

Name:

Date Of Birth:

Contact Details:

**Asthma Treatment In School**

Reliever treatment is required for wheeze, persistent cough, shortness of breath and sudden chest tightness. Relievers are blue coloured inhalers that help to open up the airways by relaxing the surrounding muscles. They

- Work very quickly - usually within 3-5 minutes
- Reach maximum effect in 15 minutes
- Last for up to four hours
- Can also be taken before exercise to stop symptoms

My reliever is

Drug	Type of Inhaler Used

Help and support is needed using this device  Yes  No

**When asthma is severe, a salbutamol inhaler and a spacer must always be used.**

**Specific Instructions**

**Further Information**

My Doctor / Asthma Nurse contact details are:

(Please note this telephone number should not be used in emergencies.)

patient information

## Action Plan For Reliever Treatment

### Routine Treatment

Occasional

- Wheeze
- Cough
- Shortness of breath
- Chest tightness

Appears withdrawn or complains of tummy ache

### Action

- \_\_\_ puffs / sucks of reliever when experiencing symptoms
- \_\_\_ puffs / sucks required 10 minutes before playtime / PE

(When able, to carry own inhaler and self administer as appropriate)

### Emergency Treatment

- Persistent wheeze, cough, shortness of breath or chest tightness
- No response to initial treatment in 15 minutes

### Action

- Stay with the pupil
- Keep calm and give reassurance
- Encourage to sit up comfortably with arms supported
- Loosen tight clothing
- Give 4 puffs of reliever through spacer
- Inform parents

### If

- No effect from reliever treatment in 15 minutes
- Difficulty breathing, talking in sentences and walking
- Exhaustion or blue lips
- Concerns

### Action

- **Call an ambulance**
- Give 10 puffs of reliever through spacer - repeat every 15-30 minutes as required
- Do not worry about overdosing

### General Advice

- Ensure asthma medication is clearly labelled and readily available especially during PE and on educational visits
- Remind regarding reliever use pre-exercise as necessary
- Check expiry date on a regular basis
- Liaise with parents concerning triggers, inhaler usage, attacks, expiry dates, supply of devices