



Asthma at School and Home



MANCHESTER ACADEMY | 11th February | Claire Slattery



Local Care Organisation services are powered by:



#WeAreCommunity

A workshop for parents and caregivers

Goals Today :

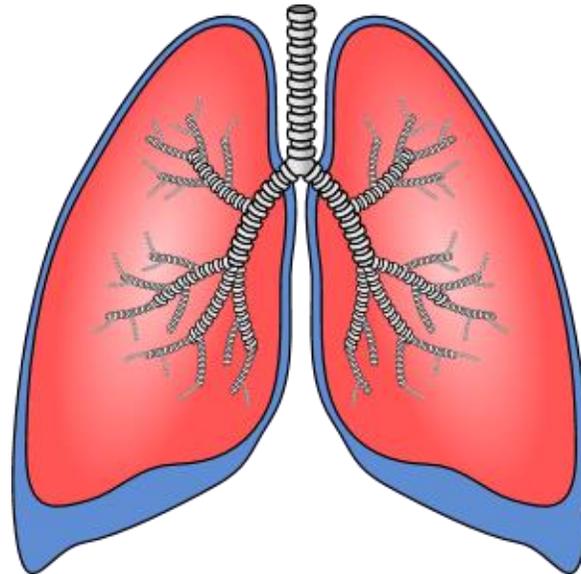
- Understand asthma
- Controlled asthma
- Know how to help your child at home and at school
- We are here to help and work together



