

# ASTHMA NEWSLETTER

Spring  
2023

## ASTHMA INFORMATION

Your School Nurse can be contacted to provide information and guidance on the following:

- Developing your asthma policy.
- Ongoing support with asthma.
- Whole school training.
- Raising concerns about children's asthma control.



## REMEMBER!

Complete and email **asthma monthly return forms**, helping to identify children who need extra support to control their asthma! Email the forms to: [thh-tr.PaedAsthma@nhs.net](mailto:thh-tr.PaedAsthma@nhs.net)

## DON'T FORGET!

Get your whole school training booked **This is an annual requirement - 85% of staff must attend.**

Book to do your **asthma audit** with your school nurse – this helps your school achieve asthma friendly status!

NAME:	SCHOOL:	CONTACT NO:	EMAIL:
Theresa Youngman Asthma Liaison Nurse	Hayes and Harlington	01895 488050	<a href="mailto:cnw-tr.sehillingdonsnteam@nhs.net">cnw-tr.sehillingdonsnteam@nhs.net</a>
Faye Mitchell Asthma Liaison Nurse	Uxbridge & West Drayton	01895 485062	<a href="mailto:cnw-tr.swhillingdonsnteam@nhs.net">cnw-tr.swhillingdonsnteam@nhs.net</a>
Ceara McDonald Asthma Liaison Nurse	Eastcote, Ruislip, Harefield Ickenham, Northwood	01895 488699	<a href="mailto:cnw-tr.nhillingdonsnteam@nhs.net">cnw-tr.nhillingdonsnteam@nhs.net</a>

## Emergency inhaler kits:

- They must contain **2 inhalers and 2 spacers**.  
**Once the inhaler is used, throw this away.**  
**Once a spacer is used this can go home with the child.**
  - Copy of the emergency plan.
  - Monthly checks record.
- List of asthmatics who are permitted to use the inhaler.

*Consider how many kits are needed in your school and ensure staff know where these kits are!*

## ACHIEVE ASTHMA FRIENDLY STATUS:

- Named Asthma lead and Asthma Champion.
- Asthma Champion to attend annual update.
- Register of all known Asthmatics.
- Has a clear Asthma Policy.
- Allows easy access to inhalers.
- Annual whole school staff training.
- Displays emergency plan around the school.
- Emergency Kits
- Annual Asthma audit completed.
- Monthly asthma form.



**SIGNS OF WHEEZING COUGHING SHORTNESS OF BREATH**

**TREATMENT GIVE RELIEVER (BLUE) INHALER, 2 PUFFS**  
(IF THIS TYPE OF INHALER USE WITH SPACER)

**IF NO OR MINIMAL EFFECT GIVE UP TO 10 PUFFS OF RELIEVER (BLUE) INHALER**  
(IF THIS TYPE OF INHALER USE WITH SPACER)

If better symptoms resolved inform parents & advise GP Appointment.

If little or no improvement. **DIAL 999** Continue to give BLUE (reliever) inhaler 10 PUFFS every 15 minutes until medical help arrives or symptoms improve.

Please ensure you have the emergency plan around the school – contact your school nurse if you would like more.

## Cold weather & asthma

- Cold air is dry, which irritates the airways. It can also make your body produce more mucus, which can make asthma feel worse.
- A lightweight scarf wrapped loosely around the nose and mouth can help when outside. This warms the air breathed in, so it's less likely to irritate the airways.

## Preventer inhalers build up asthma protection over time



[www.asthma.org.uk](http://www.asthma.org.uk)

