

# Asthma awareness session- Children and Young people



**Child Health and Wellbeing Network**  
North East and North Cumbria

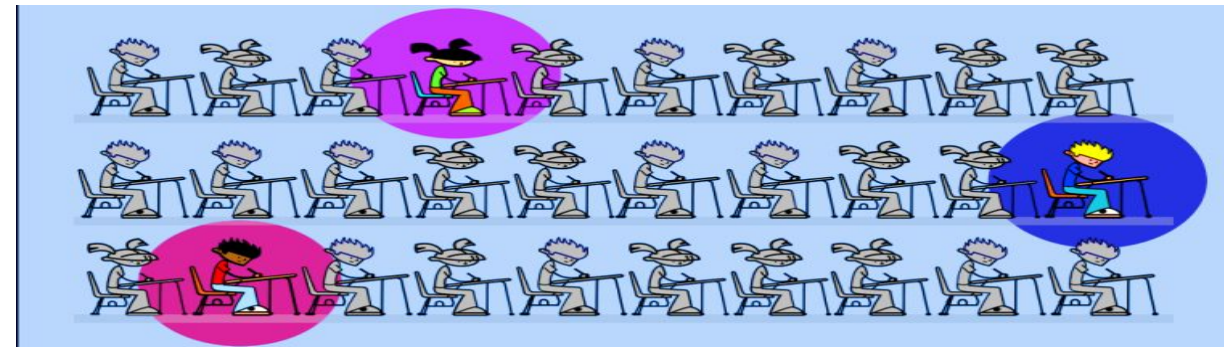


**Is asthma  
obvious?**



# The information we already know about asthma !

- One in every eleven children have asthma
- Three young people per average class
- Almost 20,000 CYP admitted to hospital in 2021- 2022

