



H&A Training

Asthma and Anaphylaxis Workbook

Name.....

Asthma

What is Asthma

People with Asthma have?

- High blood pressure
- Difficulty in breathing
- Sensitive airways
- Allergies

Precautions to help prevent asthma attacks

What precautions can an asthmatic take to prevent an attack?

- If dust mites are the trigger remove all carpet from the area
- If noise is the trigger limit exposure
- If the environment is the trigger limit exposure
- If chemicals are the trigger use personal protective equipment

Risk management strategies

Risk management strategies will be included in the?

- Persons handbag
- Organisations emergency Asthma management plan
- Persons Asthma management plan developed by their healthcare provider
- Emergency first aid management and protocols for Asthma

Signs leading up to an asthma attack

Asthma sufferers can often show signs days before an attack can occur what could these signs be?

- Needing to use their blue reliever puffer more than 3 times a week
- The frequent need to urinate
- The person will become hyperactive for no apparent reason
- Likely to be tired, lethargic, irritable and/or have lack of concentration
- Reduced ability to do usual activities

Asthma triggers

Asthma triggers can include?

- Dust and dust mites
- Certain medications
- Sleeping habits
- Stress or emotional pressure
- Chemicals or perfume
- Poor diet

Signs and symptoms of an attack

What are some signs and symptoms a person may experience?

- The person may have shortness of breath
- They may have a large cough bringing up phlegm
- They may have a high-pitched wheezing when exhaling
- They may be doubled over and coughing holding a hand to their throat
- Sore tummy especially in children
- They may have a seal like bark especially during the night

Asthma medication

There are 4 different types of medication what are they?

- Relievers
- Preventers
- Triggers
- Symptom controllers
- Pain medication
- Combination medications

Reliever puffers

What are some of the different brands of blue or blue/grey puffers?

- Ventolin
- Panadol
- Epaq
- Asmol
- Claratyne
- Airomir
- Phenergan

Preventer puffers

What is the preventer puffer useful for?

- Reduces and controls inflammation
- Calms the person down
- Reduces the severity and frequency of an attack
- Helps the person to stop body shakes

Delivery devices

How do you use a metered dose inhaler without a spacer?

- 1) Remove cap from the mouthpiece of the inhaler
- 2) Hold inhaler _____ and shake
- 3) Breathe out
- 4) Tilt your head _____
- 5) Place the puffer in mouth and seal with lips
- 6) Breathe in _____ through the inhaler, while pressing _____ on the inhaler

- 7) Remove puffer from mouth, _____ mouth and hold breath for up to _____ seconds
- 8) Breathe out slowly through the _____
- 9) Replace the cap on the inhaler

Auto inhalers

How do you use an auto inhaler?

- 1) _____ the autohaler
- 2) Remove cap from the mouthpiece of the Autohaler
- 3) Hold the Autohaler upright, ensuring you do _____ block the vents on the bottom
- 4) Push up the _____ on the top of the Autohaler
- 5) Breathe out
- 6) Tilt your head back
- 7) Place _____ in mouth and seal with lips
- 8) Breathe in deeply through the Autohaler
- 9) The Autohaler will _____ fire. Continue to breathe _____ after you hear the Autohaler fire.
- 10) Remove Autohaler from _____, close mouth and hold breath for up to _____ seconds
- 11) Breathe out _____ through the nose
- 12) Push the _____ on the Autohaler closed

Treatment

There are 4 steps in the treatment plan. Put a number corresponding to the order of treatment.

- ___ Give 4 puffs of a blue reliever inhaler
- ___ Wait 4 minutes
- ___ Remain Calm
- ___ Sit the person down
- ___ Shake puffer after each firing
- ___ If there is little or no improvement repeat steps 2 and 3
- ___ If there is little or no improvement call for an Ambulance

Spacers

Why is it more effective to use a spacer?

- It reduces the side effects of medication as more medication is deposited into the lungs
- The spacer changes the taste of the medication
- While using the spacer 40% of the medication reaches the lungs
- The spacer is easily used by elderly people

Cleaning of a spacer

Before using a spacer you need to?

