

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 (non-urgent queries)



Search for: 'cypluton.asthma' (Instagram)

If you would like asthma training for staff, please contact the team on the above details.

Please ensure that all pupils have quick and easy access to their salbutamol (blue inhaler) and spacer at all times.

Ensure that everyone who teaches them are aware of their asthma plan.

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 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.

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

Additional support for managing your pupil's Asthma

Information for all educational staff

Children's Community Nursing Team



Cambridgeshire Community Services NHS Trust: delivering excellence
in children and adults' community health services across Luton

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

Common Triggers



Aerosols – Please avoid using aerosols around your pupil.



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 pupil 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



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



When I have an asthma attack

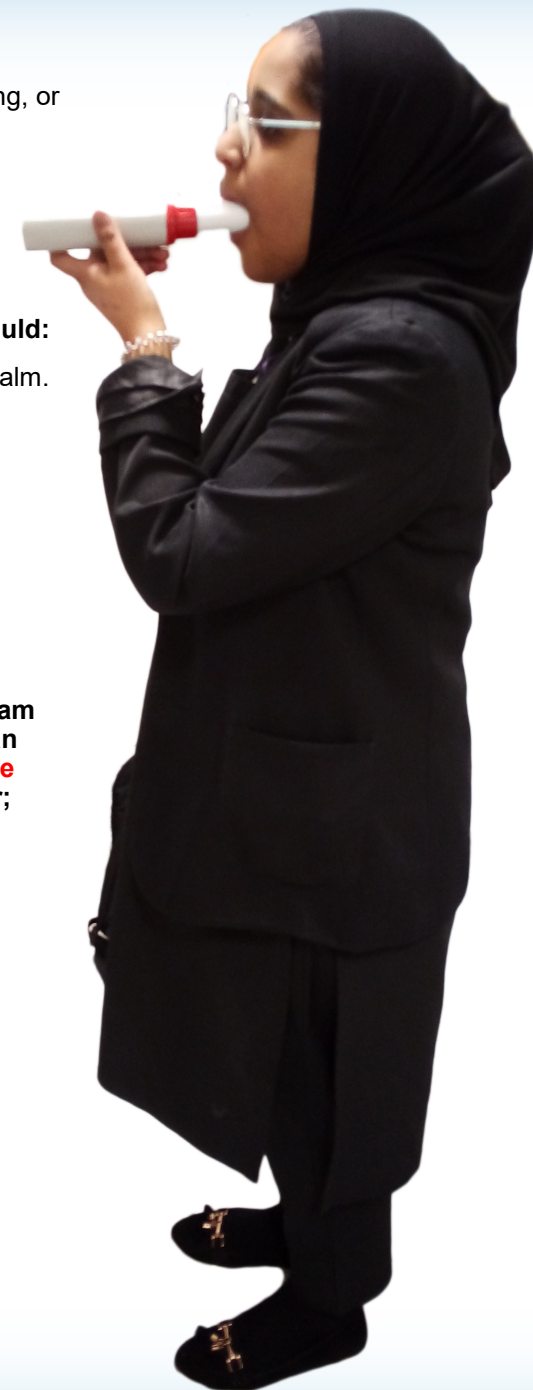
I'm having an asthma attack if:

- 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
- **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
- **Healthy London Partnership:** Giving all London's children a healthy, happy start to life .
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/
- **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
- **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
- **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



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 they maintain good hydration, avoid exercising outside during hot weather. For local weather forecasts please visit www.metoffice.gov

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.

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

Scented Products (aftershave, perfume) – Avoid using around your child.

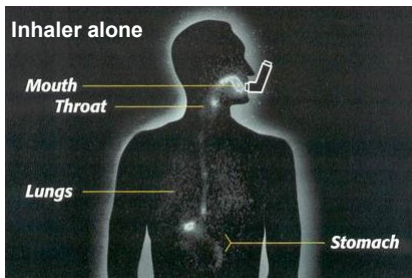
Thunder Storms - check weather and pollen counts at www.metoffice.gov and avoid going outside if thunder storms and high pollen counts are forecast, if possible. Ensure salbutamol (blue inhaler) and spacer are available.

How to give an Inhaler via a Spacer

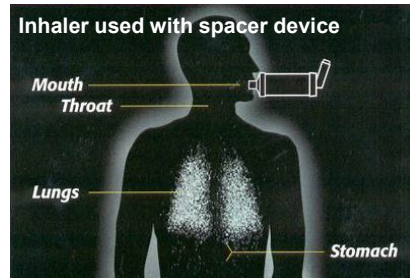
1. Please ensure that your pupil is sitting up – especially if they are having an asthma attack.
2. Place the spacer end into your pupils mouth/mask over mouth and nose and ensure there is a good seal around the mouth and nose. Ask your pupil to breathe normally in and out. If a whistling sound is heard your pupil 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 pupil to breathe normally for a count of 10.
6. Remove the spacer from your pupils 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.

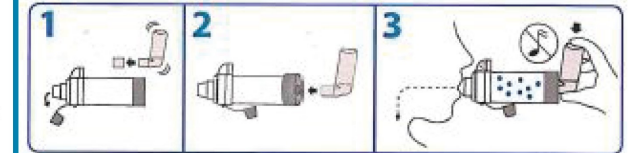


If someone is helping you they can use the 'Flow-Vu' Inhaler Indicator to ensure a good seal, coordinate pressing the inhaler with inhalation and to count the number of breaths taken. The 'Flow-Vu' Indicator moves toward as you inhale and only moves if you have a proper seal.

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.

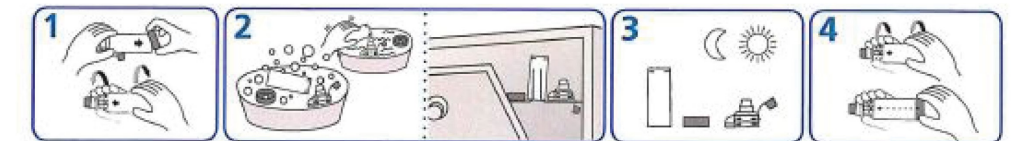


You can watch Easy to Use patient videos on **YouTube.com**



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 vertical 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.