

Asthma Newsletter

July 2019

Admissions to hospital due to asthma attacks peak during September after children/ young people return to school. During 2015 the number of emergency admissions for asthma in England, Scotland and Wales tripled from 1,089 in August to 3,203 in September (RCN 2018).

Advice to children

What can I do to prevent me having an asthma attack?

- Take my preventer inhaler daily as instructed by my doctor.
- Ensure I have an asthma review at least once a year.
- Ensure I have a copy of my asthma action plan. (Save a photo of it on my phone).
- Know how to use my inhalers; do I need a spacer?
- Know what triggers my asthma.

Annual asthma review:

You should have an asthma review with your GP or practice nurse at least once a year.

You should see them earlier if your asthma symptoms are not controlled and especially if:

- you are using your salbutamol inhaler more than 3 times a week
- you are having day time asthma symptoms
- your asthma is waking you up at night
- you have attended A+E for your symptoms.

If any of these apply to you then why not book an asthma review during the summer holidays?

“Breathe not Wheeze” Back to school 2019: Do you need help with inhaler technique? Want to know how to do peak flow? Or have any questions regarding Asthma or your inhalers?

Drop in to the main entrance (by Costa/ WH Smith) of Homerton Hospital on:

- 30/07/19 10am to 1pm
- 06/08/19 2pm to 5pm
- 15/08/19 2pm to 5pm
- 22/08/19 10am to 1pm
- 27/08/19 2pm to 5pm

We will be there to help with any Asthma-related questions/ concerns.

Preventer inhalers build up asthma protection over time



What to do to help someone having an asthma attack:

Think: Are they coughing or wheezing? Are they finding it hard to breathe? Do they have a tight chest?

Intervene: Reassure the child, sit them upright and slightly forward.

Medicine: Give 10 puffs of their salbutamol inhaler (blue inhaler) using a spacer.

Emergency: If there is no improvement or if you are worried call **999**.

If you're waiting for an ambulance and there is no improvement after 5 minutes, give another 10 puffs of salbutamol.

ADRENALINE PEN? IF IN DOUBT – USE

IT!!!! The signs of an anaphylaxis (severe allergic reaction) may not always be obvious.

You should have your adrenaline pen with you at all times and one available in school. You must check they haven't expired.

For more information on asthma and how to stay well visit www.asthma.org.uk

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