

Ask About Asthma 2025

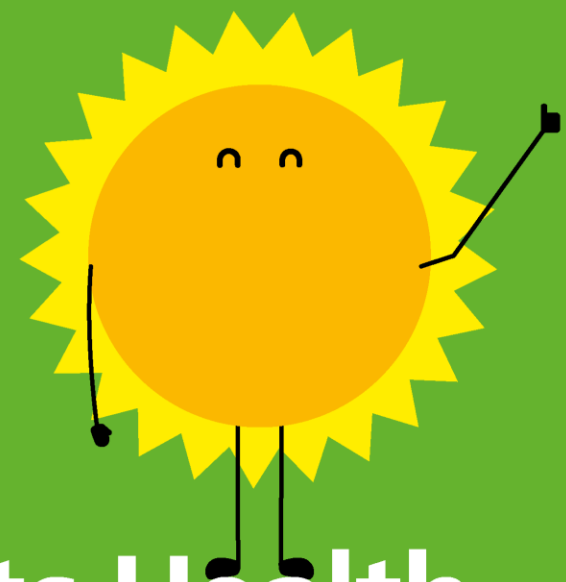
Children Asthma
Management using PAN
London Personalised
Asthma Action Plans



Barts Health
NHS Trust

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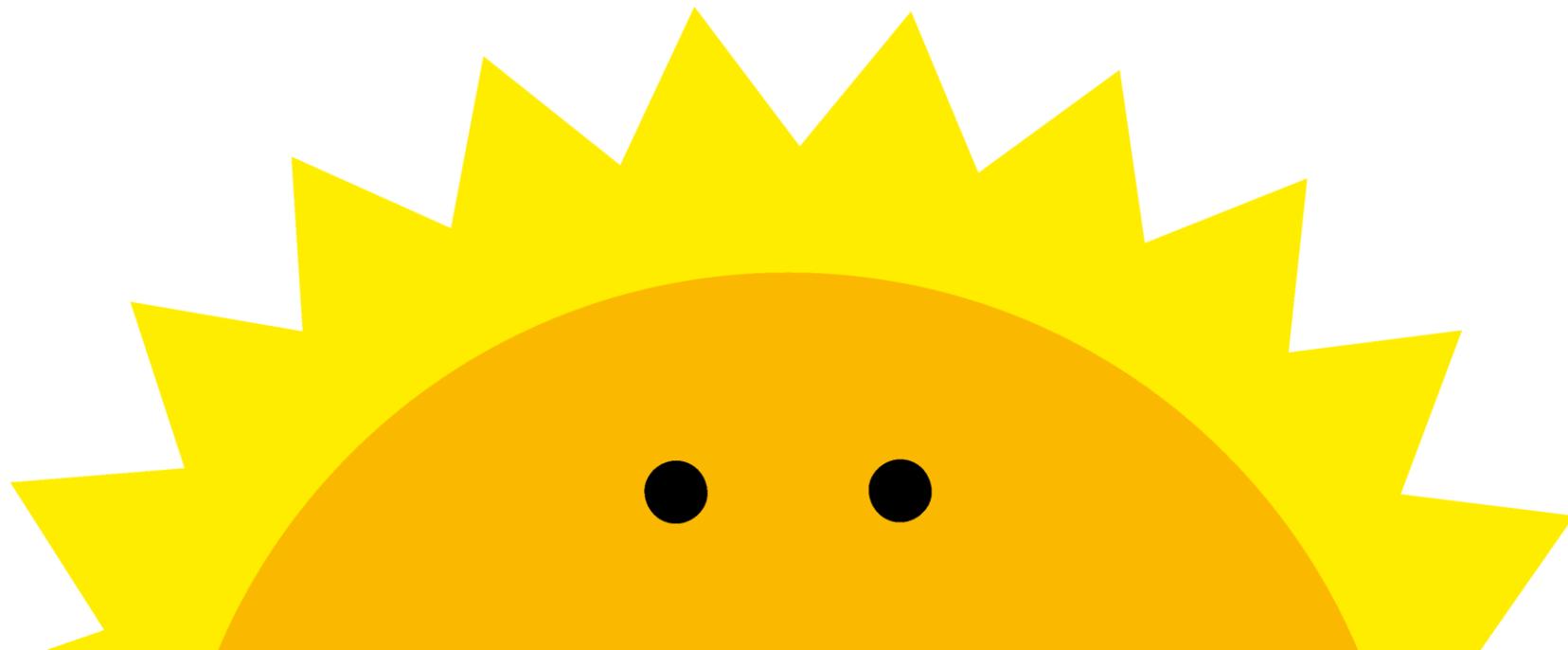
Young Barts Health

