



Asthma Friendly Schools

Information for Parents



Aim of Asthma Friendly Schools Project

To enable schools and settings to achieve a set of quality standards for asthma care.

To ensure the safety of young people with asthma in school.



What are our goals?

Achieve a standardised approach to asthma management in schools.

Less school days missed due to asthma.

Less hospital presentation due to poor management of asthma.

To understand the incidence of asthma and care requirements for your school setting.

Increased knowledge and confidence for staff in managing asthma in school

Increased knowledge and clear support for students.

Increased knowledge and confidence for parents.



What is asthma?

Asthma is a long term health condition that affects the airways

It affects 1 in 12 adults and 1 in 11 children/young people - that is 2-3 students in each class.

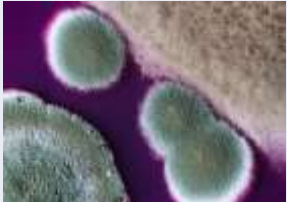
When young people with asthma come into contact with a trigger, the muscles around their airways become tight and the lining of the airways becomes swollen and inflamed.

This causes narrowing of the air passage (imagine the diameter of a hose pipe reducing to a straw).

The development of mucus or phlegm further reduces the airway and the young person's ability to move air in and out of the lungs, therefore making it difficult to breathe.



Triggers

	POLLEN		EXERCISE		HOUSE DUST MITE
	POLLUTION		MOULDS		PERFUME
	SMOKING		COLDS & VIRUSES		DUST FROM FLOUR
	CHEMICALS		PAINTS		SOME FOODS
	STRESS & EMOTIONS		FEATHERS		ANIMALS



Asthma Symptoms

- Asthma is a very common long-term lung condition.
- 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 symptoms and asthma attacks.



What treatment will your child need?

Most young people with asthma take inhalers. They may also take tablets or granules.

There are 2 types of inhaler:



- **CONTROLLER/PREVENTER INHALERS** stop asthma symptoms like coughing & wheezing happening.
- They need to be taken every day, even if your child feels well and their breathing is fine.
- They are normally brown or purple.
- **EMERGENCY/RELIEVER INHALERS** work to make asthma symptoms like coughing & wheezing better.
- They should only be taken when needed eg: if your child is coughing, wheezing or finding it difficult to breathe.
- They are normally blue.
- **ALL INHALERS SHOULD ALWAYS BE TAKEN WITH A SPACER, unless your child is using a dry powdered device.** Your doctor or asthma nurse will tell you if this is the case and it should be stated on their asthma plan.
- Older children should always have their reliever inhaler and spacer with them in school (in their bag or blazer pocket) and know who to go to for help if they feel unwell. Younger children should know where their inhaler and spacer are kept, and also know who to go to for help.



Spacer and Inhaler Techniques

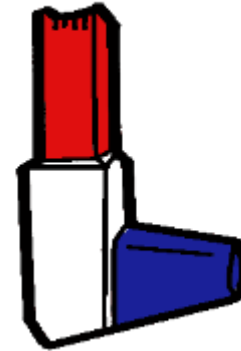


Demonstration of inhaler technique

- [How to use a spacer with tidal breathing | Asthma + Lung UK \(asthmaandlung.org.uk\)](https://www.asthmaandlung.org.uk)



Their dry
powdered
device may
look like
this.....



You don't need to use a spacer with these devices, but it is important to know how to use them properly

Their Asthma Plan might look like this...

How do I use this plan?

Your doctor or nurse will agree the most suitable asthma treatment for you and add this information into the Zones of the asthma plan. The plan uses a traffic light system. If your asthma is under control you should normally be in Zone 1 (Green).

If you get any of the asthma symptoms listed in the Amber or Red Zones, follow the Zone's instructions, to put up your medication. If symptoms settle, return to the previous zone and follow the instructions to cut your medicine back down again.

Let your doctor or nurse know if you are in **Zone 1** all of the time, as it may be possible to cut down your medication.

If your asthma symptoms are often in Zone 2 or Zone 3, you need to see your GP or nurse within 48 hours, as your asthma control needs checking.

If you get any symptoms in Zone 3, this is severe asthma and it is important you follow instructions straight away. Even if symptoms settle, you will need a GP or nurse appointment the next working day.

This plan is only a guide and your doctor or nurse may need to change it over time, as your asthma changes. Do not stop your medication without discussing it first with your doctor or nurse.

It is important to bring your Asthma Plan when you see a doctor or nurse about your asthma. There is space for you to write down things about your asthma triggers, symptoms & useful contacts.

Contacts:

GP Practice

Dr

Nurse

Tel:

Hospital Consultant

Dr

Tel Secretary:

Hospital Respiratory Nurse

Nurse

Tel:

Health Visitor/School Nurse

Name:

Tel:

NHS Urgent 24 Hour Helpline

Tel: 111

Medical Emergency

Tel: 999

Asthma Information

Asthma UK Advice Line: 0800 121 62 44

Asthma UK Website: www.asthma.org.uk

NHS Choices website: www.nhs.uk

www.beatasthma.co.uk

East Lancashire Hospitals NHS Trust

Asthma Self-Management Plan for Children and Young People

This belongs to:

Completed by:

On (Date):

Next Appointment due:

My triggers

Emergency Contact (Parent/Carer)

Name:

Tel:

Version 2 2nd February 2018

Safe | Personal | Effective



Remember: take your blue inhaler **before** you come into contact with any of your triggers if needed and regularly in response to symptoms if you have a cold.