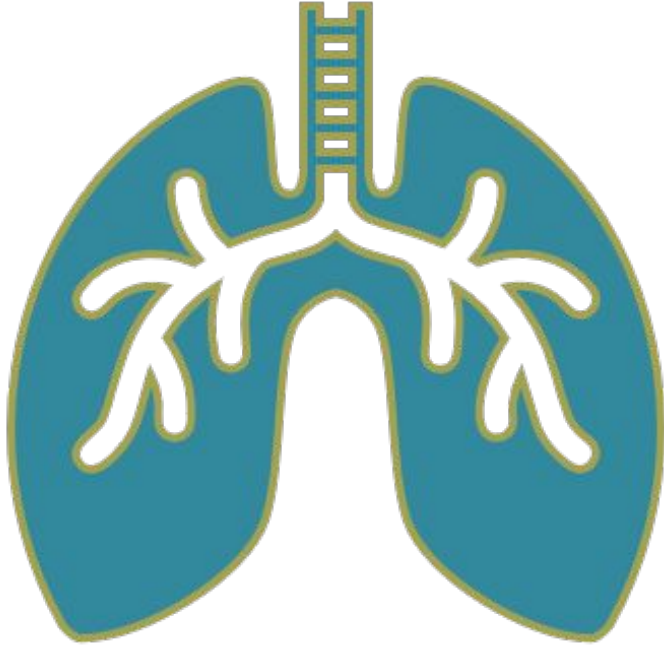




# Asthma Rap

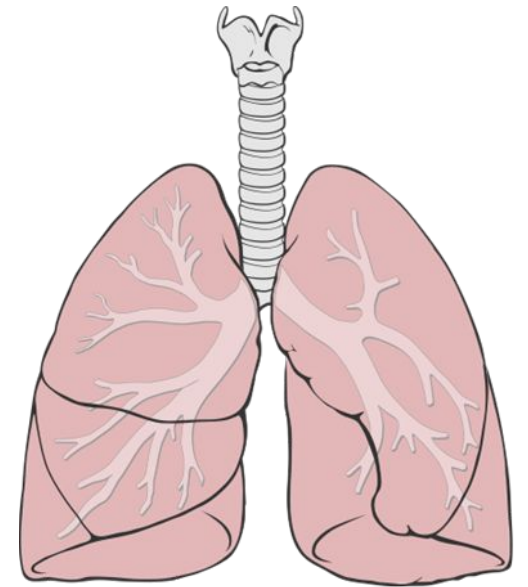
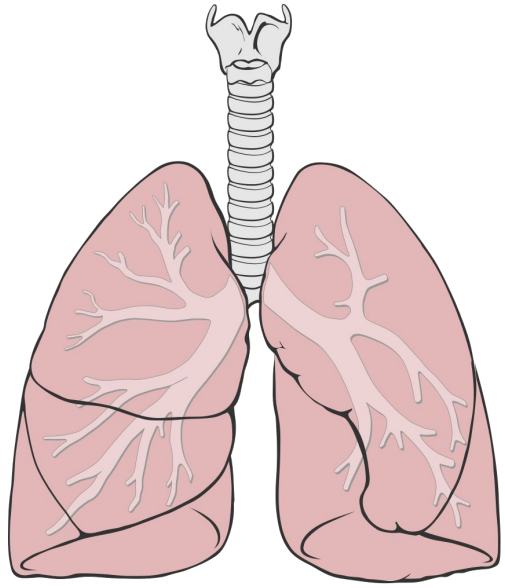


# What is Asthma?



- Common lung condition that causes breathing difficulties
- Asthma often starts in childhood, but adults can also develop asthma
- Some things make asthma more likely e.g. history of allergies

# Asthma - How and why?



# What are the signs of Asthma?

**The main symptoms of asthma are:**

- Wheezing (a whistling sound when breathing)
- Feeling breathless (struggling to speak)
- Coughing
- Tightness or squeezing of the chest

**Asthma can sometimes get worse, for a short time, this is known as an asthma attack. It can happen suddenly, or gradually over a few days**