Content



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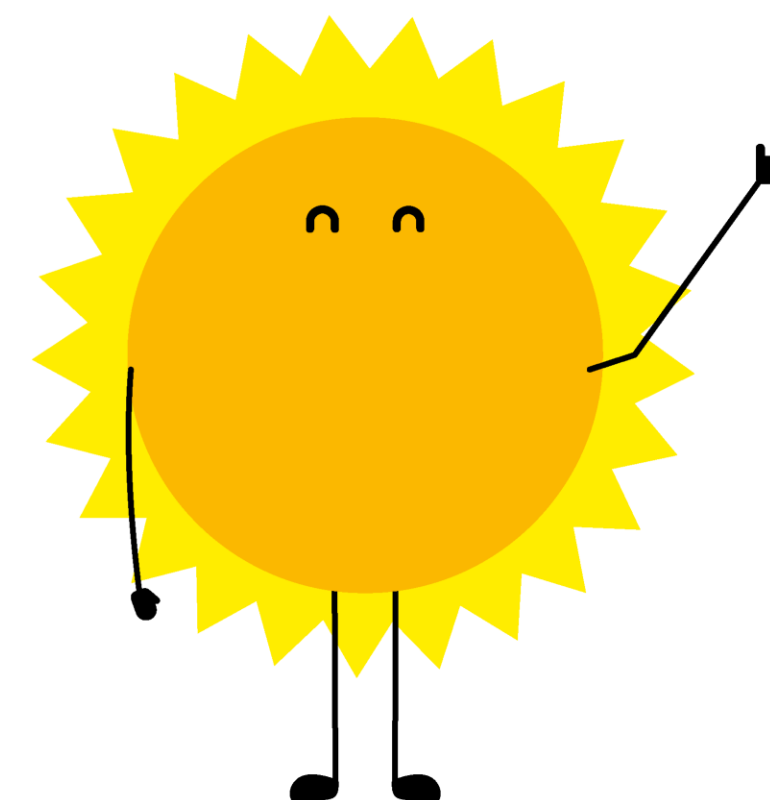
- 1. Understanding asthma** – what it is and how it affects children.
- 2. Managing asthma** – using a personalised asthma action plan.
- 3. When to seek an asthma review** – recognising signs of poor control.
- 4. Triggers & air quality** – identifying and reducing risks.



What is Asthma



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Personalized Asthma Action Plans (PAAAPS)



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NHS	NHS	NHS	NHS
<p>REMEMBER</p> <p>Good asthma control means having NO symptoms at all</p> <p>If you have any symptoms you should speak to your doctor or asthma specialist as soon as possible</p>	<p>REMEMBER</p> <p>Good asthma control means having NO symptoms at all</p> <p>If you have any symptoms you should speak to your doctor or asthma specialist as soon as possible</p>	<p>REMEMBER</p> <p>Good asthma control means having NO symptoms</p> <p>If you have any symptoms you should speak to your doctor or asthma specialist as soon as possible</p>	<p>REMEMBER</p> <p>Good asthma control means having NO or FEW symptoms</p> <p>If you have any symptoms you should speak to your doctor or asthma specialist as soon as possible</p>
			
<p>Child Asthma Plan</p> <p>Ages 4 - 11</p>	<p>Young People Asthma Plan</p> <p>Ages 12 - 18</p>	<p>MART Asthma Plan</p> <p>Ages 12 - 18</p>	<p>As Needed AIR Asthma Plan</p> <p>Ages 12 - 18</p>
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<small>Produced by London Babies, Children and Young People's Team</small>		<small>Produced by London Babies, Children and Young People's Team</small>	<small>Produced by London Babies, Children and Young People's Team</small>



5-11 & 11-18 PAAP



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Every day:
I am symptom free



Preventer Inhaler

I need to take my preventer inhaler every day

It is called:

* needs a spacer

and its colour is:

My best peakflow measure is: l/min

I take puff/s of my preventer inhaler in the morning and puff/s at night. I do this every day even if my asthma's OK

Other asthma medicines I take every day:

Rescue Inhaler

My rescue inhaler helps when I am wheezy or coughing, finding it harder to breathe, or my chest hurts. I should not need it regularly.

