

## What is Asthma/Wheeze?

Asthma is a condition that affects the smaller airways (bronchioles) of the lungs. From time to time the airways constrict (narrow) in people who have asthma, which usually starts in childhood. Around 1 in 10 children have asthma.

Some things that can make asthma symptoms worse are known as triggers. Triggers can be exercise, cold, mould, animal hair and pollen. Irritants such as chemicals, air freshener, deodorant and smoke should be avoided.

Common symptoms are a cough and wheeze. A person who has asthma may also become breathless and their chest may become tight.

Symptoms are different for each individual and can be mild or severe.

A reliever inhaler (blue) is all that is needed at school help manage asthma symptoms.

A preventer inhaler (usually a steroid inhaler) taken each morning and at night, should be kept at home and be administered by the child's parent or guardian.

**All children should have a spacer device at nursery and primary school.**

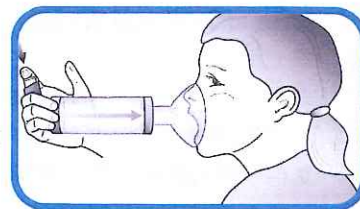
**If your child does not have they are unlikely to receive enough of their medication when unwell.**

## Giving medication

A spacer is a large plastic container to help a child breathe their wheeze medication through.

Tips on helping nursery age children to take their medication through a spacer:

1. The child should be relaxed and sat up straight.
2. Shake the inhaler and insert into the back of the spacer.
3. Apply the mask gently to the face, ensuring a good seal around the mouth and nose OR place the mouthpiece of the spacer into the mouth.
4. When ready, press the inhaler ONCE to release a dose of the drug.
5. Get the child to breathe in and out slowly and gently for 10 seconds.
6. If you hear a 'whistling' sound the child is breathing TOO DEEPLY.
7. Remove the mouthpiece or mask from mouth and ensure the child relaxes.
8. Wait 30 seconds to 1 minute and then repeat steps 2 to 8 for each puff prescribed.



# NURSERY/PRIMARY SCHOOL ASTHMA ACTION PLAN

CHILD'S NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

PLAN GIVEN BY \_\_\_\_\_

DATE \_\_\_\_\_

## EMERGENCY CONTACT

NAME \_\_\_\_\_

TEL NUMBER \_\_\_\_\_

## What is a School Asthma Plan?

A school asthma plan is an individual treatment and advice plan, agreed by a GP or nurse.

The plan helps to make adjustments to the dose of inhalers, depending on symptoms.

## GREEN ZONE

No symptoms

They are well if:

- They are able to perform their normal activities, such as play, walking and talking normally.
- They do not have any regular symptoms of cough, wheeze, chest tightness or breathlessness.
- They need a blue reliever inhaler less than three to five times per week (not including before doing exercise).

### Asthma treatment:

- Reliever: Salbutamol (Blue)
- Take 2 puffs when I wheeze or cough with or without my spacer device.
- Take 2 puffs before exercise if this is a trigger.

**Sometimes they may need 4 puffs rather than just 2 puffs.**

## AMBER ZONE

Getting symptoms

You need to increase their blue inhaler when:

- They have a cough, wheeze, it is hard to breathe or their chest hurts.
- They have a cold causing a wheeze, cough or chest tightness.
- They have difficulty doing their normal activities because of their asthma symptoms.
- They have taken their blue reliever but need more.

### Step up

**Increase the blue inhaler to 4 puffs every 4 hours. Gradually reduce, and stop when symptoms have improved.**

**But if they are NOT getting any better then increase their blue inhaler to 8 puffs and contact their parent/guardian as they need to go home and see their Doctor or Nurse as soon as possible.**

## RED ZONE

Emergency Action Plan

If they are having an asthma attack or any of these signs or symptoms:

- Lips are blue.
- Breathless or breathing hard and fast.
- Asthma symptoms have worsened despite using my reliever.
- Having difficulty talking or walking.
- The skin is depressed or sucked in their neck, collarbone or between their ribs.
- Having an allergic reaction

**Rescue Treatment  
Consider dialling 999**

**Keep me calm, sit me up and slightly forward. Loosen tight clothing.**

**GIVE 10 PUFFS OF THE BLUE INHALER, ONE PUFF AT A TIME, OVER 10 MINUTES. THIS CAN BE REPEATED AFTER 10 MINUTES.**

**999**

**IF SYMPTOMS DO NOT IMPROVE QUICKLY,  
TAKE ME TO A&E OR CALL 999  
CONTACT PARENT/GUARDIAN**