

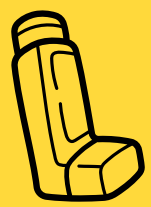
Supporting Young People with Asthma as they Return to School

Did you know that there is a rise in asthma attacks in children across the UK when they return to school after the summer holidays?

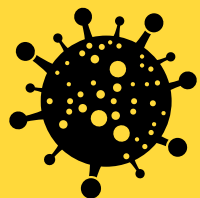
Why is there an increased risk of asthma attacks in children?

As the new school year gets underway, leading health charity, Asthma+Lung UK Scotland has reported that many children returning to school may be at an increased risk of asthma attacks.

This increase in asthma attacks may be for various reasons, for example:



Preventer routine is disrupted during the holidays



More bugs around in the autumn e.g. coughs and colds



Seasonal allergies e.g. mould in the autumn

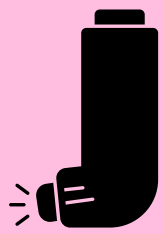


Emotions on returning to school e.g. fear, anxiety and excitement

What does this mean for care/ support or school staff?

Asthma attacks can be very serious and lead to hospital admissions, so staff should be on their guard and look out for signs that the child's asthma is worsening.

Signs to watch out for are:



Using the reliever inhaler more often than usual



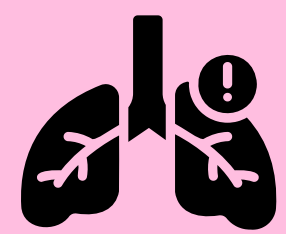
Wheezing



Coughing



Chest tightness



Shortness of breath

WHAT SHOULD I DO IF I HAVE CONCERN'S ABOUT A CHILD'S ASTHMA?

If you are concerned about a child or young person's asthma then you can reduce the risk of an asthma attack by doing the following:

- 1 Make sure the child is using their preventer inhaler regularly as instructed by their doctor
- 2 Keep the child's reliever inhaler (usually blue) close so it is easily accessible
- 3 Follow the child's asthma action plan and ask for a review if you think the asthma is getting worse
- 4 Make sure the child or carer/support staff know how to use the inhaler correctly



If you think a child is having an asthma attack, the symptoms are worsening and not improving with the reliever inhaler - call 999 **IMMEDIATELY**

HOW CAN OPUS HELP?

To learn more about how to administer inhalers safely and effectively, as well as how to administer other medicines to the children and young people you support, check out our accredited medicines **Foundation Courses**, available for:



Visit www.opuspharmserve.com/shmf-overview to find out more

ANY QUESTIONS?

Contact the OPUS Pharmacist Support Team on pharmacist@opuspharmserve.com or call 0333 939 0053.

References

1. Asthma attacks on the increase as children return to school warns school | Asthma + Lung UK (asthmaandlung.org.uk)
2. Asthma - NHS (www.nhs.uk)
3. Avoid a back to school asthma attack | Asthma + Lung UK (asthmaandlung.org.uk)