Drugs Wise

Year 2, 3 or 4 Asthma lesson presentation
What is asthma?

Asthma is a condition that affects the airways of the lungs. It can lead to the airways getting narrower; this makes it hard for the person to breathe.
1 in 5 households in the UK has a person living with asthma
(www.wellatschool.org/medical-conditions/asthma)

This is about 3 pupils in every class!
A doctor or asthma nurse will diagnose someone with asthma. They may prescribe medicine (usually an inhaler and spacer) and give an asthma plan to the patient.

Inhalers should be taken with a spacer as this will enable more of the medicine to get to the lungs.
An asthma plan tells a person what medicines (inhalers) to take every day when they are well, and also what medicines (inhalers) to take when they have asthma symptoms or an asthma attack.

**What is an asthma plan?**

An asthma plan tells a person what medicines (inhalers) to take every day when they are well, and also what medicines (inhalers) to take when they have asthma symptoms or an asthma attack.

**My Asthma Plan**

1. **My daily asthma medicines**
   - My preventer inhaler is called _______ and its colour is _______.
   - I take ______ puff/s of my preventer inhaler in the morning and ______ puff/s 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 ______ puff/s 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.
   - If I still don’t feel better and I’ve taken ten puffs, I need to call 999 straight away. If I am waiting longer than 15 minutes for an ambulance I should take another ______ puff/s of my reliever inhaler (usually blue) every 30 to 60 seconds (up to 10 puffs). If I still don’t feel better and I’ve taken ten puffs, I need to call 999 straight away. If I am waiting longer than 15 minutes for an ambulance I should take another ______ puff/s of my reliever inhaler (usually blue) every 30 to 60 seconds (up to 10 puffs).

3. **When I have an asthma attack**
   - I should:
     - Sit up — don’t lie down. Try to be calm.
     - Take one puff of my reliever inhaler every 30 to 60 seconds up to a total of 10 puffs.

   If I’m having an asthma attack if:
   - My reliever inhaler (usually blue) isn’t helping, or
   - I can’t talk or walk easily, or
   - I’m breathing hard and fast, or
   - I’m coughing or wheezing a lot, or
   - My peak flow is less than _______.

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

**My Asthma Triggers (things that make my asthma worse)**

- Make sure you have your reliever inhaler (usually blue) with you. You might need it if you come into contact with things that make your asthma worse.

**When I have an asthma attack, I should:**
- Sit up — don’t lie down. Try to be calm.
- Take one puff of my reliever inhaler every 30 to 60 seconds up to a total of 10 puffs.

**When I get my asthma plan:**
- Date I got my asthma plan: _______.

**When I have my next asthma review:**
- Date of my next asthma review: _______.

**Doctor/asthma nurse contact details:**
- _______.

**My asthma triggers (things that make my asthma worse)**
- _______.

**You and your parents can get your answers to the following questions answered:**
- Call Asthma UK’s friendly Helpline Monday to Friday 9am to 5pm 0300 222 5800
- Get information at www.asthma.org.uk

**Parents — get the most from your child’s action plan**
- Make it easy for you and your family to find it when you need it
  - Take a photo and keep it on your mobile (and your child’s mobile if they have one)
  - Stick a copy on your fridge door
  - Share your child’s action plan with school, grandparents and babysitter (a printout or a photo).
What does the brown inhaler do?

The brown inhaler is the preventer. It should be used every day to help prevent asthma attacks.
What does the blue inhaler do?

The blue inhaler is the reliever. It helps to stop symptoms of asthma immediately. It needs to be used if a person is having an asthma attack or having asthma symptoms.
An asthma attack is when the airways in the lungs become inflamed and swollen, and the muscles around the airways tighten. The narrow tubes in the lungs become even narrower than usual. There is also some mucous (phlegm) produced in the airways which can cause coughing.
What does an asthma attack look like?

When a person has an asthma attack they might:

- cough
- wheeze – sounds like a whistling sound
- become short of breath – sounds like gasping for air
- have tightening around the chest – feel very full
- have a change of skin colour – go very pale or tinged with blue
What can trigger an asthma attack?

- Smoke from cigarettes
- Dust
- Furry animals (such as cats and dogs)
- Pollen (from trees or grass)
- Moulds and spores (damp, poorly ventilated housing)
- Weather/temperature changes
- Energetic physical activity or physical actions such as laughing or crying
- Illnesses such as colds or flu
- Emotions such as worry or stress
What to do if someone has an asthma attack

- tell a trusted adult immediately
- the person should use the blue reliever inhaler and spacer immediately (1 or 2 puffs)
- the person should sit down and take slow, steady breaths
- people around them should stay calm and give them space – do not crowd round them
- if the person does not feel better they can use the blue reliever inhaler again (2 puffs of the inhaler every 2 minutes – up to 10 puffs)
- if the person does not feel better after taking the inhaler, or if you are worried, it is best to call 999 and ask for an ambulance
Where people can get help, support and advice

Speak to the school nurse

Contact your GP or doctor

www.asthma.org.uk

Telephone: 0800 121 62 64 to speak to an asthma nurse