



Secondary School
Assembly



Asthma in School

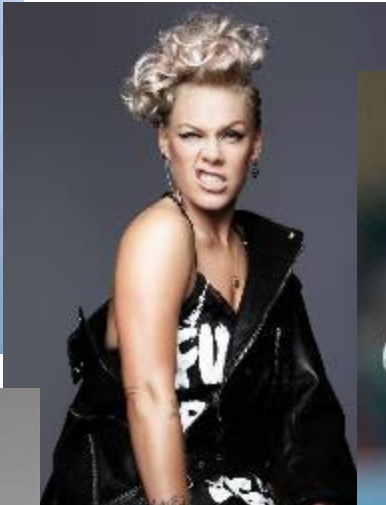
Haringey Healthy Schools Programme

Haringey Council Public Health Team



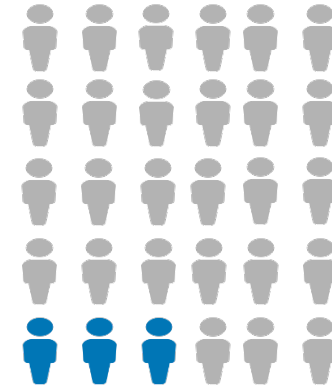
Who has asthma?





Why is this important?

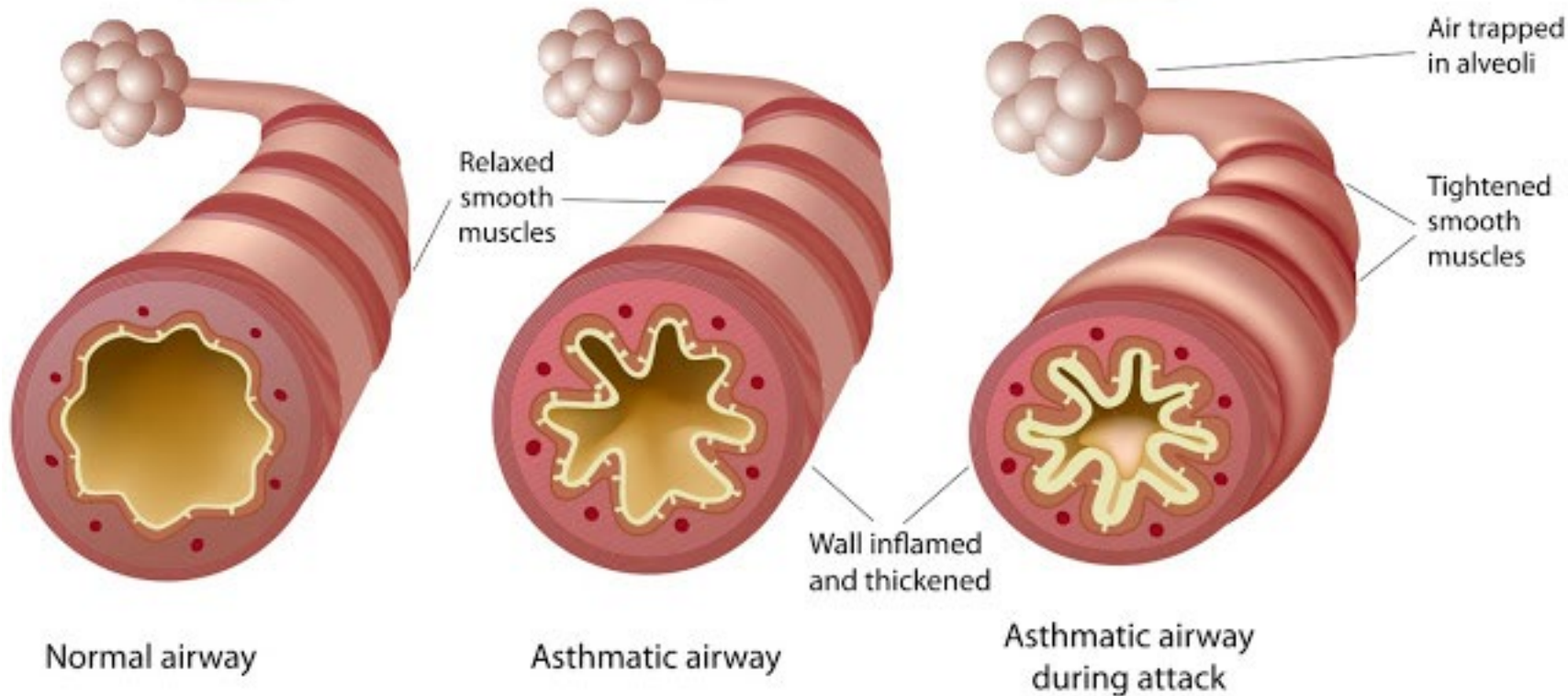
- Asthma is very common
 - 1 in 11 people
 - Approximately 3 per classroom
- Young people are still dying of asthma
 - It is important to be able to recognise an asthma attack
 - Get help early!