# Some examples of Asthma triggers



Cleaning products



Damp and Mould



Paint Fumes



Smoking



Colds/Viruses



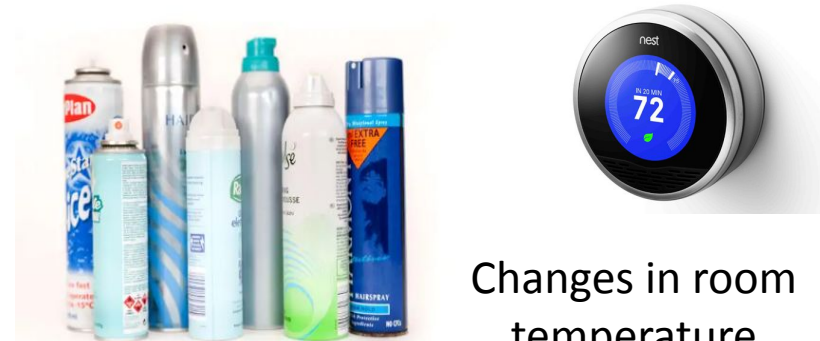
Exercise



Grass



Thunder Storms



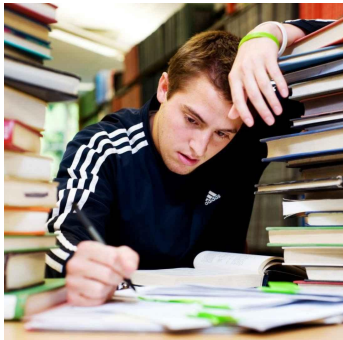
Aerosols/sprays



Changes in room temperature



Hot/Humid Days



Stress



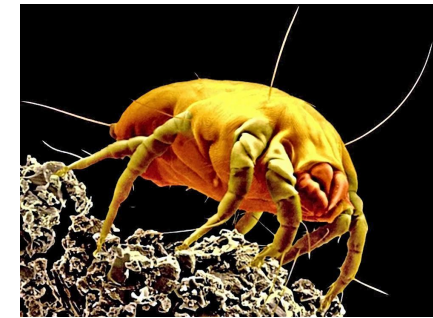
Animals



Pollution



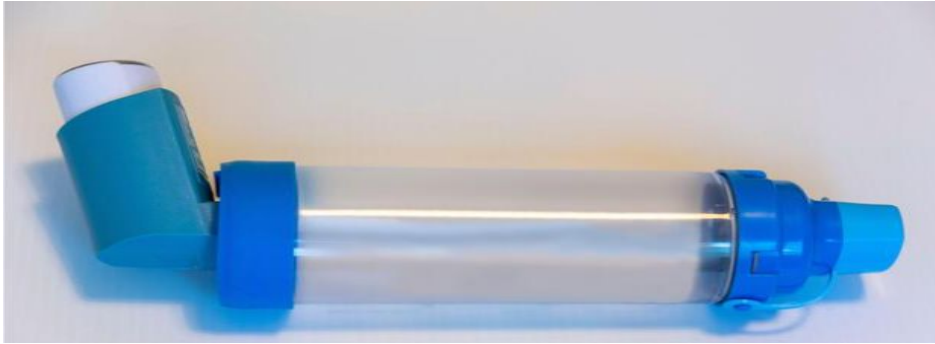
Pollen



Dust Mites

# Treatments for asthma

There are many different types of inhalers and medicines which a Doctor or a Nurse can prescribe to help treat asthma



The main types of inhalers:

- **Reliever inhalers** – these are used to quickly relieve asthma symptoms, but only last for a short time. (Rescue)
- **Preventer inhalers** – these are used everyday to prevent asthma symptoms developing.
- Some people also need to take tablets and medicines as part of their asthma treatment
- Some inhalers have both reliever and preventor -MART



# How is asthma controlled ?

Asthma can be controlled with a range of treatments, so it is important the correct medication is used in the right way at the right time

It is also important to try to avoid triggers.

Each individual should have a Personalised Asthma Action Plan (PAAP). The plan should be followed to control asthma.

Regular review with asthma doctor or nurse.

Keeping active.



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 Design and Photography by Medical Photography and Illustration Department, Tallaght University Hospital

