

Patient information

Asthma Information on Discharge from the Emergency Department / AMAU

Emergency Care - Royal Liverpool Hospital

Asthma is a common condition. Asthma cannot be cured but with modern treatment can be controlled. Most people who receive the right treatment and take it correctly lead normal lives.

Asthma is a condition, which affects the airways (small tubes which carry air in and out of the lungs). People with asthma have sensitive airways, which become inflamed and narrowed when they come in contact with something that irritates the airways (a trigger), this makes it difficult to breath.

Common triggers include:

- Colds.
- Smoking.
- Animals.
- Exercise.
- Hormones.
- Emotions/Stress.
- House Dust Mites.
- Food.
- Medicines.
- Weather.
- Moulds and Fungi.
- Pollen.
- Pollution.

Signs of Worsening Asthma

- Increased use of your reliever inhaler (usually blue inhaler).
- Difficulty sleeping due to shortness of breath, wheezing or coughing.
- Interference with normal activities such as school, work, exercise.

Controlling your Asthma

Medication

Preventer inhalers help control your asthma and reduce the need for reliever medication by:

- Controlling the inflammation and swelling in your airways therefore reducing the risk of an asthma attack
- Reducing the risk of permanent lung damage.

Your preventer is

Preventers only work if you take them every day.

Remember to take your preventer twice a day.

Reliever inhalers should be used if you have any coughing, wheezing or shortness of breath. They do not reduce inflammation or swelling of the airways.

Your reliever is (blue)

- **If you get no relief from your reliever (blue) inhaler**

Or

- **You are too breathless to talk normally.**

This is a severe asthma attack you must dial 999.

Do you wake at night with chest tightness, short of breath, coughing, or wheezy? **Yes / No**

Are you using more reliever medication (blue inhaler)? **Yes / No**

Has your asthma interfered with your usual activities, e.g. work, college/school, or home / social life? **Yes / No**

If you answer yes to any of the questions above, your asthma is not as well controlled as it could be. Make an appointment with your asthma nurse or family doctor (GP) as soon as possible.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Family Doctor (GP), Practice Nurse, Pharmacist

NHS 111

Tel: 111

Please contact Emergency Department RLBUHT

Tel: 0151 706 2000 Ext 2461/2257

Text phone number: 18001 0151 706 2000

Ext 2461/2257I

Asthma UK

Summitt House, 70 Wilson Street

London EC2A 2DB

Tel: 0207786 4900

www.asthma.org.uk

Asthma UK Advice Line

Tel: 0800 121 62 44

Mon- Fri 9am to 5pm

British Lung Foundation

73-75 Groswell Road London EC1V 7ER

Fax 0151 224 7779

www.lunguk.org

Phone: 08458 50 50 20 (Mon to Fri 10 am to 6 pm)

Typetalk calls welcomed

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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