- Blow excess dust from the spacer
- Allow to air dry
- Wash in the dishwasher
- Wash in warm soapy water
- Do not rinse or wipe dry

Anaphylaxis

Mild to moderate reactions

Mild to moderate reactions can cause:

- Hay-fever like symptoms
- Headache
- Tight chest
- Sleepiness
- Swelling of the face, lips, tongue and throat
- A feeling of being well

What is anaphylaxis

Anaphylaxis can affect:

- Gastrointestinal tract
- Your hearing
- Cardio-vascular system

- Kidney function
- Respiratory tracts, both upper and lower

Anaphylactic reactions

Anaphylactic reactions can cause?

- Shock
- Blue lips
- Swelling
- Hyperactivity
- Rapid pulse
- Tight chest
- Hair loss
- Unconsciousness

Triggers of allergic reactions

What are some of the common allergens?

- Latex
- Powders
- Peanuts / Nuts
- Eggs
- Hairspray
- Fish and shell fish
- Insect stings
- Medications
- Drinks
- Dairy products

First aid treatment

Mild to moderate reaction first aid treatment is:

- ✓ If casualty's action plan is _____, follow the plan
- ✓ If _____ by an insect, remove the _____ (except ticks)

- ✓ If casualty has medication prescribed, e.g. antihistamine tablets, cream or eye drops, _____ to the casualty for administration.
- ✓ If casualty need's to use an _____ reliever puffer, follow the 4x4x4 asthma management plan
- ✓ If airway or lips are _____, apply a _____ compress to help reduce the swelling
- ✓ Next of kin or guardian _____ be contacted
- ❖ Continue to _____ the casualty's condition.
- ❖ A casualty can have a _____ reaction, sometimes worse after the initial reaction has occurred
- ❖ If the casualty's condition deteriorates call for an _____ and _____ an Adrenaline auto-injector if one is available

Anaphylactic reaction

Treatment is as follows:

- ✓ If the casualty's action management plan is available _____ the plan
- ✓ If the casualty's action management plan is unavailable, follow _____ Management plan
- ✓ Administer the _____ auto-injector
- ✓ Call for an Ambulance _____. This condition is life-threatening
- ✓ Lay the casualty _____
- ✓ If the casualty is having _____ difficulties, allow them to sit up. **DO NOT ALLOW THE CASUALTY TO _____**
- ✓ If swelling of the _____ occurs, apply a _____ compress or ice pack to help reduce the swelling
- ✓ _____ next of kin or guardian
- ❖ When you call for an _____ ensure that you tell them that an Adrenaline auto-injector _____ been administered

❖ The Adrenaline auto-injector _____ treat the reaction, it keeps the body's systems working _____ Medical treatment is administered

Adrenaline Auto-injectors

What does the adrenaline Auto-injector do?

- Relaxes the lungs
- Calms the casualty
- Helps stop swelling
- Helps stop itchiness, rashes and welts
- Slows the casualties breathing
- Raise the casualties blood pressure
- Shrinks the abnormally wide blood vessels

Before using an adrenaline auto-injector you should?

- Check the expiry date
- Test the auto-injector to be sure it works
- Check the colour of liquid in the viewing window
- Check the auto-injector has not been used

When not to use an adrenaline auto-injector?

- If the auto-injector is out of date
- When the casualty is not having an allergic reaction
- The liquid in the viewing window is cloudy or you see sediment
- When a person is having a heart attack

How to administer and EpiPen or EpiPen Jr

Step 1: Form a _____ around the EpiPen and _____ of the safety cap

Step 2: Place the _____ end of the EpiPen against the _____ part of the _____ thigh.

Step 3: _____ the EpiPen hard against the _____ until you hear a _____. Hold the EpiPen in place for _____ seconds.

Step 4: _____ the EpiPen from the thigh, being careful not to touch the _____. Discard the EpiPen safely in a _____.

Step 5: _____ the thigh for _____ seconds.

Step 6: Call for an Ambulance _____

Thank you