## INHALED CORTICOSTEROIDS



**Beclomethasone**  
 50, 100, 200, 250 mcg  
 Beclazone CPC Free Inhaler



**Beclomethasone**  
 50, 100, 200, 250 mcg  
 Beclazone Easy-breathe



**Beclomethasone**  
 50, 100, 250 mcg  
 Beclotide Inhaler



**Budesonide**  
 100, 200, 400 mcg  
 Pulmicort Turbuhaler



**Ciclesonide**  
 80, 160 mcg  
 Alvecco Inhalation Aerosol



**Fluticasone**  
 50, 100, 250, 500 mcg  
 Flutide Diskus



**Fluticasone**  
 50, 125, 250 mcg  
 Flutide Inhaler



**Mometasone Furoate**  
 200, 400 mcg  
 Amaris Turbuhaler

## COMBINATION INHALERS



**Budesonide/Formoterol**  
 80/4.5, 160/4.5, 320/9 mcg  
 Duobest Easyhaler



**Budesonide/Formoterol**  
 200/4.5 mcg, 320/9 mcg  
 Duobest Salinex



**Budesonide/Formoterol**  
 100/4, 200/4, 400/11 mcg  
 Spinkinert Turbuhaler



**Fluticasone/Formoterol**  
 100/4, 125/5 mcg  
 Flutiform Inhaler



**Fluticasone/Formoterol**  
 160/4, 125/5, 250/10 mcg  
 Flutiform pMDI



**Fluticasone/Vilanterol**  
 50/22 mcg, 100/22 mcg  
 Relvar Ellipta



**Salmeterol/Fluticasone**  
 50/500 mcg  
 Aerflo Salinex pMDI



**Salmeterol/Fluticasone**  
 50/250, 50/500 mcg  
 Aerflo Salinex



**Salmeterol/Fluticasone**  
 25/225, 25/250 mcg  
 Serflo pMDI



**Salmeterol/Fluticasone**  
 50/500, 50/250, 50/250 mcg  
 Serflo Diskus



**Salmeterol/Fluticasone**  
 25/50, 25/125, 25/250 mcg  
 Serflo Easyhaler



**Salmeterol/Fluticasone**  
 25/225, 25/250 mcg  
 Serflo pMDI

## SHORT ACTING BRONCHODILATORS



**Ipratropium**  
 20 mcg  
 Atrovent pMDI



**Salbutamol**  
 300 mcg  
 Salamol Easy-breathe



**Salbutamol**  
 100 mcg  
 Salbut pMDI



**Salbutamol**  
 200 mcg  
 Ventolin Diskus



**Salbutamol**  
 300 mcg  
 Ventolin Easyhaler



**Terbutaline**  
 500 mcg  
 Bricanyl Turbuhaler

## LONG ACTING BRONCHODILATORS



**Formoterol**  
 12 mcg  
 Foradil Aerosolizer



**Formoterol**  
 6, 12 mcg  
 Oxis Turbuhaler



**Salmeterol**  
 50 mcg  
 Serenid Diskus



**Salmeterol**  
 25 mcg  
 Serenid Easyhaler



**Salmeterol**  
 2.5 mcg  
 Spheno Respimat

## SPACER DEVICES



Akle spacer 2/ A2A with mask



Aerochamber



Aerochamber with Mask



Babyhaler



Free-flow with mask / mouthpiece



Volumatic

Prescribe medication according to product licence and evidence based guidelines

# Asthma Attack

It is important that you know what to do if someone you know is having an asthma attack.

Recognising the symptoms of an asthma attack is the first step in helping.

## Mild/Moderate Symptoms:

Cough / Wheeze / Shortness of breath / Chest tightness/pain

## Severe/life threatening Symptoms:

Faster breathing rate / working hard to breathe / unable to talk in full sentences / Looking pale/looking worried.

### HOW TO RECOGNISE AN ASTHMA ATTACK

It is important that you recognise the signs and symptoms of an asthma attack in children and young people. Be aware that the onset of an asthma attack can gradually appear over days. Early recognition will help prevent a child or young person from getting worse and needing to go in to hospital.

A child or young person may have one or more of these symptoms during an asthma attack:



#### BREATHING HARD AND FAST

You may notice they breathe faster or have shorter breaths.

#### WHEEZING

This is typically a high-pitched whistling noise heard on breathing in and out, a sound produced by inflamed and narrowed airways that occur in asthma.



#### COUGHING

They may have a worsening cough, particularly at night preventing them from having restful sleep and making them seem more tired in class.



#### BREATHLESSNESS

They may appear to be less active, or may seem reluctant to join in activities. Breathlessness can also cause lack of interest in food or restlessness.

#### CHEST TIGHTNESS

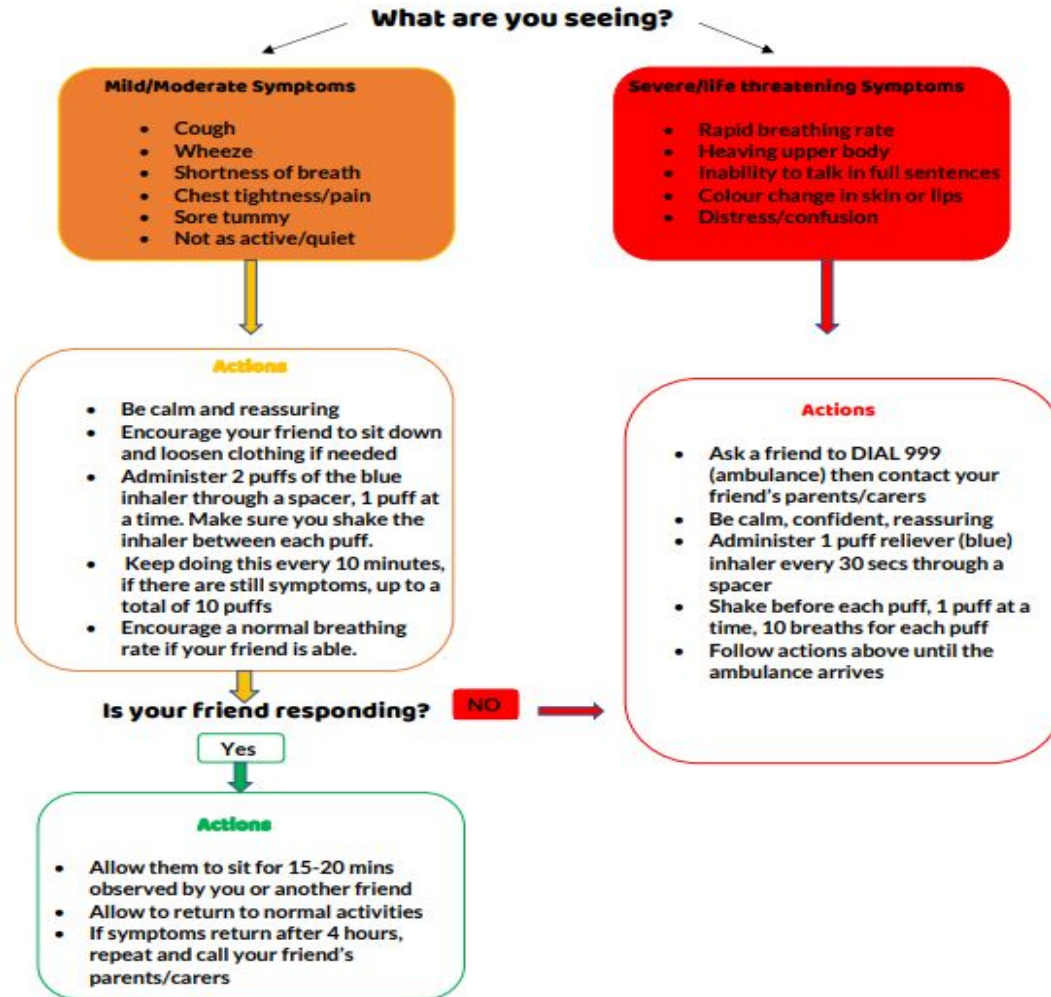
They may describe a tight feeling or squeezing within their chest