| Lots of Adults and Children have Asthma



Asthma is a long-term condition that affects breathing

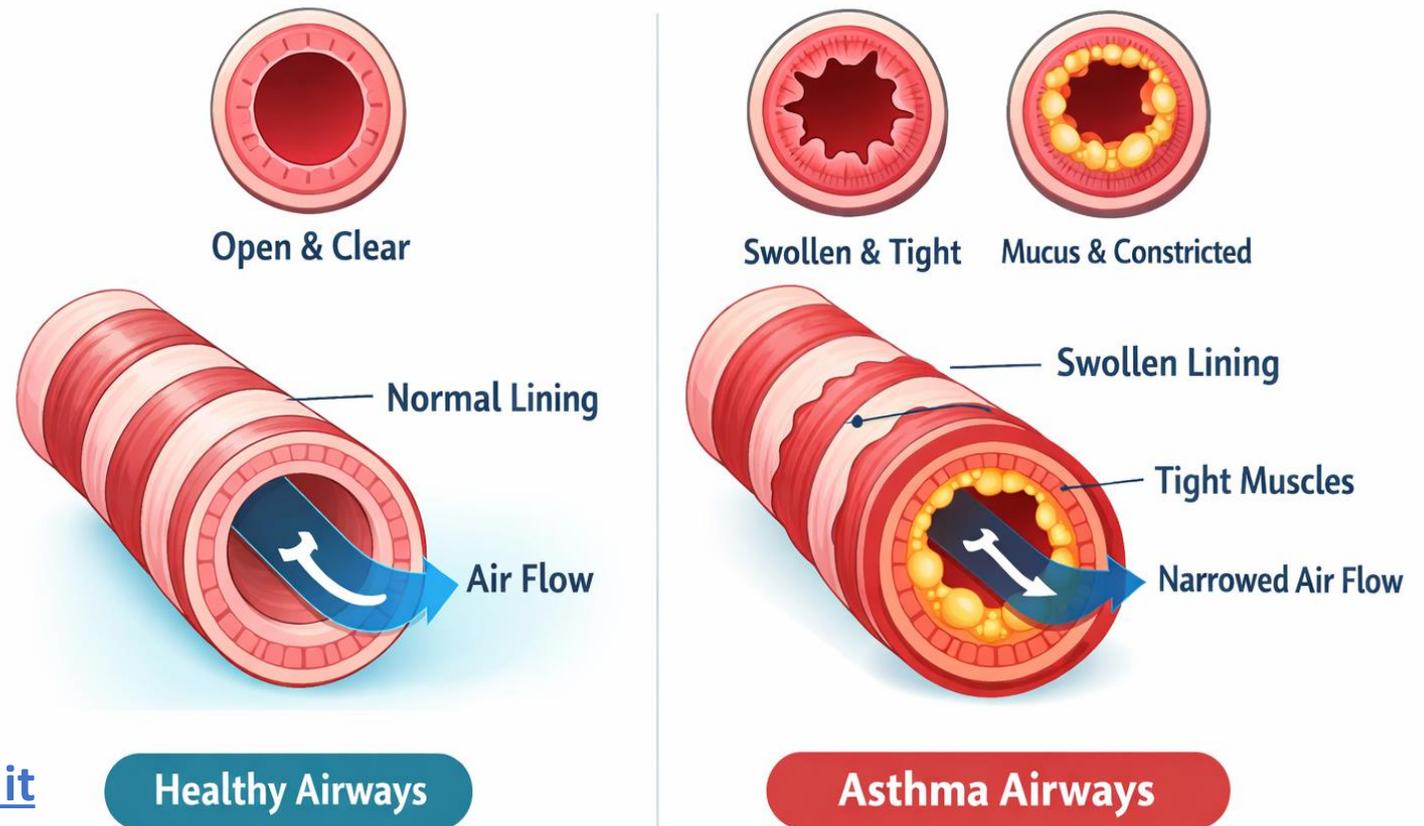


What Is Asthma?

- 1. The airways swell**
 - The tube becomes narrow
 - Less air can flow
- 2. More mucus is made**
 - Mucus fills the tube
 - Air cannot move easily
- 3. The muscles tighten**
 - The tube squeezes
 - Breathing is harder

When these 3 things happen it makes it harder to breathe.

Healthy Airways vs. Asthma Airways



Common Asthma Symptoms

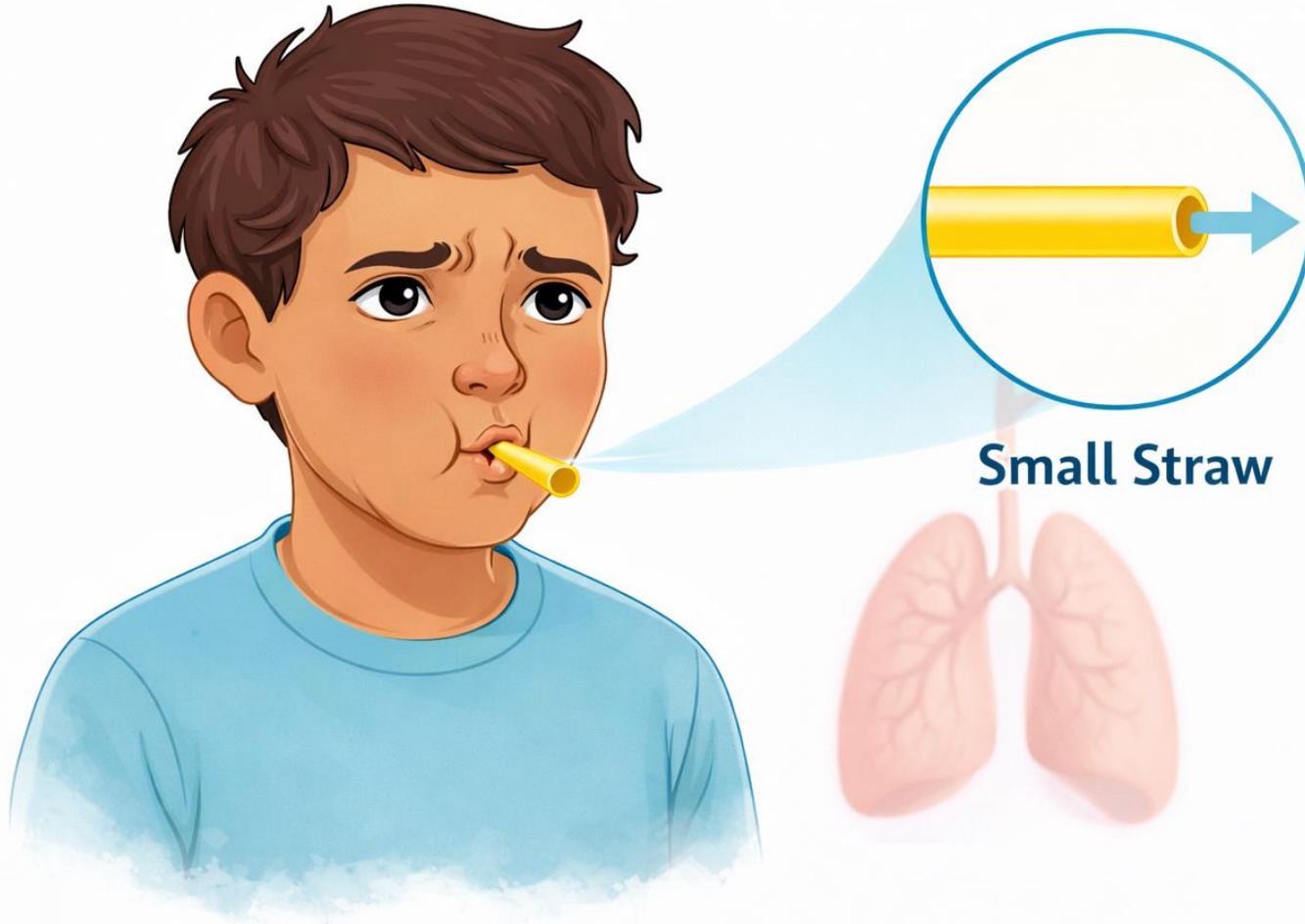
- Coughing (especially at night)
- Shortness of breath
- Chest tightness
- Wheeze
- Tiredness and breathlessness during play or exercise

