

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.

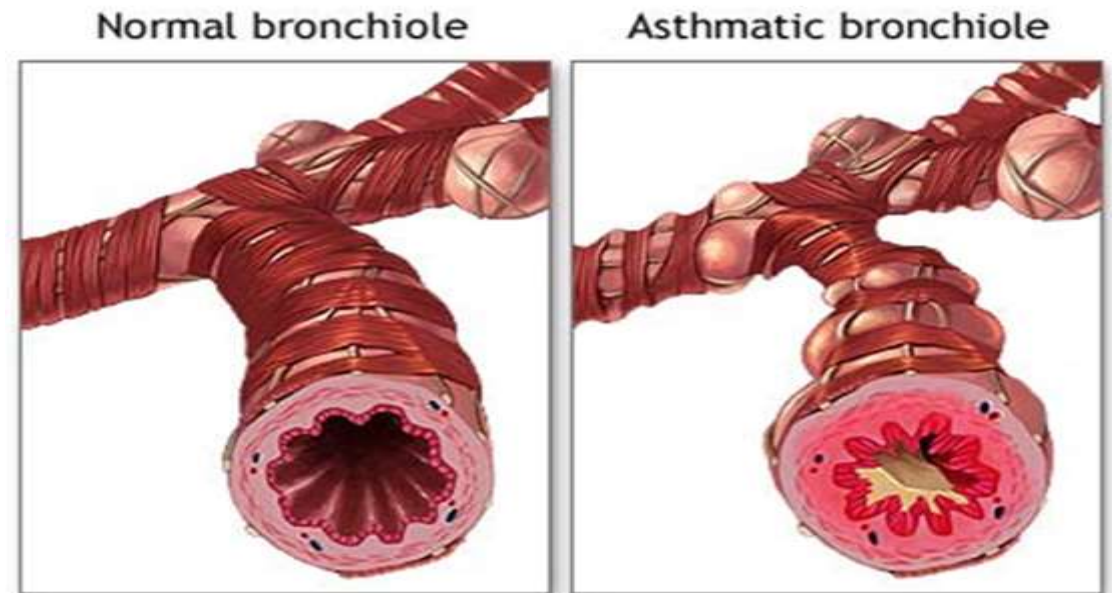


What is asthma?

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.

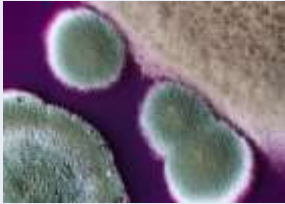
The development of mucus or phlegm further reduces the airway and the young person's ability to move air in and out of the lungs, therefore making it difficult to breathe.



ADAM.



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?



PREVENTER



RELIEVER



Spacer and Inhaler Techniques

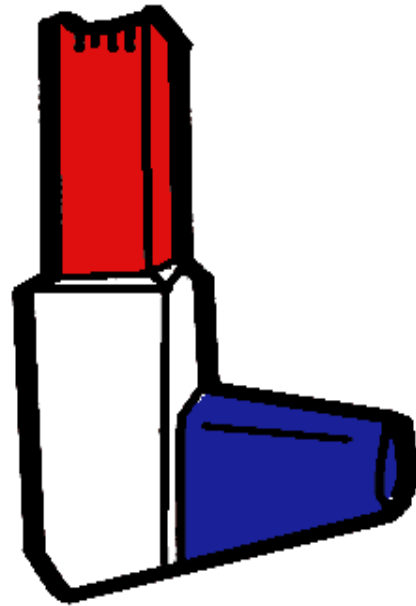


Demonstration of inhaler technique

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







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.



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!!

