

For further information about this service contact:

Children's Community Nursing Team  
The Poynt  
2-4 Poynters Road  
Luton. LU4 0LA

Tel: 0333 405 0079

Email: [cypluton.asthma@nhs.net](mailto:cypluton.asthma@nhs.net) (non-urgent queries)



Search for: 'cypluton.asthma' (Instagram)

'Please remember to take your salbutamol (blue inhaler) and spacer with you at all times in case of an emergency.

Also take all medication, including spacer, to any GP/Hospital appointment.

Remember to attend your asthma checks with your GP.

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit [www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk) and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

## Additional support for managing your child's Asthma

Information for parents, carers and patients

### Children's Community Nursing Team



This information booklet is to help you manage you/your child's asthma.

## Common Triggers

- **Aerosols** – Please avoid using aerosols around your child
- **Animal Dander** – Avoid our furry friends as much as possible, if not possible please ensure that you have an anti-histamine e.g. Piriton®, salbutamol (blue inhaler) and spacer available at all times.
- **Cigarette Smoke** – Smoking permanently damages the airways; this includes second hand smoke. Please do not smoke cigarettes around your child and remember that the harmful chemicals cling to clothing and skin for at least 2 hours after smoking.
- **Chemicals (bleach, chlorine, paint etc.)** – ensure good ventilation if using chemicals
- **Cold Drinks** – avoid cold drinks
- **Cold Food** – avoid cold foods
- **Cold Weather** – Encourage your child to loosely wrap a scarf around their mouth and nose prior to going outside; trapping in warm air. For local weather forecasts please visit [www.metoffice.gov](http://www.metoffice.gov)
- **Coughs and Colds** – At the start of a cough or cold give your child 2 puffs of salbutamol (blue inhaler), via their spacer, 15 minutes prior to their preventer (brown, orange, purple or red and white inhaler). Please refer to your asthma plan for further management and guidance.

Please remember to have your annual flu immunisation (if able to) and take childhood, over the counter, multi-vitamins that contain vitamin d and calcium. Vitamin D has been shown to help prevent against cold and flu and also aides better absorption of preventer inhalers.

- **Dust** – Wash your sheets and other bedding once a week in hot water. Remove wall-to-wall carpeting if you can, if unable to, try to vacuum daily. Get rid of areas where dust can gather, like heavy curtains, upholstered furniture, and piles of clothing. If your child has allergic asthma, only buy washable stuffed animals and place them in a freezer once a month for 24 hours. Avoid using aerosols to clean dust as this will spray dust into the air; use a wet cloth to remove dust.
- **Dust/House Dust Mites** – Wash your sheets and other bedding once a week in hot water. Remove wall-to-wall carpeting if you can, if unable to, try to vacuum daily. Get rid of areas where dust can gather, like heavy curtains, upholstered furniture, and piles of clothing. If your child has allergic asthma, only buy washable stuffed animals and place them in a freezer once a month for 24 hours. Avoid using aerosols to clean dust as this will spray dust into the air; use a wet cloth to remove dust.

## When I have an asthma attack

### I'm having an asthma attack if:

- My blue reliever inhaler isn't helping, or
- I can't walk or talk easily, or I'm breathing hard and fast, or
- I'm coughing or wheezing a lot.

### When I have an asthma attack, I should:

- Sit up – don't lie down. Try to be calm.
- Take my blue inhaler and have
- 10 puffs; (via a spacer).
- If i still don't feel better and
- I've taken 10 puffs.

**I need to call 999 straight away. If I am waiting longer than 15 minutes for an ambulance I should take another one puff every minute of my blue inhaler; via a spacer.**



## Help and Advice

- **Asthma UK:** works to stop asthma attacks and, ultimately, cure asthma by funding world leading research, and supporting people with asthma to reduce their risk.  
[www.asthma.org.uk](http://www.asthma.org.uk)
- **ChatHealth:** A text messaging service providing young people aged 11—19 with quick and easy access to confidential health advice. Text: 07520 616070  
[www.cambscommunityservices.nhs.uk/luton/chathealth](http://www.cambscommunityservices.nhs.uk/luton/chathealth)
- **Healthy London Partnership:** Giving all London's children a healthy, happy start to life .  
[www.healthy london.org/resource/london-asthma-toolkit/](http://www.healthy london.org/resource/london-asthma-toolkit/)
- **Iggy and the Inhaler:** asthma education for children.  
<https://iggyandtheinhalers.com/>
- **Itchysneezywheezy:** everything you need to know about allergies.  
<https://www.itchysneezywheezy.co.uk/>
- **Luton Food Bank:** run for the benefit of people in and around Luton who need emergency food.  
[www.lutonfoodbank.org.uk/](http://www.lutonfoodbank.org.uk/)
- **Monkey Wellbeing:** a website taking children through some of life's new and often challenging experiences, reassuring and comforting them by showing them what to expect.  
[www.monkeywellbeing.com](http://www.monkeywellbeing.com)
- **The Uniform Exchange Programme:** offering free school uniform and emotional and practical support to all Luton families.  
[www.themall.co.uk/luton/store-a-z/level-trust](http://www.themall.co.uk/luton/store-a-z/level-trust)
- **TOKKO Youth Space:** supporting young people and provides a safe space with passionate staff who are always willing to help when you need it.  
[www.tokko.co.uk](http://www.tokko.co.uk)