It is called:

* needs a spacer

and its colour is:

I take puff/s when needed

My asthma is not
controlled if...



I wheeze, cough, my chest hurts, or it's hard to breathe **or**

I regularly need my rescue inhaler one or more times a week **or**

If my asthma is stopping me doing sport or other activity **or**

I'm waking up at night because of my asthma (this is an important sign and I will book a next day appointment with my GP or nurse) **or**

My peakflow measure falls below 80%:
 l/min

So I need to...

Take 2 puffs of my rescue inhaler, one puff at a time.

After 5-10 minutes, if I still have symptoms repeat this until I have had up to 6 puffs.

I should feel much better

This should last at least 4 hours.

I will call my GP to arrange an appointment today or tomorrow

If I don't feel better, or my symptoms return within 4 hours, move to the red section

I'm having an asthma attack
and need to see a
doctor now if...



My symptoms aren't **COMPLETELY** better after 6 puffs of my rescue inhaler **or**

I need my rescue inhaler again in less than four hours **or**

My peakflow measure falls below 60%:
 l/min

I also need to take up to 10 puffs of my rescue inhaler, one puff at a time.

If my symptoms aren't completely better after 10 puffs

I will call 999 and tell them I'm having an asthma attack and it's not controlled by 10 puffs of my rescue inhaler

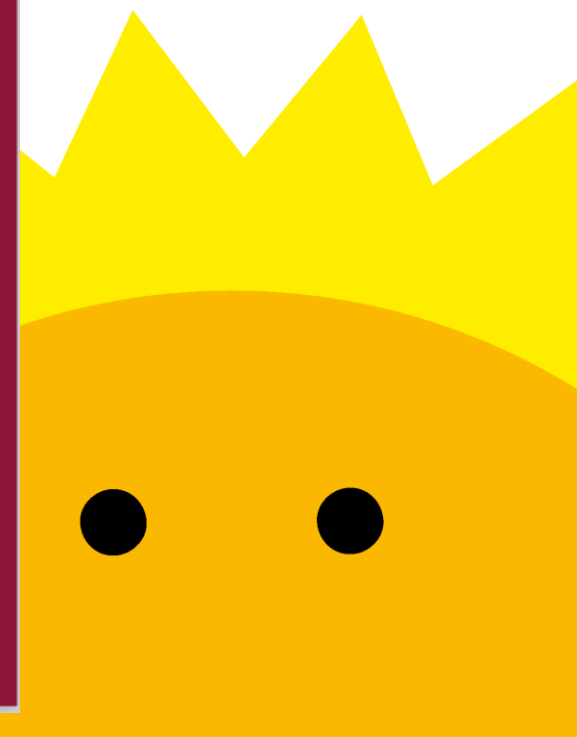
I also need to...



Sit up - don't lie down. Try to keep calm.

Take one puff of my rescue inhaler. Then repeat every 60 seconds.

If the ambulance has not arrived after 10 minutes, **contact 999 again immediately.**



Mart PAAP: Maintenance and Reliever therapy



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Every day:
I am symptom free

I only use one inhaler for my asthma

For maintenance

I need to take my inhaler every day for maintenance

It is called: Symbicort Turbuhaler 200/6

and its colour is: Red/White

My best peakflow measure is: 450 l/min

I take 1 puff/s of my maintenance inhaler in the morning and 1 puff/s at night. I do this every day even if my asthma's OK.

Other asthma medicines I take every day:

Montelukast 10mg at night
Cetirazine 10mg
Avamys nasal spray 27.5mg ay night

For rescue

When I am having symptoms, I will use the same inhaler. I should not need rescue puffs regularly.

I take 1 puff/s when needed.

My asthma is not controlled if...

I wheeze, cough, my chest hurts, or it's hard to breathe or
If my asthma is stopping me doing sport or other activity or
I'm waking up at night because of my asthma or
My peakflow measure falls below 80%: 360 l/min

So I need to...

Take 1 puff/s of my inhaler.

After 2 minutes if I still have symptoms, repeat this, one puff at a time, until my symptoms improve. I can take up to 4 puffs.

My symptoms should be gone. If they come back I can repeat this process.

I will arrange to see my GP today or tomorrow if...

I need to take rescue puffs more than two days a week or more than once in 24 hours.

I will go to the red section if...

