Managing your child’s Asthma
Digital Learning Resource
Managing your child’s asthma

The hongi symbolises the breath of life. It recalls the moment when Tāne breathed life into Hineahuone, the first earthly woman.

Asthma is a common New Zealand illness, but it’s scary when it affects the child you care for. The good news is that it can be well-managed. This guide is for the parents, whānau, and other caregivers of children with asthma, it will help you make sure your child is fit, healthy, and happy.
Interactive – Choose to read or listen

Overview:

• Asthma education available online for easy access
• Includes animations, narration, videos and real life stories
• For parents and caregivers of children with asthma
Available as a printed booklet

Helping your child live a healthy life with asthma

Managing your child's asthma

What should I do in an emergency?

In an emergency, try to stay calm. It helps to remember the six asthma steps: Assess, Sit, Treat, Help, Monitor, and All OK!

Assess

Assess whether the asthma attack is mild, moderate, or severe.

Mild

Mild symptoms indicating that asthma is worsening can include:
- slight wheeze
- mild cough
- coughing or wheezing when waking or running

Moderate

Moderate symptoms indicating that asthma is worrying can include:
- obvious breathing difficulties
- persistent cough
- difficulty speaking a complete sentence

Severe

Severe symptoms indicating an asthma emergency can include:
- fear
- gasping for breath
- difficulty speaking more than one or two words
- looking pale and sounding quiet
- complaining that the reliever medicine is not working
- unconscious - doesn't answer when spoken to

Dial 111 for an ambulance!

Sit

Sit your child upright and stay with them. Lean them forward slightly and support their arms either on their knees or on a table.

Treat

Treat mild symptoms with two puffs of a reliever inhaler.

Treat moderate or severe symptoms with 6 puffs of reliever inhaler. If the reliever medicine comes in a metered dose inhaler, use a spacer. Put the spacer into the child's mouth or use a mask for a very young child. Puff the inhaler once into the spacer and have the child breathe in and out six times. Encourage your child to breathe as normally as possible. Do this twice: one puff and six normal breaths, in and out.

Help

If your child's asthma does not start to get better after six minutes, or if you or your child is frightened, call an ambulance. Continue giving your child six puffs of their reliever inhaler every six minutes until help arrives. Make sure they take six slow breaths for each puff. Keep doing this until they get better, or until the ambulance arrives.

Remember: six puffs... six breaths for each puff... and repeat every six minutes.

Monitor

Stay with your child and watch carefully even if they seem to get better. If your child is not finding it easier to breathe, give repeat doses of the reliever inhaler and call an ambulance.

All OK

Your child can return to quiet activities when they no longer wheeze, cough, or feel breathless. Keep monitoring their symptoms and take action if required. Following the steps in the action plan, if your child's attacks are becoming more frequent or worrying, see your doctor as soon as possible.
My Asthma App
My Asthma app

Overview:

• An asthma app for quick and easy access to asthma information
• What is asthma, triggers, medications, action plan
• Access to asthma First Aid
• For adults 16 years and above

Self Management support:

• Utilising the Action Plan teach knowledge and skills so that people can manage their own condition
• Investigate how technology could be better used to assist self-management
Key Asthma Information

Breathing and asthma

How does asthma affect breathing?

When you breathe, air travels into your lungs through your airways.

People with asthma have over-sensitive airways which may be irritated by triggers in the environment, by an illness or by an emotion. This irrita can cause airways to swell up making it difficult to breathe.

Signs and symptoms

It's important to know the symptoms of asthma. Asthma can usually be quickly managed, but it is dangerous if it is left.

If you have asthma you might sometimes feel:

- wheezy (your breath might 'whistle in and out')
- short of breath
- tight in the chest
- you might have a cough

You may experience one of these symptoms or a combination of them. Symptoms may happen suddenly as a

Managing your child's asthma

This free resource for parents, whānau, and caregivers of children with asthma will help you make sure your child stays fit, healthy and happy.

Allergic triggers

People are particularly sensitive 'allergic' to certain things they come in contact with every day.

Allergic triggers include:

- pollen
- animal dander
- house dust mites
- mold or fungi
- foods
- medicines
- emotions

Non allergic triggers

Non allergic triggers include:

- colds and flu
- cigarette/marijuana smoke
- exercise and activity
- temperature and weather changes
- spices
- food additives
- cosmetics
Digital Asthma Action Plans
Asthma First Aid

**Assess**
- **Mild**
  - Short of breath, wheeze, cough, chest tightness.
- **Moderate**
  - Loud wheeze, breathing difficulty, can only speak in short sentences.
- **Severe**
  - Distressed, gasping for breath, difficulty speaking two words, blueness around the mouth.

If the person has severe asthma or is frightened, call an ambulance on 111.

