

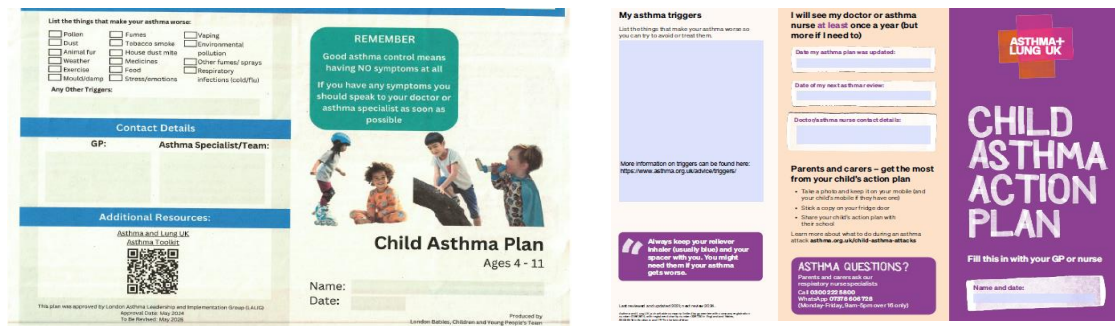
Week 38 and Asthma for Schools:

Returning to school in September can be a tricky time for children with asthma. This is due to the ‘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.

It is important that every child with asthma has an ‘Asthma Action Plan’. These may look slightly different to previously (see below left), as any child in the Croydon Borough seen by the asthma team from May ‘24 will have a new standardised one (rather than previous ‘Asthma UK – below right). These are generally completed by GPs or Practice nurses, but may also be filled in by asthma nurse specialists, or other healthcare professionals.



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#main-content>

We wish you a very happy and healthy summer holiday!

Kind regards

Talbi and Jo

Children’s Asthma Service