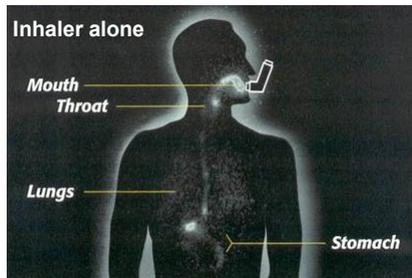
- **Exercise** – Please have 2 puffs of salbutamol (blue inhaler), via a spacer, 15 minutes prior to participating. Please note that exercise is very helpful to people with Asthma (Just ask Laura Kenny)! When wheezy, gentle aerobic exercise, such as walking, can help improve symptoms.
- **Fizzy Drinks** –\_avoid fizzy drinks.
- **Food Allergies** – Please refer to your food allergy plan, ensure that your auto-adrenaline injector pen, salbutamol (blue inhaler) and spacer are quickly and easily available at all times.
- **Hot Weather** –\_Ensure your child maintains good hydration, avoid exercising outside during hot weather. For local weather forecasts please visit [www.metoffice.gov](http://www.metoffice.gov)
- **Mould (indoor and outdoor)** – wipe indoor mould away with a bleach solution, ensure good ventilation in areas prone to mould (bathroom or kitchen).
- **Physical Expression of Strong Feelings (Anger, anxiety, crying, laughing, upset)** – This a **RED FLAG** trigger. Please make sure that your child's salbutamol (blue inhaler) and spacer are available at all times.
- **Pollution** – Consider purchasing a mask for your child. [www.cambridgemask.com](http://www.cambridgemask.com) has some fun pollution masks. Also check [www.uk-air.defra.gov.uk](http://www.uk-air.defra.gov.uk) for regular pollution level updates.
- **Pollen** – At the start of symptoms start regular antihistamine such as Cetirizine. Shower each night and wash hair to wash away the pollen. Avoid dry clothes and bedding outside but if unavoidable give them a good shake just before bringing inside. Wipe some Vaseline® around the nose prior to going outside to trap pollen (**PLEASE BE AWARE THAT VASELINE® IS HIGHLY FLAMMABLE**). To check local pollen levels please visit: [www.metoffice.gov](http://www.metoffice.gov)
- **Scented Products (aftershave, perfume)** – Avoid using around your child.
- **Vaping** – More research is currently taking place regarding vaping. Although Public Health England has advised that vaping is 95% safer than smoking. However it is strongly recommended to not vape around children.

## How to give an Inhaler via a Spacer

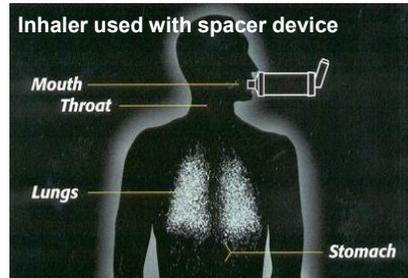
1. Please ensure that your child is sitting up – especially if they are having an asthma attack.
2. Place the spacer end into the child's mouth/mask over mouth and nose and ensure there is a good seal around the mouth and nose. Ask your child to breathe normally in and out. If a whistling sound is heard your child is breathing too hard and/or too quick.
3. Shake the inhaler to mix the medication and aerosol (aerosol is heavier than the medication; if you do not shake before taking you will only get aerosol).
4. Place the inhaler into the back of the spacer and press down the canister once.
5. Ask your child to breathe normally for a count of 10.
6. Remove the spacer from the child's mouth.
7. If further doses are required please repeat steps 2-6.
8. Place the dust cap back on the inhaler.



