

ASTHMA AND SPORT IN SCHOOLS

A quick intro for schools
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ASTHMA

- Asthma is a **chronic respiratory condition associated with airway inflammation and hyper-responsiveness.**
- Long term management and acute exacerbations
- Often poor adherence – especially in teens
- Concerns in schools:
 - Acute exacerbation – breathlessness, wheeze – needing treatment
 - Children unable to reach potential due to asthma.
 - Time missed from school.



TRIGGERS

- Factor that stimulated acute airway constriction.

Common triggers

- Viral infections
- Allergies inc pollen, animal hair etc
- Exercise
- Change in temperature/ season



SPORT AND ASTHMA

- Remaining physically active and cardiovascularly fit is very important for children with asthma.
- Being unfit will exacerbate respiratory symptoms.
- Only reason not to exercise if undergoing a current exacerbation.
- Not all wheeze or cough is asthma





HINTS AND TIPS

- All parents and schools should have access to a child's wheeze action plan.
- Please allow children access to their reliever inhalers during sports – take it to whichever area they are doing the activity including swimming pool.



SPACERS AND INHALERS

- Children of different ages can use different types of inhaler – most require spacers but some don't (dry powder inhalers).
- If a spacer is required for a particular inhaler, please ensure it is always used.





- Please inform parents for each use in same way as injury – allows parents and medical professionals to have an accurate idea of usage and requirements.
- Some children will be advised to use reliever inhaler before sports, others only if required. This should be on wheeze action plan.
- Consider location of activity – outdoor exercise can expose to allergens, may be more likely to require reliever inhaler.





SUMMARY

- Exercise is good for individuals with asthma.
- Tailor medical management to enable children to reach their potential;



USEFUL RESOURCES

- <https://www.nhs.uk/conditions/asthma>
- www.asthma.org.uk
- www.asthma.net/coping/sports

ASTHMA

- Not a full explanation of management – tips and tricks.
- For acute and chronic management: BTS/SIGN guidelines.
- Parents call all respiratory noises wheeze