My asthma symptoms are not improving even with the extra rescue doses or
My symptoms come back quickly or
My symptoms have come back but I have taken my maximum daily puffs (12 puffs).

I'm having an asthma attack and need urgent attention and...

I will see a doctor urgently (emergency department or GP if available) if...

My symptoms have come back but I have taken my maximum daily puffs or
My symptoms come back quickly or
My peakflow measure falls below 60%: 270 l/min

If I still have symptoms, I can continue to take additional puffs as required.

I will call 999 and tell them I'm having an asthma attack if...

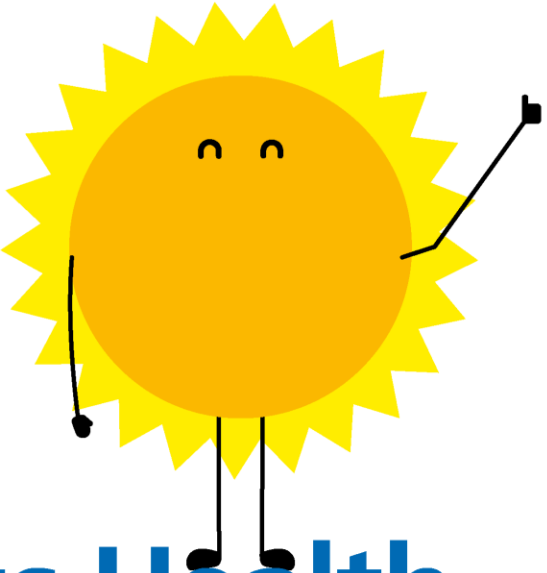
If my symptoms aren't completely better after 6 puffs in a row or
My symptoms are getting worse.

I also need to...

Sit up - don't lie down. Try to keep calm.

If the ambulance has not arrived after 10 minutes, contact 999 again immediately, and take additional puffs every 2 minutes if I still have symptoms.

If I don't have my MART inhaler with me and need to use the emergency blue reliever inhaler, take one dose every 30-60 seconds up to a maximum of 10 puffs.

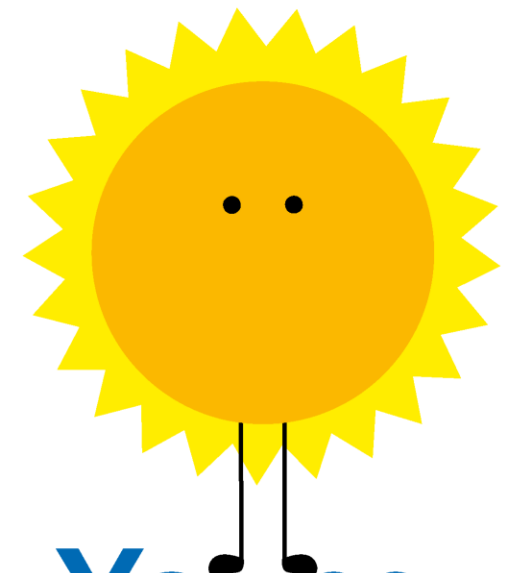


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Air PAAAP: Anti-inflammatory reliver



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Barts
Health**

Every day:
I have few or no symptoms 😊

An as-required AIR treatment plan is for people who have few or no symptoms. This means you do not need a regular medicine to keep your asthma under control. Instead you use your inhaler only if you have symptoms. The inhaler helps the symptoms and at the same time treats the asthma. It is therefore OK to have occasional symptoms as long as they go away when you use your inhaler.

I only use one inhaler for my asthma

It is called: DuoResp Spiromax 160/4.5

and its colour is: Red/White

My best peakflow measure is: 450 l/min

Other asthma medicines I take every day:

betirazine 10mg with hayfever symptoms
Avamys nasal spray once a day

I carry my AIR inhaler with me every day and I take 1 rescue puff(s) if I wheeze, cough, my chest hurts, or it's hard to breathe

My asthma is well controlled if

- I have few or no asthma symptoms during the day, and none at night **and**
- I can do everything I normally do (e.g. working, being active, socialising) **and**
- My peak flow score stays at or around 450 **and**
- I only need to use my AIR inhaler occasionally as discussed with my GP or nurse

My asthma is not controlled if... 😞

I am experiencing asthma symptoms more than normal **or**

If my asthma is stopping me doing sport or other activity **or**

I'm waking up at night because of my asthma **or**

My peakflow measure falls below 80%:
360 l/min

So I need to...

Take 1 puff/s of my inhaler.

