

Asthma attack response

A suggestion for implementing the strategy
'Recognise and respond to an asthma attack '
from the Guide: [Asthma and learning](#)

Includes:

- Asthma first aid
- Response to an asthma attack
- Asthma emergency treatment
- Response to difficulty breathing
- Emergency treatment
- Useful resources

Inclusive Education

From

Guide: [Asthma and learning](#)

Strategy: [Recognise and respond to an asthma attack](#)

Suggestion: [Asthma attack response](#)

Date

24 April 2024

Link

inclusive.tki.org.nz/guides/asthma-and-learning/asthma-attack-response

Asthma first aid

The six steps for delivering first aid support to someone having an asthma attack are explained in this short video.



Video hosted on Vimeo <http://vimeo.com/219931468>

No captions or transcript

Source:

[Breathe Hawke's Bay Asthma First Aid \(NZ\)](https://breathehb.co.nz/resources/)
<https://breathehb.co.nz/resources/>

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Response to an asthma attack

First Aid

Asthma in School

A Assess
Watch for cough, wheeze, cough, chest tightness.
Remember: Localised breathing difficulty can only speak to chest infection.
Remember: Distended, popping/creaky, ribcage speaking has words, beware around the mouth.
If the child has severe asthma or is highland, call an ambulance on 111.

S Sit
Get the child upright and stay with them. Lean them forward slightly and support their arms either on their knees or on a table.

T Treat
Treat with any asthma inhaler using a spacer when possible.
Remember: Treat with 2 puffs of asthma inhaler over puff of spacer at a time taking 15-20 breaths per puff.
Remember: If severe symptoms, treat with 4 puffs of asthma inhaler, 2 puffs of spacer at a time, taking 15-20 breaths per puff.

H Help
If not responding after 4 minutes, call an ambulance and contact a parent or caregiver.
Continue to use the asthma inhaler - spacer every 3 minutes until help arrives. In the situation, you will not understand the person by going from the classroom every few minutes.
Remember: 4 puffs of asthma inhaler, 2 puffs of spacer every 3 minutes.

M Monitor
If responding after 4 minutes, keep monitoring and contact a parent or caregiver.
If necessary, repeat puffs of asthma inhaler.

All OK!
Watch for wheeze, cough or breathlessness, relate to support activities.
If symptoms have repeated treatment and ease.
Remember: It is important to document any asthma attack and inform the school.

Find out about managing your child's asthma at: learnaboutlungs.org.nz

Asthma + Respiratory
FOUNDATION NZ

HUA NGŌ Ka pai!

H Hualina
Ngāngā?
Whakarongo, āwhina, māhara, māhara.
Kia pai?
Kia pai, āwhina, māhara, māhara.

U Uruora
Whakarongo, āwhina, māhara, māhara.
Kia pai?
Kia pai, āwhina, māhara, māhara.

Ā Āwhina
Whakarongo, āwhina, māhara, māhara.
Kia pai?
Kia pai, āwhina, māhara, māhara.

N Ngāngā
Māhara, māhara, māhara, māhara.
Kia pai?
Kia pai, āwhina, māhara, māhara.

O Oranga
Māhara, māhara, māhara, māhara.
Kia pai?
Kia pai, āwhina, māhara, māhara.

Ka pai!
Kia pai, āwhina, māhara, māhara.
Kia pai, āwhina, māhara, māhara.

Mō te pūtea, kōwhiri i te tūāwhiri, me te kōwhiri i te tūāwhiri.
www.asthmafoundation.org.nz

ĀWHINA + TŪRORO

the asthma foundation
Mō te pūtea, kōwhiri i te tūāwhiri, me te kōwhiri i te tūāwhiri.

Source:

[Asthma + Respiratory Foundation NZ](#)

<https://www.asthmafoundation.org.nz/resources/topic/asthma>

[View full image \(3.5 MB\)](#)

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Asthma emergency treatment

Respond quickly if a child collapses and appears to have difficulty breathing.

With spacer

1. Shake inhaler and insert inhaler mouthpiece into spacer.
2. Place spacer mouthpiece in person's mouth and press the canister once.
3. Ask the person to breathe in and out normally for about 6 breaths.
4. Repeat in quick succession until 6 puffs have been given.

Without spacer

1. Shake inhaler.
2. Place mouthpiece in the person's mouth.
3. Give 1 puff as the person inhales slowly and steadily.
4. Ask the person to hold that breath for 6 seconds, then take 6 normal breaths.
5. Repeat as required.

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Response to difficulty breathing

If a child or young person collapses and appears to have difficulty breathing, call an ambulance immediately whether or not the person is known to have asthma.

Follow the Asthma + Respiratory Foundation's response procedure for someone's first asthma attack.

- Call an ambulance immediately (DIAL 111).
- Give six puffs of a reliever inhaler.
- Six breaths for each puff.
- Repeat every six minutes, if little or no improvement.

No harm is likely to result from giving a reliever to someone who does not have asthma.

Note: An asthma emergency kit can be purchased from Asthma + Respiratory Foundation NZ. This includes a letter of Authorisation for Reliever Inhaler. This can be used only by schools and colleges in accordance with [Ministry of Health Guidelines](#).

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Emergency treatment

The infographic is titled "Emergency treatment" and is set against a black background. It is divided into two main columns: "With spacer" on the left and "Without spacer" on the right. In the center, the words "Emergency treatment" are written in large white font. The "With spacer" column consists of five stacked colored boxes: a dark blue box with "1 puff of reliever" and "6 breaths", a light blue box with "repeat 6 times", a grey box with "every 6 minutes", a red box with "dial 111", and a green box with "Repeat until help arrives". The "Without spacer" column also has five stacked colored boxes: a dark blue box with "6 puffs of reliever", a light blue box with "every 6 minutes", a red box with "Dial 111", and a green box with "Repeat until help arrives".

Source:

Asthma + Respiratory Foundation NZ

<https://learnaboutlungs.asthmaandrespiratory.org.nz/mystudent/#/id/5aa6fb38d4ede20e7f9033e3>

[View full image \(293 KB\)](#)

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Useful resources

First aid information.



What to do in an emergency

Signs of an acute asthma attack requiring immediate action and an emergency plan are described in this information page.

Publisher: Asthma NZ

[Visit website](#)



Asthma

First aid information outlining what to do during an asthma attack.

Publisher: St John NZ

[Visit website](#)

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