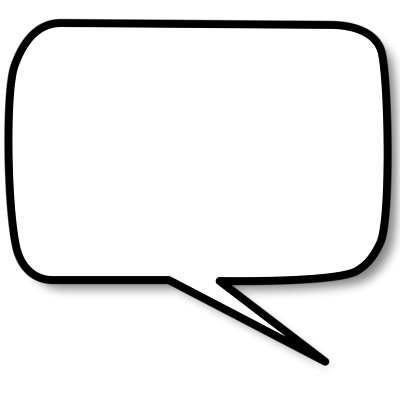
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| **ASK** who the school asthma lead is  **ASK** if they have an up-to-date school policy and register of children with asthma  **ASK** if they have a management plan for each child and a named contact lead within the school  **ASK** if they have an emergency supply of inhalers on site  **ASK** if their staff have been trained and know what to do in an emergency |

Schools play a major role in ensuring a safe environment for children and young people with asthma.

Having asthma has implications for a child’s schooling and learning. It impacts on care given within schools and early year’s settings, and appropriate asthma care is necessary for the child’s immediate safety, long-term well-being, and optimal academic performance.

Whilst some older children may be fully independent with their condition younger children, children with learning difficulties or those newly diagnosed are likely to need support and assistance from school staff during the school day, to help them to manage their asthma in the absence of their parents.

The 2010 Children, Schools and Families Act and the Children and Families Act 2014 introduce a legal duty on schools to look after children with medical conditions. This is inclusive of children with asthma and it is therefore essential that all school staff and those who support younger children have an awareness of this medical condition and the needs of pupils during the school day.



**#AskAboutAsthma**

**@HealthyLDN**

#OneThingLDN…

1. Please print out the [#OneThing](https://www.healthylondon.org/our-work/children-young-people/asthma/onething/)LDN page
2. Then either i) record a video saying #OneThingLDN that you have done, will do or would like to see happen to improve asthma care or air quality for children and young people in London OR ii) add some text to the #OneThingLDN speech bubble and take a photo.
3. Tweet us @HealthyLDN using #OneThingLDN and [#AskAboutAsthma](https://www.healthylondon.org/our-work/children-young-people/asthma/askaboutasthma/) OR attach the video or photo to an email to [hlp.cyp-programme@nhs.net](mailto:hlp.cyp-programme@nhs.net). You can also WhatsApp any videos or photos to the CYP team via 07795 800512 or 07795 665488.
4. Please let us know who you are so we can include that on our website when we upload your video/photo. If it is a child they may not want to include their name.
5. Any questions please contact the team via [hlp.cyp-programme@nhs.net](mailto:hlp.cyp-programme@nhs.net).

**Thank you for supporting London’s #AskAboutAsthma campaign!**

How to record your #OneThingLDN pledge

# Background

Asthma is the most common long-term medical condition affecting children and young people (CYP). 1 in 10 CYP are affected by the condition, meaning 240,000 CYP have asthma in London. Many have badly managed asthma – to the extent that 4,000 are admitted to hospital with asthma every year and 170 have such a severe episode that they require admission to intensive care.

At the worst end of the spectrum, children die of this disease in the capital every year. Poorly controlled asthma affects every aspect of children’s lives – their ability to learn, enjoy time outside school with friends or take part in sport. It affects their time with their families and how they sleep.

There are [tools and guidance](https://www.healthylondon.org/resource/london-asthma-toolkit/) that exist to help healthcare professionals and others treat and manage asthma and support patients to self-care. We do not have to wait for new medicines or a cure for asthma: we need to educate and support our workforce to use these tools to achieve improved outcomes. However, making a significant change requires agreement and coordinated effort.

We are asking professionals to ensure they implement simple measures to improve care and management of CYP with asthma. We have also asked NHS organisations to commit to reducing their contribution to air pollution, recognising the role played by air quality in triggering attacks. Our [toolkit on air pollution reduction](https://www.healthylondon.org/latest/publications/asthma-air-pollution-toolkit) for NHS trusts describes simple and free changes NHS organisations can make.