Symptoms can be different for each child/young person



| What Does Asthma Feel Like

It can feel like breathing through a small straw.



Asthma Triggers

- Triggers make asthma symptoms worse
- Triggers are different for each child



pollen



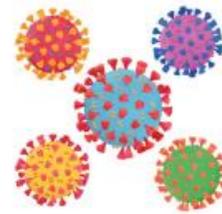
Mould and Damp



Smoke (cigarettes, vapes)



Scented candles/strong smells



Colds and flu



House Dust Mite



Pets



Traffic pollution



Cleaning products



Changes in weather/ cold air

Asthma Medicines

Asthma medicines help keep airways open
Preventers – these help prevent and control symptoms and are taken regularly every day.

Not all inhalers are the same:

Aerosol with a Spacer



Dry Powder



Relievers:

Rescue Medicine (Quick Relief): Used when symptoms start

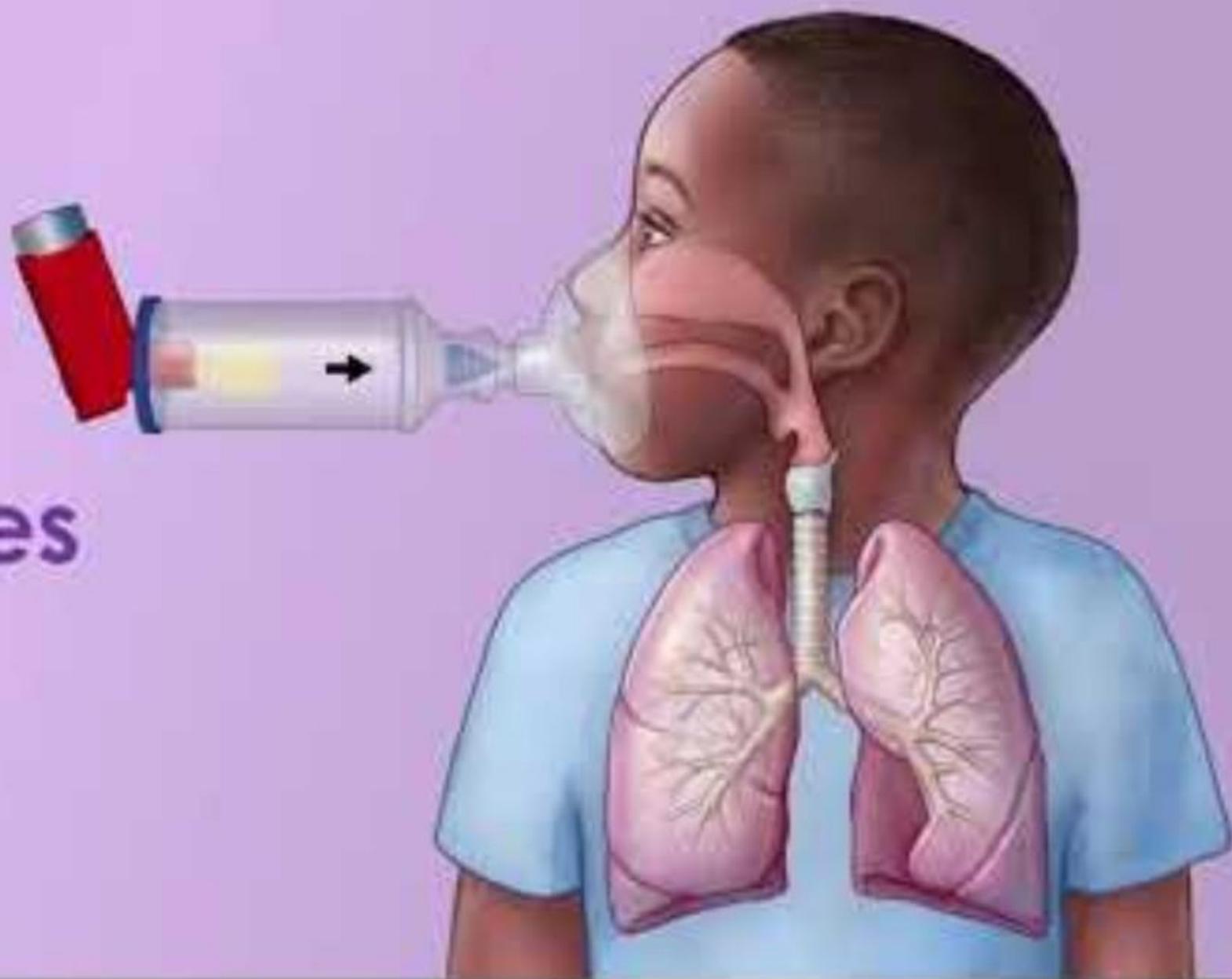
Relievers work fast during an asthma attack



