

Asthma is a long term health condition affecting the airways- the small tubes that carry air in and out of the lungs (Asthma UK 2019).

It can vary in severity from person to person and time to time.

Your child will be invited to an asthma annual review with your GP surgery to ensure their asthma is well controlled.

## What is an Asthma review?

Your child will usually be seen by one of the practice nurses. They will ask questions about your child's asthma symptoms, frequency of symptoms and use of asthma medication.

## Why is an Asthma review important?

It will identify when your child's asthma is not well controlled before they have an asthma attack and possibly require admission to hospital.

## How often should my child have an Asthma review?

Your GP surgery will invite you and your child for an annual asthma review even if your child's asthma is well controlled. Additional reviews should be carried out if your child has an admission to hospital or they are experiencing increased symptoms.

## How do I know my child's asthma is uncontrolled?

1. They are having day time asthma symptoms e.g. cough, wheeze, tight chest or shortness of breath.
2. Asthma symptoms are waking them at night.
3. They are using their reliever (blue) inhaler 3 times a week or more.

If you notice any of the above then your child should book an asthma review today.

## What can I do to prevent my child having an Asthma attack?

- Ensure they take their preventer inhaler everyday even when they are well.
- Know what triggers asthma symptoms/ an asthma attack.
- Attend their asthma annual reviews.
- If you notice their asthma is getting worse, seek help early by booking an appointment with your GP surgery.

## Preventer inhalers build up asthma protection over time



## School:

Every child with asthma should have a salbutamol (blue) inhaler and spacer available at school. They should also have an Individualised health care plan written for their asthma. Please contact your school nurse for more info.

## Asthma symptoms triggered by Allergy:

If your child's asthma is triggered by allergy.

Pollen or house dust mites: give an anti-histamine e.g. Cetirizine every day.

Animal allergy: give anti-histamine e.g. Cetirizine when you know they will be in contact with the animal.

## Annual Flu Vaccine:

If your child is prescribed a preventer inhaler alongside their blue inhaler, they will be offered vaccine free of charge at their GP surgery. The Flu Vaccine will help protect your child from an asthma attack triggered by flu.