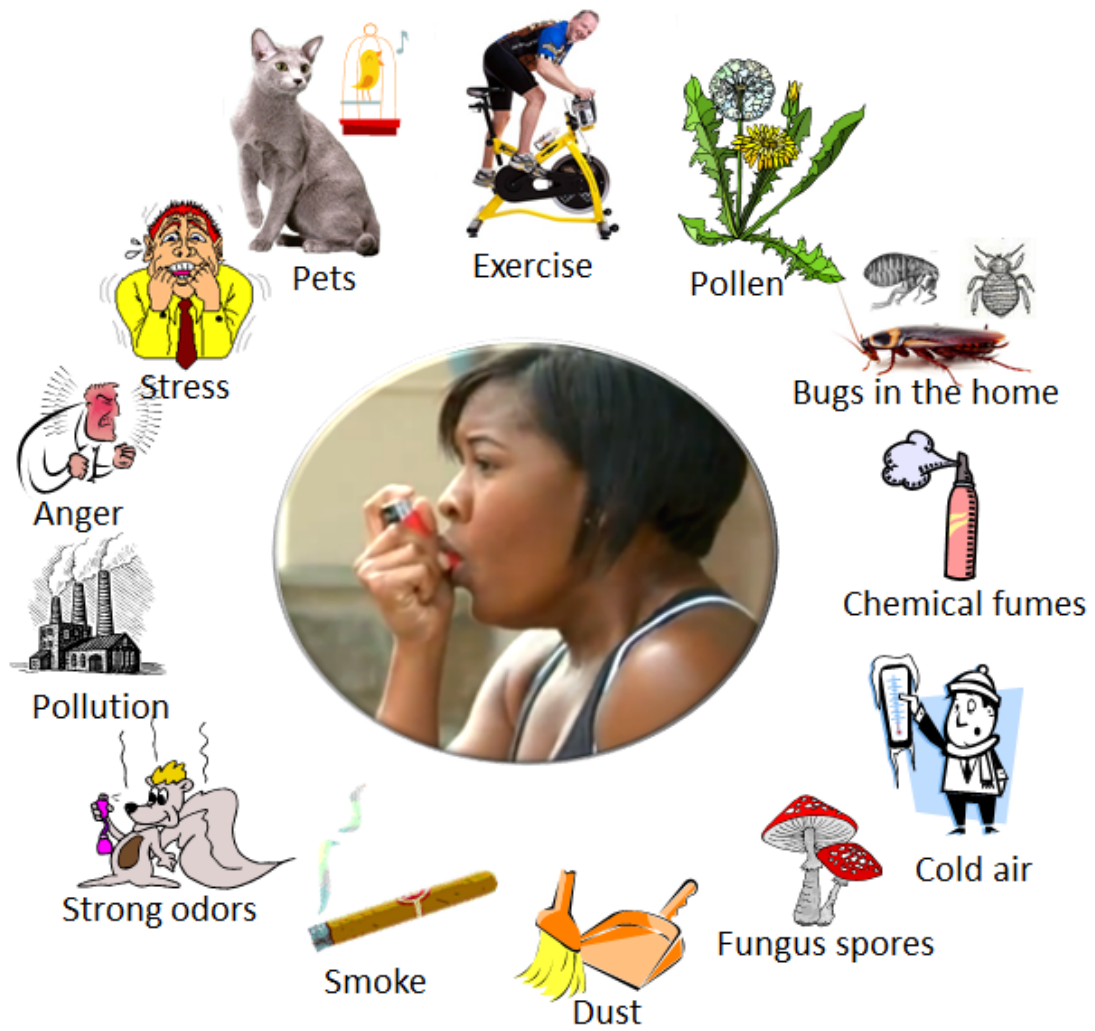


Rachael Novak



What is asthma?





Asthma Triggers

Types of Medication

RELIEVER

- Relaxes airways to make breathing easier straight away
- Taken as needed
- Short acting
- Usually blue



PREVENTER

- Reduces inflammation to reduce sensitivity to triggers
- Taken daily
- Long acting
- Usually brown



Inhalers and Spacers



- **EVERYONE** should use a spacer, even adults
- They should be cleaned by rinsing and drip dried
- Spacers are single-person use

How to use the inhaler and spacer

Should ALWAYS be a blue inhaler + spacer during an asthma attack



How Does It Feel To Have an Asthma Attack?



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**“WHEN I HAVE AN
ASTHMA ATTACK I
FEEL LIKE A FISH
WITH NO WATER.”**



JESSE, AGE 5





What is it like to have an asthma attack?

<https://m.youtube.com/watch?v=EK8nzKzdnIM>

An Asthma Attack



**SHORTNESS
OF BREATH**



**DIFFICULTY
BREATHING**



DRY COUGH



WHEEZING



**CHEST PAIN
OR TIGHTNESS**



In an emergency

- Tell someone if you are feeling unwell yourself
- Call for help! Get an adult.
- Try not to panic!
- Stay with your friend and keep them calm, help them with their inhaler if they have it.

Child having an asthma attack?


T Think ?

Any of these signs:

- Coughing
- Wheezing
- Hard to breathe
- Tight chest
- Cannot walk/talk

Send someone to get inhaler and spacer

Stay with the child

 Is this an emergency?

I Intervene +

- Keep calm
- Reassure child
- Sit them up and slightly forward
- Is someone getting inhaler and spacer?
- Administer inhaler
- Note time of using inhaler 

 Is this an emergency?

M Medicine



- Use blue inhaler
- Shake inhaler
- Place in spacer
- Spray one puff
- Take five breaths
- Repeat the above up to 10 times if needed
- If no improvement, call an ambulance

 Is this an emergency?

E Emergency 999



- If no improvement, or if you are worried or unsure, call 999
- Call parent/guardian
- If ambulance takes longer than 10 mins, repeat Medicine steps
- Note time of calling 999 

School's postcode

 Has child taken their inhaler?

When asthma strikes,
it's TIME to act.



In School

- Do you know where your inhaler and spacer are kept?
- Asthma register
- Emergency kits



Thank You

Any Questions?