

World Asthma Day 2023

“Asthma Care For All”



World Asthma Day 2023 “Asthma Care For All” 0-19/25 Public Health Nursing Service



Childhood asthma



- Asthma is the most common long-term medical condition for children in the UK.
- 1 in 11 children and young people are living with asthma in the UK.
- 1 million children in the UK receive treatment for asthma.
- The UK has one of the highest prevalence of emergency admission and death rates in Europe for childhood asthma.
- Asthma is perceived as a mild disease and research suggests the condition is not often taken seriously enough.

Spotting asthma symptoms in your child

- **Cough** – won't go away or recurring, night-time or early AM, post-exercise or during activity, when laughing or excited.
- **Wheeze** – high-pitched whistling sound when your child breathes out.
- **Tight chest** – may be described as a 'tummy ache' by children. Additionally, they may rub their chest or tummy.
- **Breathlessness** – look to see how fast your child is breathing and how it sounds, watch to see if it looks effortful, does your child get out of breath playing or does your child avoid activity because they become breathless.

If your child has any of these symptoms and you are worried please contact 111, or book an appointment with your GP.

Managing your child's symptoms - whilst awaiting for a diagnosis

- Know what to do when your child has an asthma attack. **Call 999 if your child is finding it hard to breathe and their reliever inhaler is not helping.**
- Make sure your child's reliever inhaler and spacer is always to hand.
- Help your child takes their preventer inhaler every day if prescribed.
- Make sure your child is using their inhaler correctly.
- Go to all your child's appointments.
- Follow your child's asthma action plan.
- Tell relevant people your child has 'suspected asthma e.g. Schools.

What Triggers Asthma Symptoms In Children?

- Weather-different kinds of weather-sudden changes in temperature
- Chest Infections and Asthma
- Pollen, hay fever
- Food- certain foods may make symptoms worse.
- Colds and Flu
- Emotions-stress
- Exercise



Triggers Asthma? Symptoms Of Asthma

ASTHMA CAUSES



POLLUTION



PETS



DUST



CHEMICALS



MOLD



INFECTIONS



HEREDITY



FOOD

ASTHMA SYMPTOMS



FREQUENT
COUGHING



SHORTNESS
OF BREATH



FEELING
TIRED



WHEEZING



COMMON
COLD



ALLERGIES



CHEST
PAIN



TROUBLES
WHILE SLEEPING