#### INCREASED USE OF THE RELIEVER INHALER

The child or young person will use their reliever inhaler more frequently during an attack. It is important that their asthma action plan is followed and that medical help is called if they are not improving.



## How Do I Manage My Friend Having an Asthma Attack?



# Celebs with Asthma



David Beckham



Harry Styles



Pink



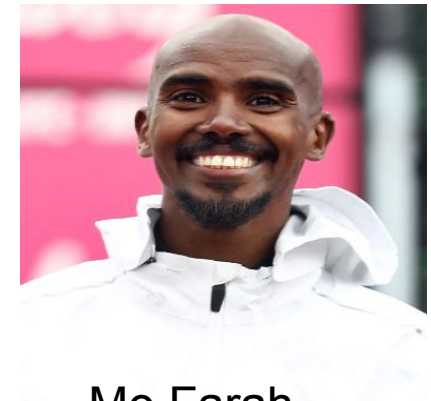
Frank Lampard



Eminem



Paddy  
McGuinness



Mo Farah

# Asthma – becoming independent

**Going out is one of the most important parts of growing up and becoming a young adult.**

- Make sure your friends are aware that you have asthma.
- If you have asthma and are planning to go out with friends to a party be aware that some drinks/smoking and some medications/drugs can trigger asthma symptoms.
- If you have a Personalised Asthma Action Plan (PAAP) – have a photo of it on your phone, so you always have it ready when it's needed.
- Also carry your rescue inhaler, in case your allergies are triggers.
- Take your preventor medication regularly in the right way.
- Attend an asthma review at least once per year.



# Smoking and Vaping

## Did you know:

It is illegal to buy cigarettes in the UK if you are under 18 years old, and if you are under 16 years old, the police have the right to remove them.

- Smoking puts your lungs at risk – smokers are 5 times more likely to catch flu and twice as likely to get pneumonia
- Vaping is much more harmful in young people than adults
- Increase the risk of a severe asthma attack.



# What to remember...

- You will probably know someone who has asthma.
- The main symptoms of someone having an Asthma attack are:
  - Wheezing
  - feeling/sounding short of breath
  - Coughing
  - not being able to speak in full sentences.
- If you think someone is having an asthma attack, alert someone who can get help, and help them use their rescue inhaler.
- Remember to carry your rescue inhaler for asthma.
- Arrange a check-up/review
- Know your Asthma management plan.
- Take your treatment as prescribed.