OR



70%
reaches
lungs



The Personal Asthma Action Plan

1 Every day asthma care:
My asthma is being managed well:

- With this daily routine I should expect/aim to have no symptoms.
- If I have not had any symptoms or needed my reliever inhaler for at least 12 weeks, I can ask my GP or asthma nurse to review my medication in case they can reduce the dose.
- My personal best peak flow is: _____

2 When I feel worse:
My asthma is getting worse if I'm experiencing any of these:

- My symptoms are coming back (wheeze, tightness in my chest, feeling breathless, cough).
- I am waking up at night.
- My symptoms are interfering with my usual day-to-day activities (eg at work, exercising).
- I am using my reliever inhaler three times a week or more.
- My peak flow drops to below: _____

URGENT! If you need your reliever inhaler more than every four hours, you need to take emergency action now. See section 3.

What I can do to get on top of my asthma now:
If I haven't been using my preventer inhaler, I'll start using it regularly again or if I have been using it:

- Increase my preventer inhaler dose to _____ puffs _____ times a day until my symptoms have gone and my peak flow is back to my personal best.

Take my reliever inhaler as needed (up to _____ puffs every four hours).

URGENT! See a doctor or nurse within 24 hours if you get worse at any time and you haven't improved after several days.

Ask my GP about what to do if my asthma gets worse (eg MART or reliever only): _____

3 In an asthma attack:
I'm having an asthma attack if I'm experiencing any of these:

- My reliever inhaler is not helping or I need it more than every four hours.
- I find it difficult to walk or talk.
- I have a very tight chest.
- I have a cough that won't stop.
- I have a blue tinge to my lips or face.
- I feel drowsy or confused.
- I have difficulty breathing.

Take _____ puffs. Feel better _____ minutes and _____ at step 2. If breathing hasn't improved after 10 minutes, repeat step 2. If you still can't breathe, call 999. Do not apply to you if you are pregnant.

Stay at home, if you can't breathe, call 999. If you can't breathe, call 999. If you can't breathe, call 999. If you can't breathe, call 999.

Fill this in with your doctor, nurse or other healthcare professional

Name and date: _____

Child asthma action plan
Fill this in with your healthcare professional

This asthma action plan is for children who use a preventer and reliever inhaler. If you are on a MART or AQL regimen, please use our MART or AQL asthma action plan.

