



Asthma Information

What is asthma?

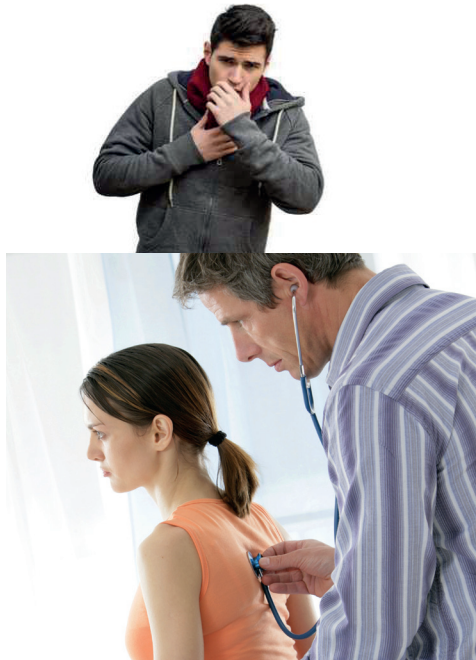
Asthma affects your breathing. If you have asthma you will sometimes find it hard to breathe and you will hear a wheezing noise or cough a lot.

Signs of asthma

- Wheezing sound heard most often when breathing out.
- Cough after exercise and/or at night. A cough may be the only sign of asthma.
- Shortness of breath.
- Chest tightness.

How do you know you have asthma?

- Go to your GP, (doctor) they examine you and listen to your chest.
- You may need to do a breathing test or have a chest X ray.



Treatment (or what helps)

Everyone with asthma should have an Asthma Action Plan. This helps you to monitor and control your asthma. Talk to your GP or call the Asthma Society Adviceline to complete your Plan.

Reliever

- Take reliever immediately when asthma signs appear. If you are using the reliever more than twice a week, then your asthma is not in control and you need to get advice.



Controller

- Take controller inhaler every day
- Need to take even when well.
- These inhalers are normally called the brown inhaler.
- Rinse mouth after using inhaler.



Oral steroids

In some situations where asthma becomes worse you may be prescribed a course of steroid tablets.

Short courses of oral steroids do not cause any problem.



Spacers

Spacers or aerochambers are things that are used to help children and adults to take their inhalers right



Nebulisers

A nebuliser turns medicine to mist or a spray and makes it easy to get into the lungs. Nebulised treatment is usually used only in emergency cases.

Things that can set asthma off



Smoking



Animals



Exercise



Colds & flu



Medicines



Feelings



Pollens, grass, trees



Cleaning products



Sprays



Mildew/mould



Foods/drinks



Weather



Jobs

Signs of asthma attack

An asthma attack can be one or more of the following signs.

- Severe wheeze
- Shortness of breath
- Coughing that won't stop
- Chest tightness
- Tightened neck and chest
- Pale/sweating
- Blue lips/fingertips
- If you are feeling worse even after using the inhaler

What to do in an asthma attack?

Follow the 5 step rule

1. Take 2 puffs of reliever inhaler **IMMEDIATELY**
1 puff at a time



2. Sit upright and stay calm



3. Take **SLOW STEADY BREATHS**



If **No** Improvement

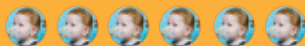
Take 1 puff of reliever inhaler every minute



4. Up to 10 puffs in 10 minutes for adults



Up to 6 puffs in 10 minutes
for children under 6 years old



If still **No** Improvement

5. Call 999 or 112 
Repeat step 4, if an ambulance does not arrive within 10 minutes



Project name/contact details

Further Information

Advice line: 1850 44 54 64

nurse@asthmasociety.ie

Website: www.asthma.ie