

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?

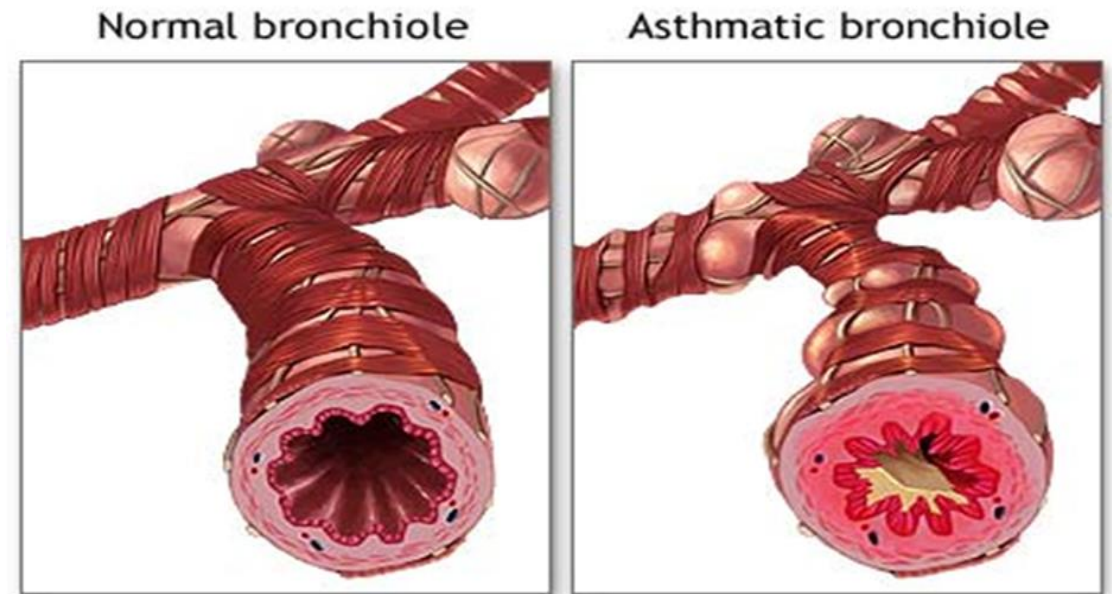
Asthma is a long term health condition that affects the airways

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).

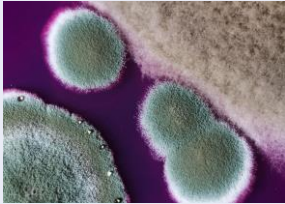
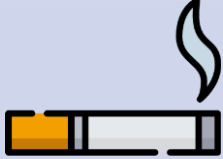
The development of mucus or phlegm further reduces the airway and the young person's ability to move air in and out of the lungs, therefore making it difficult to breathe.



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?

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

There are 2 types of inhaler:



- **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.
- **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

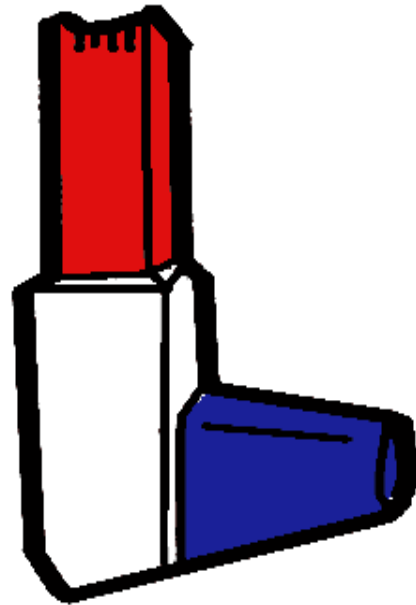


Demonstration of inhaler technique

- [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
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

ASTHMA PLAN

WELL
Regular medication:
Inhaler:
Tablets:
Nebuliser:
Spacer:

UNWELL
Asthma:
Inhaler:
Tablets:
Nebuliser:
Spacer:

VERY UNWELL
Asthma:
Inhaler:
Tablets:
Nebuliser:
Spacer:

ASTHMA CHECKLIST
All symptoms of asthma settled?
Am I breathing better?
Am I sleeping better?
Am I eating better?
Am I feeling better?
Am I back in my normal zone?
Am I back in my normal zone?
Am I back in my normal zone?

ASTHMA TRIGGERS
What makes your asthma worse?
What makes your asthma worse?
What makes your asthma worse?

ASTHMA MEDICATION
What makes your asthma worse?
What makes your asthma worse?
What makes your asthma worse?

My Asthma Plan

Your asthma plan tells you when to take your asthma medicines.

Get help to do when your asthma gets worse.

Name: _____

1. My daily asthma medicines

- My preventer inhaler is called _____ and its colour is _____.
- I take _____ puffs of my preventer inhaler in the morning and _____ puffs at night. I do this every day, even if I feel well.
- Other asthma medicines I take every day:
- My reliever inhaler is called _____ and its colour is _____.
- I take _____ puffs of my reliever inhaler usually blue when I wheeze or cough, my chest hurts or it's hard to breathe.
- My best peak flow is _____.

2. When my asthma gets worse

I'll know my asthma is getting worse if:

- I wheeze or cough, my chest hurts or it's hard to breathe, or
- I'm waking up at night because of my asthma, or
- I'm taking my reliever inhaler usually (blue) more than three times a week, or
- My peak flow is less than _____.

If my asthma gets worse, I should:

Keep taking my preventer medicines as normal.

I also take _____ puffs of my reliever inhaler usually blue every four hours.

If I'm not getting any better doing this I should see my doctor or asthma nurse today.

Remember to use my inhaler with a spacer (if I have one)

Does doing sport make it hard to breathe?

IF YES
I take _____ puffs of my reliever inhaler (usually blue) beforehand.

IF YES
I take _____ puffs of my reliever inhaler (usually blue) beforehand.



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!!