After 2 minutes if I still have symptoms, repeat this, one puff at a time, until my symptoms improve. I can take up to 4 puffs.

My symptoms should be gone. If they come back I can repeat this process.

I will arrange to see my GP today or tomorrow if...

I need to use my inhaler regularly **or**

I'm having more frequent symptoms

I will go to the red section if...

My asthma symptoms are not improving with the rescue puffs **or**

My symptoms come back quickly **or**

My symptoms have come back but I have taken my maximum daily puffs (12 puff/s).

I'm having an asthma attack and need urgent attention and... 😞

I will see a doctor urgently (emergency department or GP if available) if...

My symptoms have come back but I have taken my maximum daily puffs **or**

My symptoms come back quickly **or**

My peakflow measure falls below 60%:
270 l/min

If I still have symptoms, I can continue to take additional puffs as required.

I also need to...

Sit up - don't lie down. Try to keep calm.

If the ambulance has not arrived after 10 minutes, **contact 999 again immediately**, and take additional puffs every 2 minutes if I still have symptoms.

If I don't have my AIR inhaler with me and need to use the emergency blue reliever inhaler, take one dose every 30-60 seconds up to a maximum of 10 puffs.

Triggers

My Asthma Triggers

List the things that make your asthma worse:

☐ Pollen

☐ Dust

☐ Animal fur

☐ Weather

☐ Exercise

☐ Mould/damp

☐ Fumes

☐ Tobacco smoke

☐ House dust mite

☐ Vaping

☐ Environmental pollution

☐ Other fumes/ sprays

☐ Respiratory infections (cold/flu)

☐ Medicines

☐ Stress/emotions

☐ Food *

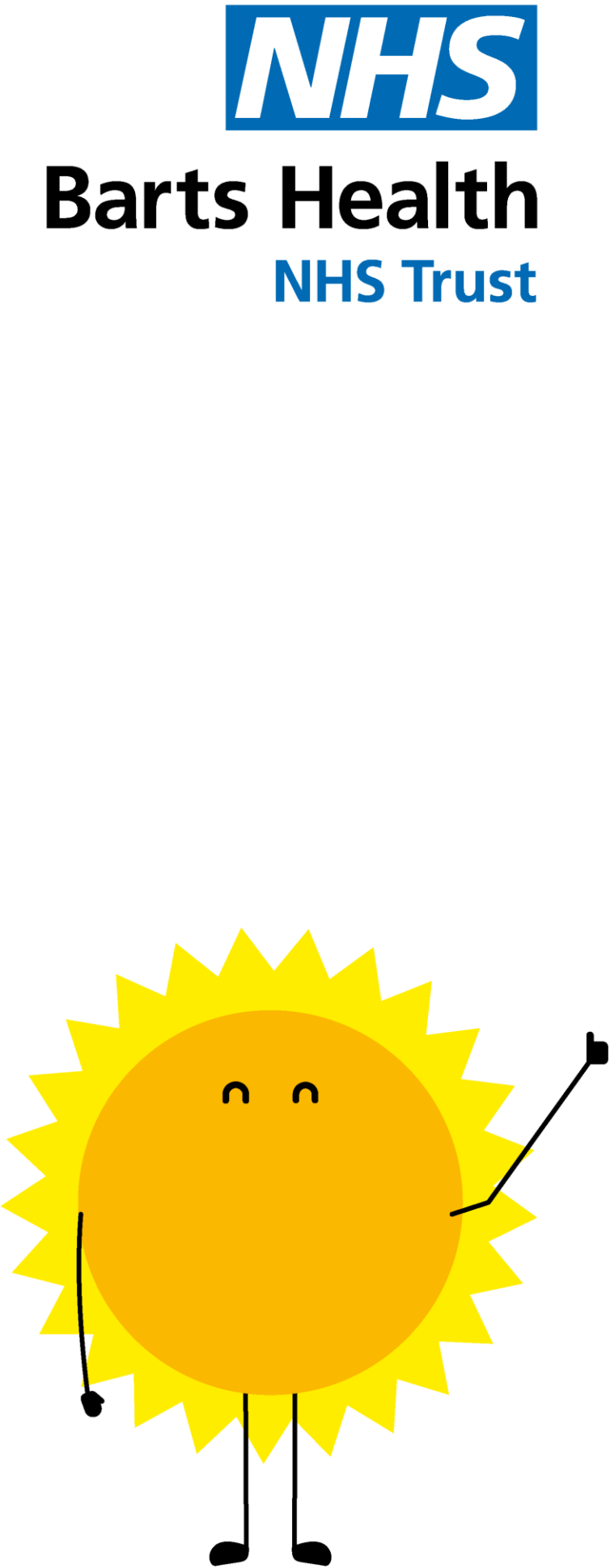
* Always refer to your Allergy Plan as well

Any Other Triggers:

Contact Details

GP:

Asthma Specialist/Team:



Remember...