My Triggers are:

Common Triggers are:

- Viruses
- Changes in weather
- House dust mites
- Animal fur, feathers and their bedding
- Foods
- Exercise
- Upset, distress, and emotions
- Smoke – cigarettes and fires

Additional Comments:

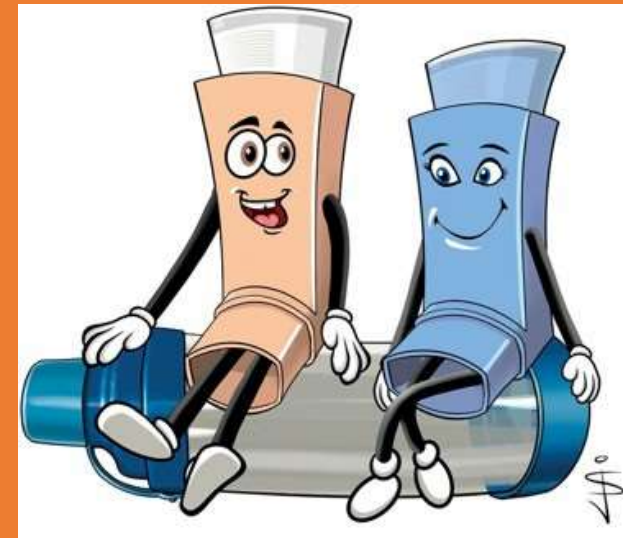
**Your Asthma Nurse's name
and telephone number is:**

**Your doctor's name
and telephone number is:**



**Asthma Management
Plan For**

Best Peak Flow _____
Date _____



Recommended websites
www.beatasthma.co.uk

Asthma+LungUK at:
www.asthma.org.uk

<https://uk-air.defra.gov.uk/forecasting/>

This leaflet is intended for colour printing.

**Please take this with you when you visit your
doctor or asthma nurse.**



Green zone – Good



Your asthma is under control if:

- your breathing feels good
- you have no cough or wheeze
- your sleeping is not disturbed by coughing
- you are able to do your usual activities
- you are not missing school
- if you check your Peak Flow, it is around your best

BEST PEAK FLOW _____

Green Zone Action - take your normal medications

Your preventer inhaler is a _____

colour and is called _____

You take _____ puffs/sucks every morning and every night even when you are well.

Other asthma medications you take are:

Your reliever inhaler is a _____

colour and is called _____

You take _____ puffs/sucks up to 3 times in a week

for symptoms and before exposure to your triggers (see your list) if needed.

If you are needing to use your reliever inhaler more than 3 times per week for symptoms

Move to the **AMBER ZONE**

Amber zone – Warning



If you are using your blue inhaler more than 3 times per week for symptoms or you often wake at night with a cough or wheeze, arrange a review with your asthma nurse or GP.

Warning signs that your asthma is getting worse:

- you have symptoms (cough, wheeze, 'tight chest' or feel out of breath)
- you need your reliever inhaler more than usual
- your reliever is not lasting **four hours**
- your peak flow is down by a third

PEAK FLOW 1/3 DOWN _____

Amber Zone Action – continue your normal medicines AND

- Take **2 puffs** of the BLUE inhaler with your spacer 1 puff at a time. Keep doing this every 10 minutes if you still have symptoms up to a total of 6 puffs
- You can do this every 4 hours but **must** make an appointment at your GP surgery within the next 24hrs even if you feel better.
- If you need to do this more than every 4hrs, you must see your GP today or go to A&E
- Start keeping a record of your symptoms and peak flow readings to take to the Doctor

IMPORTANT:

- If after your **6 puffs** you still have increasing wheeze or chest tightness

Move to the **RED ZONE**

Red zone – Severe



- you are still breathing hard and fast
- you still feel tight and wheezy
- you are too breathless to talk in a sentence
- you are feeling frightened and exhausted

Other serious symptoms are:

- colour changes - very pale / grey / blue
- using rib and neck muscles to breath, nose flaring

Red Zone Action

Take 10 puffs of the blue inhaler via a spacer and call 999

- Asthma can be life threatening
- Do not attempt to do a peak flow
- Whilst waiting for the ambulance and using your spacer, take 1 puff at a time of your blue inhaler, breathing at a normal rate for 4-5 breaths, every 30 seconds.
- Stay where you are and keep calm
- If your child becomes unresponsive and has an adrenaline pen for allergies-use it now.

Additional comments or information

Digital Health Passport

- Young people who have a mobile phone may want to download the Digital Health Passport.
- It is an App for children and young people with long term health conditions like asthma.
- It helps both you and them monitor their symptoms, gives information and advice and can even remind them to take their medication.
- You can also upload a copy of your child's Personalised Asthma Action Plan so that they can show your doctor / nurse / teacher when needed.



Digital
Health
Passport



How you can support us...

- Ensure your child has a Personalised Asthma Action Plan and that this is shared with school.
- Ensure your child has their reliever and spacer in school, that it is in date and replaced when needed.
- Ensure you have given consent for your child to use the school emergency inhaler if required.
- Ensure your child takes their preventer medication every day as prescribed, using the correct technique (even if they seem well).
- You can contact your GP /Practice Nurse / School Nurse for further advice and support around your child's asthma.
- Keep up to date with your child's annual asthma review.



Additional Training And Resources

- [Supporting Children's Health and Young People with Asthma \(educationforhealth.org\)](https://educationforhealth.org) – Tier 1 training
- Asthma Lung UK - [Asthma + Lung UK \(asthmaandlung.org.uk\)](https://asthmaandlung.org.uk)
- Monkey Wellbeing - [Asthma - Monkey Wellbeing](#)



Thank you for listening!!

