



## **ASTHMA POLICY**

### **Emergency treatment and emergency asthma inhalers**

Asthma is the most common chronic condition in the UK.

An emergency salbutamol inhaler should only be used by children:

- for whom written parental consent for use of the emergency inhaler has been given,
- who have been diagnosed with asthma and prescribed an inhaler, or
- who have been prescribed an inhaler as reliever medication.

### **The signs of an asthma attack**

- Persistent cough (when at rest).
- A wheezing sound coming from the chest at rest.
- Difficulty breathing (Breathing fast and with effort, using all accessory muscles in the upper body).
- Nasal flaring.
- Not able to talk in complete sentences.
- May complain of chest feeling tight or express tummy ache.

### **In the event of an asthma attack**

- Reassure the child and keep calm.
- Encourage the child to sit up and slightly forward.
- Ask someone urgently to call the Medical Centre to inform them that a child is having an asthma attack.
- Remain with the child while the inhaler and spacer are brought to them.
- Help the child to take two separate puffs of salbutamol via the spacer.
- If no immediate improvement, continue to give two puffs at a time every two minutes, up to a maximum of 10 puffs.

### **Call an ambulance immediately if the child:**

- Appears exhausted.

- Has a blue/white tinge around lips.
- Is going blue.
- Has collapsed.

If the ambulance does not arrive in 10 minutes give another 10 puffs in the same way.

**Further Information**

<https://www.asthma.org.uk/advice/nhs-care/emergency-asthma-care/>

<https://dulwichcollege.sharepoint.com/SitePages/Emergency-Asthma-Inhaler-Kit.aspx>