**Sit**
- Sit the person upright and stay with them.

**Treat**
- **Mild symptoms**
  - Treat with 2 doses of reliever inhaler.
- **Moderate or severe symptoms**
  - Move on to the next step:
    - Treat with 6 doses of any reliever inhaler.
    - When possible, use a spacer.
    - Treat with 6 doses of reliever inhaler: one puff of medicine at a time, taking 6 breaths per puff.

**Help**
- If not improving after 6 minutes, call an ambulance.
  - Continue to use the reliever inhaler: 6 doses every 6 minutes until help arrives.

**Monitor**
- If improving after 6 minutes, keep monitoring.
  - If necessary, repeat doses of reliever inhaler.

**All OK!**
- When free of wheeze, cough or breathlessness, return to a quiet activity.
  - If symptoms recur repeat treatment and rest.
  - Remember:
    - 6 doses of medication
    - 6 breaths per puff
    - 6 minute wait

In this situation, you will not overdose the person by giving them the reliever every few minutes.

Remember:
- It is important to always see your doctor after an asthma attack.

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Download My Asthma app for asthma information, first aid, and an electronic Asthma Action Plan! Available on Google Play or Apple App Store.

asthmaandrespiratory.org.nz

FREE app
Asthma & COPD Fundamentals course
Launched in April 2017

Overview:

• The most current Asthma & COPD Fundamentals course
• For registered health professionals
• Aligns latest research with best practice

Objectives:

• Education for health professionals to provide consistent, high-quality advice
e-Learning Series:
Anytime, any place, at your own pace.
e-Learning: Summer Special

Get a head start on 2018!

Dates: 1/11/17 to 31/01/18

To enrol, visit: cpd.whitireia.ac.nz

12 CPD Hours
MasterClass:

- Classroom based delivery
- Delivered by certified regional trainers
- Health Literacy and Scenarios

8 CPD Hours
Foundation Resources
Adult Asthma Guidelines
Launched November 2016

Te Hapori: The Health Community

Improve diagnosis and treatment:

The Global Asthma Report 2014 recommended that all countries ensure appropriate asthma management guidelines are available

Action:
Develop up-to-date, New Zealand specific, child and adult asthma guidelines to benchmark best practice and ensure consistency of advice
Adult Asthma Guidelines

Available resources: 4 Page Summary Guide

3 new Adult Asthma Action Plans:

- 3 Stage Plan
- 4 Stage Plan
- SMART Plan
Adult Asthma Guidelines

32 page document published in the New Zealand Medical Journals October 2016

Overview:

• Provides health professionals with simple, practical and evidence-based information

• Education material within the guidelines includes the stepwise approach to the treatment of adult asthma

Available from the Foundation website: www.asthmaandrespiratory.org.nz
Child & Adolescent Asthma Guidelines

Final Draft currently being reviewed by Scientific Advisory Board

Due for publication November 2017

Follows the same format as the Adult Asthma Guidelines
Child & Adolescent Asthma Guidelines

Whanau Ora: Individuals and Families

Self Management support: Utilising the Action Plan

Teach knowledge and skills so that people can manage their own condition
The Child Asthma Symptom Diary has been redesigned to use along side the Child Asthma Action Plan.
Order resources online:
www.online.printstop.co.nz/AsthmaFoundation
Sailor the Puffer Fish
2017

Overview:

• Interactive musical show about asthma
• For preschool & primary school ages
• Created by Asthma Waikato
• In 2017 Sailor was signed over to the Asthma and Respiratory Foundation NZ

Objectives:

• Deliver the show nation-wide
• Provide schools with fun and entertaining asthma education

Over 14,000 children educated last year
Sailor the Puffer Fish: South Island Tour
2018

With the success of teaching over 14,000 children about Asthma in 2017, the Sailor Asthma Show has received enough funding to travel to the South Island to perform 80 shows!
Asthma Friendly Schools
2017

Objectives:

• To ensure that all schools offer an Asthma Friendly environment

Whanau Ora: individuals and Families

• Enhancing the role of the education sector in supporting self-management

• All schools and early childhood centres identify children with asthma on enrolment, educate staff in asthma safety, have an asthma policy and maintain a smoke-free environment

Objectives:

• To ensure that all schools offer an Asthma Friendly environment
Breathing Better in September
Breathe Better September
1-30 September

Objectives:
• Increase awareness of respiratory
• Engage general public
• Educate

Show your support
breathebetterseptember.co.nz
New Zealand Respiratory Awards
Nominations are open

We’re looking for nominations of people that achieve their goals despite living with a respiratory condition.
Thank you!

NZRC 2018: Thursday 22\textsuperscript{nd} and Friday 23\textsuperscript{rd} of November