

How do I Manage a Child/Young Person Having an Asthma Attack



What are you seeing?

Mild/Moderate Symptoms

- ◆ Cough
- ◆ Wheeze
- ◆ Shortness of breath
- ◆ Chest tightness/pain
- ◆ Sore tummy
- ◆ Not as active /quiet

Severe/life threatening Symptoms

- ◆ Rapid breathing rate
- ◆ Heaving upper body
- ◆ Inability to talk in full sentences
- ◆ Colour change in skin or lips
- ◆ Distress/confusion

Actions

- ◆ Be calm and reassuring
- ◆ Encourage CYP to sit down and loosen clothing if needed
- ◆ Administer 2 puffs of the blue inhaler through a spacer 1 puff at a time. Make sure you shake the inhaler before each puff.
- ◆ Keep doing every 10 minutes if there are still symptoms up to a total of 6 puffs.
- ◆ OR if a child has a combined inhaler (MART) give 1 dose wait 10 mins if there are still symptoms an extra 4 doses may be given.
- ◆ Encourage a normal breathing rate if they are able.

Severe/life threatening Symptoms

- ◆ Ask a colleague to DIAL 999 (ambulance) and then contact parent/guardian
- ◆ Be calm, confident, reassuring
- ◆ Administer 1 puff reliever (blue) inhaler every 30 seconds through a spacer
- ◆ Shake before each puff, 1 puff at a time, 4-5 breaths for each puff
- ◆ Follow actions above until the ambulance arrives

If losing consciousness (rare) follow emergency first aid procedures

Is the CYP responding?

NO

YES

Actions

- ◆ Allow to sit for 10-15 mins observed by a member of staff
- ◆ Allow to return to class
- ◆ Inform parent/carer
- ◆ If symptoms return after 4 hours, repeat and ask parent/carer to collect