## Why use an Spacer with an Inhaler?



When an inhaler is used along, medicine ends up in the mouth, throat, stomach and lungs

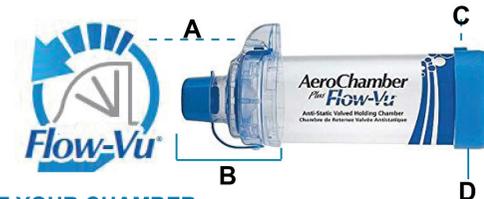


When an inhaler is used with a spacer device, more medicine is delivered to the lungs.

Images kindly provided by Respironics HealthScan Inc

# AeroChamber Plus Flow-Vu

Anti-Static Valved Holding Chamber



### INTENDED USE

This chamber is intended to be used along with a metered dose inhaler to deliver aerosol medication to your lungs as prescribed by your healthcare provider.

### BEFORE EACH USE

This chamber can be used directly out-of-package. Ensure these instructions and the instructions supplied with the inhaler have been read. Carefully examine the chamber and remove any foreign objects. Replace immediately if any damaged or missing parts.

### Notes

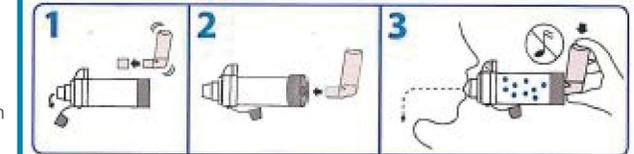
SLOW DOWN inhaler if you hear the whistle sound, it means you are inhaling too quickly.

If someone is helping you they can use the 'Flow-Vu' Inhaler Indicator to ensure a good seal, coordinate pressing the inhaler with inhalation and to count the number of breaths taken. The 'Flow-Vu' Indicator moves toward as you inhale and only moves if you have a proper seal.

**1x** Administer one [1] puff at a time. Follow instructions supplied with the inhaler on how long to wait before repeating.

### HOW TO USE YOUR CHAMBER

For preparation of the inhaler, follow the instructions supplied with the inhaler.



**1** Remove caps from the inhaler and mouthpiece chamber. Shake the inhaler immediately before use as per the instructions supplied with it.

**2** Insert the inhaler into the backpiece of the chamber. Put mouthpiece into mouth and close your lips around it to ensure an effective seal.

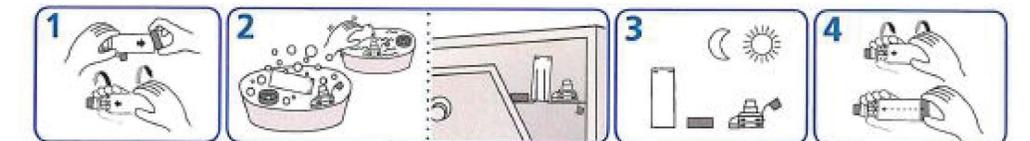
**3** Exhale then press the inhaler once at the beginning of a slow inhalation. Inhale slowly and deeply through the chamber until a full breath has been taken. Hold your breath for 5-10 seconds before exhaling.  
**OR** Exhale and press the inhaler once at the beginning of a slow inhalation. Breathe in and out through the chamber for 2-3 breaths keeping lips sealed around chamber mouthpiece.

You can watch Easy to Use patient videos on [YouTube.com](https://www.youtube.com)



### CLEANING INSTRUCTION

This chamber can be used right out-of-package and then cleaned weekly.



**1** Remove the backpiece (D). To detach the frontpiece (B), twist the chamber as shown.

**2** Soak the parts for 15 minutes in a mild solution of liquid dish detergent and luke-warm water. Agitate gently. Rinse parts in clean water, **OR** Place parts in top rack of dishwasher. Ensure product is securely placed face up. Run the dishwasher on a normal or light cycle. Do not heat dry.

**3** Shake out excess water and allow to air dry in a verticle position. Ensure parts are dry before reassembly.

**4** To reassemble, fit the frontpiece (B) on the end of the chamber and twist firmly until securely locked into position. Centre the alignment feature (C) on the backpiece with the 'Flow-Vu' Inhaler Indicator (A) as shown. Press firmly to attach the backpiece (D).

### Notes

- Do not boil or sterilize.
- Product should be replaced after 12 months of use.
- This product contains no latex.
- Do not share this medical device.
- If you notice medication build-up in your chamber, wash the inside of the chamber gently with a soft cloth.
- Dishwashing with overly dirty dishes is not recommended.
- If cleaning in a dishwasher use a rinse aid.

### Cautions

- Do not have the chamber unattended with children, this is not a toy.
- Product may be permanently damaged if boiled, sterilized or cleaned in a dishwasher at a temperature above 70°C.