

### **Week 38 and Asthma for Schools:**

Returning to school in September can be a tricky time for children with asthma in the lead-up to the asthma 'September Spike', otherwise known as **Week 38** of the calendar year. At this time of year, we see a sharp increase in the number of asthma hospital admissions in Croydon.

The main culprits for this include the return to school, with subsequent exposure to bugs and viral illnesses, as well as a lapse in preventer inhaler use over the school holidays. Going to bed late and getting up late means a change of routine and established asthma habits sometimes slip. Heading into September without any preventer inhaler protection means that you are far more likely to have an asthma attack.

Please encourage your child to continue taking their preventer inhaler every morning and night during the school holidays, even if they feel well.

You can also download a child asthma action plan from Asthma & Lung UK: <https://shop.asthmaandlung.org.uk/collections/health-advice-resources/products/child-asthma-action-plan> and take it to your GP or Practice Nurse for them to fill in with you.

The image shows a 'CHILD ASTHMA ACTION PLAN' form from Asthma + Lung UK. It is a purple and white document with several sections for parents and children to fill out. The sections include: 'My asthma triggers' (with a link to more information), 'I will see my doctor or asthma nurse at least once a year (but more if I need to)' (with fields for dates and contact details), 'Parents and carers - get the most from your child's action plan' (with bullet points on how to use the plan), 'ASTHMA QUESTIONS?' (with contact information for the helpline), and a section for 'Fill this in with your GP or nurse' (with a field for name and date). There is also a small quote from a parent about the importance of the plan.

For more **Week 38** information, please see the attached poster, or visit our social media platforms and web-site:

**Instagram: @chahasthma Facebook: CHAH Asthma**

<https://www.croydonhealthservices.nhs.uk/childrens-asthma-service>

We wish you a very happy and healthy summer holiday!

Kind regards

*Jakki and Jo*

Children's Asthma Service



Croydon Health Services

NHS Trust