

Asthma Advice

Using the reliever (blue) inhaler safely

If there any of the following symptoms, give **TWO** puffs of the reliever (blue) inhaler via a MDI and spacer, one puff every 30-60 seconds:

- A wheeze
- An increased effort of breathing
- Chest tightness
- Reduced peak flow (5 years and above).

If there are still have symptoms after 5 to 10 minutes, give another **TWO** puffs, one puff every 30-60 seconds.

If needed, repeat to a total of six puffs. This can be repeated every four hours up to a 24-hour period.



If still requiring four hourly after 24 hours - arrange an urgent GP review.

If your child still has symptoms after six puffs give up to 10 puffs.

If symptoms have improved you still need to arrange an urgent review with your GP or take your child to the Emergency Department (ED)

If your child:

- Has no improvement after 5-10 minutes of taking 10 puffs of reliever (blue) inhaler
- Symptoms are getting worse
- Is too breathless or exhausted to speak
- Has a peak flow 40% or less (over 5 years old).



CALL 999 IMMEDIATELY

- Stay where you are with your child
- Keep calm
- Wait for an ambulance to arrive
- Give a further 10 puffs of reliever (blue) inhaler
- If symptoms are still no better and the ambulance has not arrived contact 999 again immediately.



*** It is important to continue to use preventer treatment as prescribed**

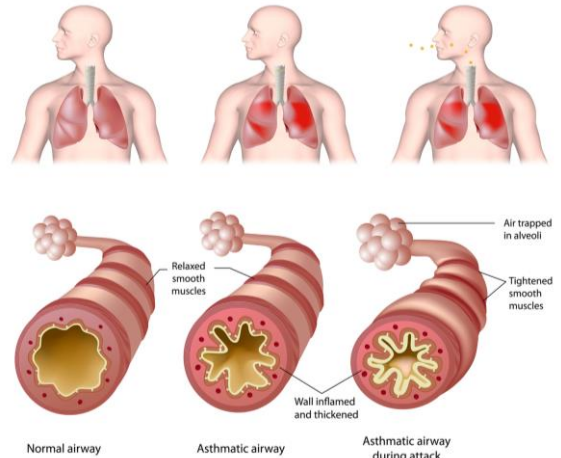
Asthma Information Sheet

What is asthma?

Asthma is caused by inflammation of the airways. These are the small tubes, called bronchi, which carry air in and out of the lungs. If you have asthma, the bronchi will be inflamed and more sensitive than normal.

Asthma can start at any stage, but it most commonly starts in childhood. At least 1 in 10 children, and 1 in 20 adults, have asthma.

In an asthma attack the muscles of the air passages in the lungs go into spasm and the linings of the airways swell. As a result, the airways become narrowed and breathing becomes difficult.

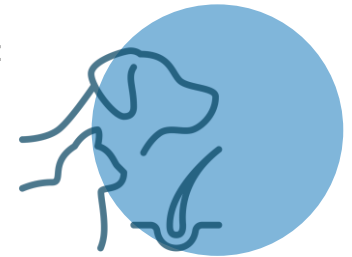


What causes asthma in children?

In young pre-school children, wheezing is usually brought on by a viral infection – causing a cold, ear or throat infection. Some people call this ‘viral-induced wheeze’ or ‘wheezy bronchitis’, whilst others call it asthma. Most children will grow out of it, as they get to school age.

In older children, viruses are still the commonest cause of wheezing. But other specific triggers may also cause an asthma attack such as:

- An allergy e.g. animals
- Pollens and mould particularly in hayfever season
- Cigarette smoke
- Extremes of temperature
- Stress
- Exercise (however, sport and exercise are good for you if you have asthma. If necessary, an inhaler can be used before exercise to prevent symptoms from developing).



Your child **MAY** be having an asthma attack if any of the following happens:

- Their reliever isn't helping or lasting over four hours
- Their symptoms are getting worse (cough, breathlessness, wheeze or tight chest)
- They are too breathless or it's difficult to speak, eat or sleep
- Their breathing may get faster and they feel like they can't get their breath in properly
- Young children may complain of a tummy ache.

Follow the advice sheets and give reliever inhaled treatment.

If your child's symptoms improve and you do not need to call 999, you still need to take them to see a doctor or asthma nurse within 24 hours of an asthma attack. Most people who have asthma attacks will have warning signs for a few days before the attack. These include having to use the blue reliever inhaler more often; changes in peak flow meter readings, and increased symptoms, such as waking up in the night. Don't ignore these warning signs as they indicate that your child's asthma control is poor and they risk having a severe attack.

