

ASTHMA

PATIENT & CARER INFORMATION LEAFLET

Please take the time to read this leaflet and keep it in a safe place



THE ATTENDING PARAMEDICS have assessed and treated you for a mild asthma attack. Following your assessment it has been decided that you do not need to attend hospital at this time. All patients who have required emergency treatment for asthma (even mild episodes) should see their GP or Practice Nurse within 48 hours.

Please take the patient information form and our patient care record to your doctor or asthma nurse within the next 48 hours. This lets your doctor know what has happened and allows them to update their records and review your asthma management.

When you see your doctor or asthma nurse you may like to ask them to prescribe and demonstrate a “**spacer**” device. Spacers make aerosol inhalers easier to use and more effective and will assist you in managing future attacks.



inhaler spacer
image kindly provided by Asthma UK

CONTINUE TO TAKE any regular inhalers that you have as prescribed by your doctor.

COMMON SIGNS OF AN ASTHMA ATTACK ARE

- Coughing
- Feeling short of breath
- Wheezy breathing
- Feeling of chest tightness

YOU SHOULD

- Keep calm – do not panic
- Take 2 puffs of your reliever (blue) inhaler or nebuliser
- Loosen tight clothing

IF NO IMMEDIATE IMPROVEMENT

Take one puff of your reliever inhaler every minute for five minutes or until your symptoms improve.

CONTACT HELP URGENTLY (DIAL 999) IF

- Your symptoms do not improve in 5 – 10 minutes
- You are too breathless or exhausted to talk
- Your lips are blue

...OR IF YOU ARE IN ANY DOUBT

For advice and support:



Asthma UK

Monday – Friday, 9.00am - 5.00pm

Tel: 0800 121 62 44

Website: www.asthma.org.uk/adviceline

WHO TO CONTACT

If your symptoms get worse in any way contact one of the following...

999

Dial 999 or 112 and ask the operator for an ambulance response if:

- Your symptoms do not improve in 5 – 10 minutes
- You are too breathless or exhausted to talk
- Your lips turn blue

Always call an ambulance if you think your illness or injury is life threatening. If you are at all unsure, call 999.

Your Doctor

During normal surgery hours contact your doctor.

NHS24

When your GP practice is closed and you can't wait until it opens call NHS24 on 08454 24 24 24.

When you need reliable information about illnesses and conditions, NHS Services and current health issues call 0800 22 44 88 or visit www.NHS24.com

With thanks to Asthma UK Scotland for their support and guidance throughout the development of this leaflet.

YOUR VIEWS ARE IMPORTANT TO US

Let us know how we can improve the service.

We need you to tell us about your experiences, good or bad, and how you would like to see our services improved.

Have an opinion or suggestion? Let us know...

Tel: 0131 4467000

Fax: 0131 4467001

Email: scotamb.corporateaffairs@nhs.net

Write to: Scottish Ambulance Service, Corporate Affairs Manager,
Tipperlinn Road, Edinburgh EH10 5UU

This leaflet can be made available in other languages and formats on request. On occasions a summary will be provided. Please contact the corporate affairs team via email or the telephone number above who will then deal with your request.

To download a copy of this leaflet visit:
www.scottishambulance.com

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