Some inhalers must be used with a spacer.
Check with your GP, asthma nurse or pharmacist

Always keep your rescue inhaler and your
spacer with you. You might need them if your
asthma gets worse

Make sure you have an asthma review
within 48 hours after an attack

Vaping in children and young people is dangerous
and can cause permanent lung damage

Extra Advice from my Asthma Professional:

Additional Resources:

[Asthma and Lung UK
Asthma Toolkit](#)



[Check you're using
your inhaler properly:](#)



Resources

The Digital Health Passport

The Digital Health Passport is a mobile app for
children,
young people and their grown-ups.

Your asthma care at your fingertips:

- Carry your asthma plan with you
- Know what to do in an attack
- Remind yourself to take your medicines
- Get alerts for pollen and pollution where you are.

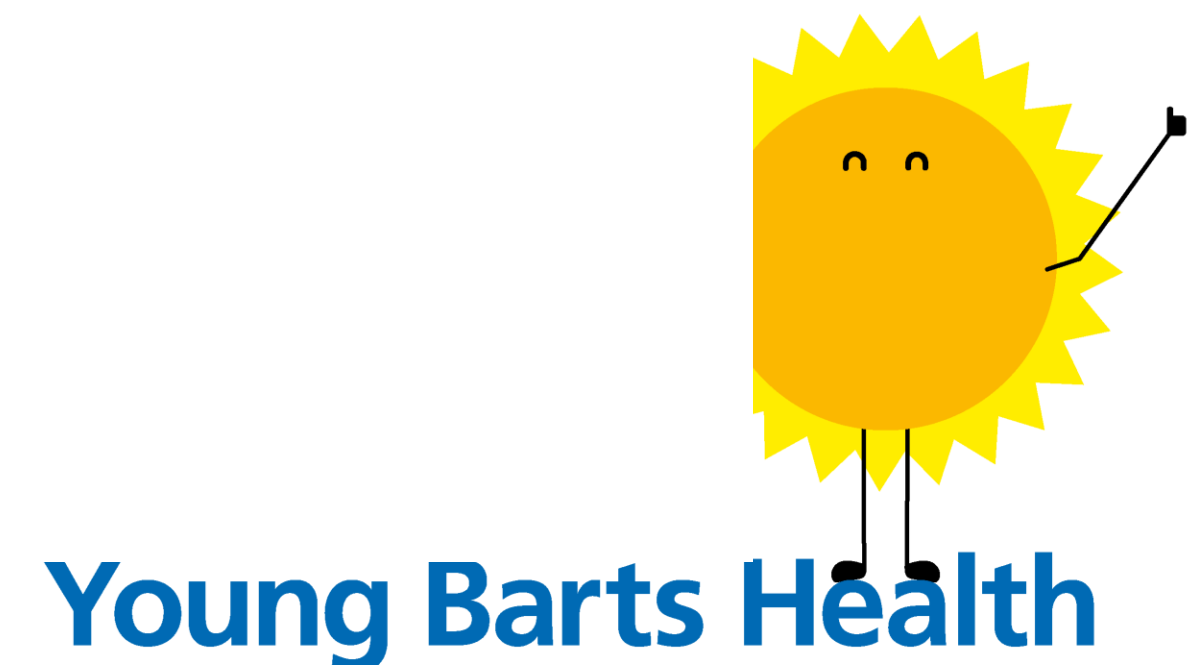
Download it here:

Scan the QR code to
download in the App
store & Google Play



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TinyMedicalApps.



Summary

1. Have an Asthma Action plan
2. Understand how to use your inhalers and supervise medication
3. Always have your reliever with on you
4. Have a Annual Asthma review
5. Know how to manage triggers

Good Control: what we want

No coughing

No wheezing

No blue inhaler

No attacks

Bad Control: Urgent Review

- Coughing at night
- Wheezing
- More attacks
- Needing reliever inhaler > 2 days a week