**Key facts (see** [**asthma case for change**](https://www.healthylondon.org/resource/london-asthma-toolkit/primary-community-care/evidence-and-resources/) **for more details)**

* In 2018 London Ambulance Services (LAS) attended 2,737 children for asthma and 9,855 children for breathlessness
* London has a higher rate of illness and death in children and young people because of asthma compared to other European countries
* It is one of the top three causes of emergency admission to hospital (4,000 in London each year). 75% of these admissions are avoidable by implementation of simple interventions
* Nearly half of these children have had an asthma attack in the previous year and 30% have had daytime symptoms in the previous week – however only a fraction of these have a personalised asthma plan on how their asthma should be managed
* 170 children were admitted to intensive care in 2016/17, with an average length of stay of 3 days. The represents a spend of over £1million on intensive care for this population
* Nitrogen dioxide, particulate matter and other forms or air pollution are known triggers for asthma and poor health more widely, particularly in children
* Children die of asthma in London each year; 90% of these deaths are preventable. These children should have gone on to lead full and productive lives.

# London asthma standards for schools

Healthy London Partnership has developed a set of [ambitions](https://www.healthylondon.org/resource/londons-ambitions-asthma-care-children-young-people/) for how asthma care should be delivered across the city. The [London asthma standards](https://www.healthylondon.org/resource/london-asthma-standards-children-young-people/) for children and young people bring together these ambitions for London with national and local standards.

The [London asthma toolkit](https://www.healthylondon.org/resource/london-asthma-toolkit/) contains numerous resources to support [schools](https://www.healthylondon.org/resource/london-asthma-toolkit/schools/) in implementing the standards.

The schools guide can be found [here](https://www.healthylondon.org/resource/london-asthma-toolkit/schools/print-version/).



The [London asthma standards](https://www.healthylondon.org/children-and-young-people/london-asthma-toolkit/) relevant to schools are:

All organisations/services must have a named **lead responsible and accountable for asthma** (which includes children and young people).They must also all meet the organisational standards (No 1-7) and patient family and support information provision and experience (No 9-13). Please also the see the workforce education and training standards that are applicable to the setting (No 38-42).

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| **No** | **School Standards** |
| 11 | CYP and their families receive **sufficient information, education and support** to encourage and enable them to participate actively in all aspects of their care and decision making.  This means information is tailored to their needs in an accessible format (eg written information may use pictures, symbols, large print, Braille and different languages) throughout the care pathway extending into schools and community settings. |
| 17 | Clear effective **partnership arrangements are in place between health, education and local authorities** for management of children and young people with asthma within primary and secondary schools ([Asthma friendly schools](hhttps://www.healthylondon.org/resource/london-asthma-toolkit/schools/asthma-friendly-schools/) programmes).  This includes the adoption of government policy on emergency inhalers and early years settings such as children’s centres having access to education programmes for the wheezers. |
| 18 | CYP have an **individual healthcare /action plan** in place.  The school has in place:   * [**Register**](https://www.healthylondon.org/sites/default/files/Example%20asthma%20register%20for%20schools.xlsx) of all CYP with asthma. * [**Management plan**](https://www.healthylondon.org/sites/default/files/School%20asthma%20plan.docx) for each child. * **Named individual** responsible for asthma in school. * Policy for inhaler techniques and care of the CYP with asthma. * [**Policy**](https://www.myhealth.london.nhs.uk/system/files/HLP-Schools%20asthma%20guide%20May%202016.pdf)regarding emergency treatment. * **System** for identifying children who are missing school because of their asthma or who are not partaking in sports / other activities due to poor control. |
| 39 | Children and young people have contact with healthcare professionals who have received **appropriate training and ongoing education** in paediatric asthma with appropriate updating at least every three years, including access to a specialist paediatric nurse with asthma diploma level training and CPD in paediatric asthma. This includes primary care and the wider MDT such as pharmacists, health visitors and **schools.**  At least one practice nurse in every practice or **someone in every school is trained in managing asthma** (ie holds a recognised certificate of competence, such as an asthma diploma), and has experience in supporting children with long term conditions. |

