# What is Asthma?

Asthma is a long-term condition where the small airways in your lungs become inflamed, swollen and **narrow** when they meet a trigger. An asthma **trigger** is anything that makes your asthma worse by irritating your sensitive airways, such as colds, exercise or allergies.

Asthma symptoms include coughing, wheezing and difficulty in breathing. Asthma tends to be diagnosed in school-aged children. It is a common condition affecting 1 in 11 children.

# What is Viral Induced Wheeze?

Wheeze is the high-pitched, whistling sound made when the small airways (breathing tubes) in your lungs become inflamed and swollen. Your lungs are the balloon-like structures that sit underneath your ribs and move air in and out.

Viral wheeze is a common condition where infants and toddlers become wheezy when they have a cough or a cold. The wheezing makes it difficult to breathe which can be serious or life-threatening if not treated properly.

## Don't forget the management plans!!

All asthma/wheeze patients must have a personalised plan for home, the GP and school.

Information leaflet must be given out and explained to the patient/parent/carer. Appropriate education should be provided including inhaler technique. Discharge checklist MUST be completed and follow up arranged appropriately.



# Paediatric Asthma/Wheeze

#### How to use your spacer

- Ensure you have the correct spacer for the child's age.
- Ensure you have assessed if a face mask is necessary or not.
- · Shake the inhaler and attach it to the end of the spacer.
- Placer the spacer mouth piece into your mouth (or face-mask over nose and mouth).
- Tilt the spacer upwards to create a 45 degree angle.
- Press the inhaler once and take in 10 normal breaths. Count the breaths out loud if this helps.
- · Repeat steps 1-4 for each puff prescribed.

medication.

Follow the steps below:

apart.

clean water.

to use.

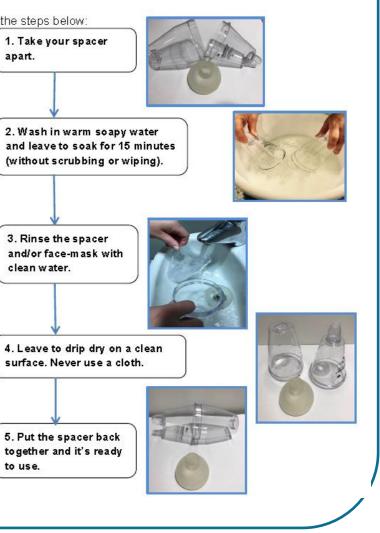
#### What to do in an Are they.. Coughing, wheezing, finding it hard to breath, have a tight chest, unable to walk or tal asthma attack! • REMEMBER; stay with the child at all time Keep calm and reassure child. > Sit them up and slightly forward Think Ask someone to get blue inhaler and spacer, adminis er inhaler and note the tim (see medicine steps Intervene • Do you need to call for an ambulance Medicine > Shake blue inhaler and place in spacer, spray one puff and take 10 breaths. Repeat up to 10 times if needed. Emergency • If no improvement, it is safe to repeat a further 10 times Do you need to call an ambulance Anaphylaxis? Note time of calling 999, school's postcode 999 Adapted from UCL Partners & Whittington Heath NHS Trust NS Barts Health & Heathe Barts Health chool Health July 2017 Call an ambulance stating anaphylaxis 'ANA-Fil-AX-IS

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#### How do I clean my spacer?

Clean your spacer once a month to help you get the full benefits of your



### Anaphylaxis

If you require an adrenaline pen, make sure you have one with you at all time. Ensure that the pens are in date. Also ensure you have antihistamines with you at all times.