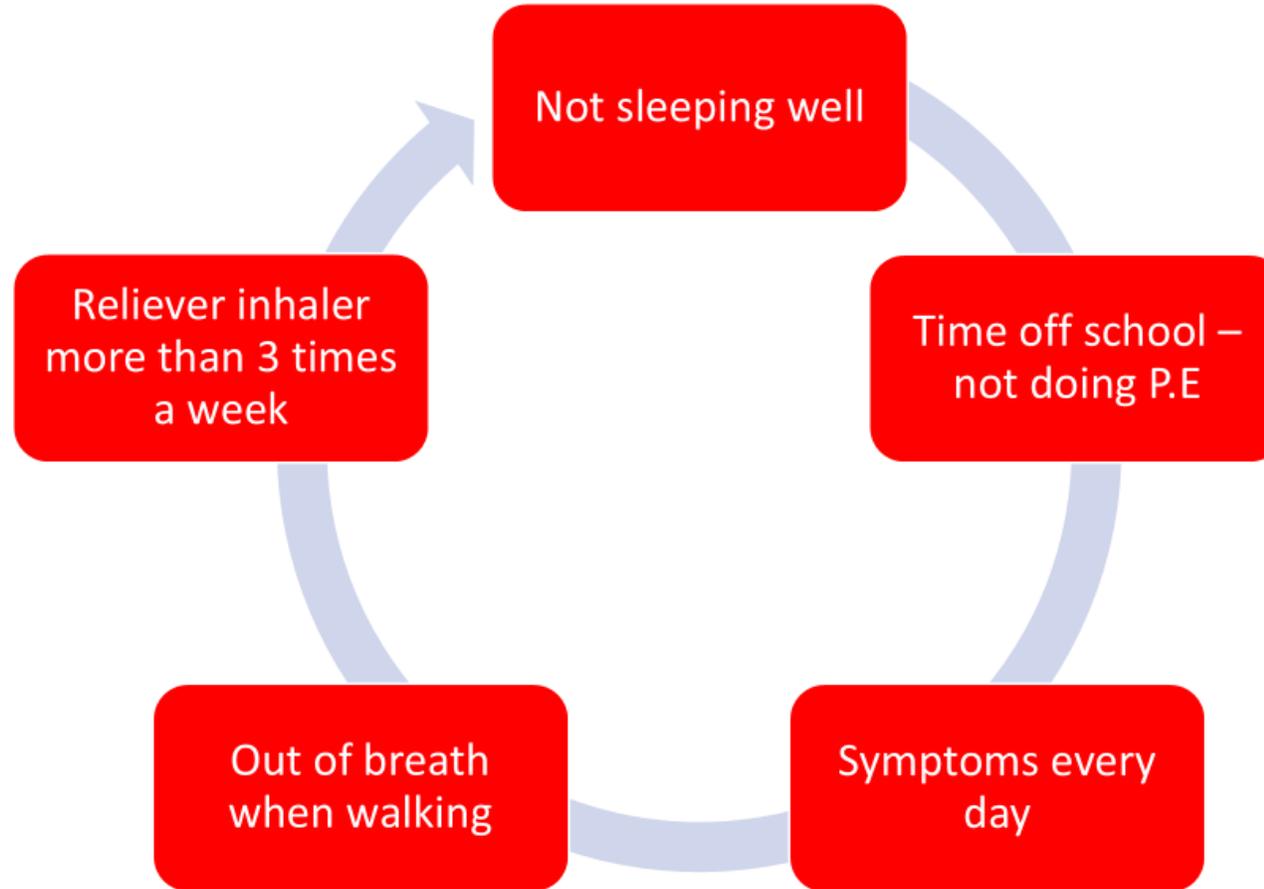
Name and date: _____

•  Staff help children with asthma

•  Follow the Asthma Action Plan

•  Medicines are kept safe

Signs that my asthma isn't doing well



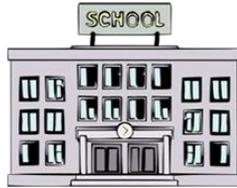


Mild Attack

Severe Attack



What Can Parents Do For Helping Your Child at Home School



Give the Asthma Action Plan



Send medicines to school



Tell school if anything changes



Talk with the nurse or teacher



Give medicines as instructed



Take them to their asthma appointment



Reduce things that trigger asthma



Encourage normal activity safely



Teach your child to say when they feel symptoms

