

What to do when my friend is having an asthma attack

What are you seeing?

Mild/Moderate Symptoms

- Cough
- Wheeze
- Shortness of breath
- Chest tightness/pain
- Sore tummy
- Not as active/quiet

Severe/life threatening Symptoms

- Rapid breathing rate
- Heaving upper body
- Inability to talk in full sentences
- Colour change in skin or lips
- Distress/confusion



Actions

Actions

- Be calm and reassuring
- Encourage them to sit down and loosen clothing if needed
- Follow the advice in their asthma action plan:
 - If they use a blue inhaler for relief:
 - Give them 2 puffs of the blue inhaler through a spacer, 1 puff at a time. Make sure you shake the inhaler between each puff.
 - Keep doing this every 10 minutes, if there are still symptoms, up to a total of 6 puffs
 - If they use a MART inhaler for relief:
 - Ask them to take 1-2 sucks of their inhaler.
 - Keep doing this every 2-3 mins up to their maximum number of sucks until they feel better
- Encourage a normal breathing rate if they are able.

- Ask a friend/relative to DIAL 999 (ambulance)
- Be calm, confident, reassuring
- If they use a blue inhaler for relief:
 - Administer 1 puff of their reliever (blue) inhaler every 30 secs through a spacer
 - Shake the inhaler before each puff
 - Give 1 puff at a time with 10 breaths for each puff and wait for the ambulance to arrive
- If they use a MART inhaler for relief:
 - Ask them to have 1 or 2 sucks of their MART inhaler, as is written in their asthma action plan
 - Even if they have had their maximum number of sucks, they can have this many again while they wait for the ambulance to arrive



Are they responding?

No →

Yes



Actions

- Allow to sit for 15-20 mins observed by an adult
- If they feel able, they can return to normal activities
- If symptoms return after 4 hours, repeat and ask them to see their doctor