



# Asthma in Young People


Prepared by Dr Sabeen Faraz (GP ST3)





# Introduction

Asthma is a chronic respiratory condition and most common long-term condition among children and young people, below are some facts and figures for the UK

- Asthma accounts for 2-3% of primary care consultations, 60,000 hospital admissions, and 200,000 bed days per year in the UK.
  - Approximately 160,000 people in the UK are diagnosed with asthma each year, however, incidence rates went down by around 10% between 2008 and 2012.
  - The UK has among the highest mortality rates in Europe
  - Leading cause of death and NHS emergency admissions among children and adults
  - According to British Lung Foundation, 8 million people over 8% of population suffering from Asthma, 5.4 million receiving treatment.
  - 1200 people a year dying of Asthma, that is 3 each day!
  - Emergency admissions, and deaths, related to asthma are largely preventable
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# Prevalence of Asthma at Seaford Medical Practise

We have noticed at SMP that lately patients are not attending regularly for their reviews and ending up with complications and recurrent flare ups.

In particular out of 461 asthmatic patients registered under the age of 50, 334 didn't have their annual review in the last QOF year 01/04/2022 to 31/03/2023, this equates to over 72%.



# Symptoms of Asthma

**Common symptoms of asthma include;**

- wheezing,
- shortness of breath,
- chest tightness, and
- coughing.

**These symptoms can vary in severity and may be triggered by various factors such as;**

- allergens,
- exercise, or
- respiratory infections.



# Prevention and Education

Promoting awareness, prevention, and education about asthma is essential.

Encouraging young people to understand their condition, recognize triggers, and follow their treatment plans can help them lead healthier lives.

The NHS provides various resources and educational programs to raise awareness about asthma and also visit [Asthma and Lung UK website](#) which has got lots of useful information.





# Take action now to lower your risk of an asthma attack;

What can we do?

- Patients and carers to ensure they have their annual asthma reviews regularly.
- In case of Asthma attack, call and ask SMP receptionist for an urgent same day appointment. Tell them your asthma's getting worse and you need to see a GP or asthma nurse for urgent advice to avoid having an asthma attack.
- If you can't get an urgent same day appointment, or your GP surgery is closed, call 111 for advice. They may be able to arrange for you to be seen at a walk-in centre or by an out of hours doctor.
- In case of any flare ups sit up straight and keep calm, take one puff of your reliever inhaler (usually blue) every 30 to 60 seconds up to 10 puffs.
- If you feel worse at any point or you do not feel better after 10 puffs call 999 for an ambulance.
- If the ambulance has not arrived after 10 minutes and your symptoms are still not improving repeat step 2 and call 999 again. Never be frightened of calling for help in an emergency.



## Your asthma nurse can;

- Talk to you about why your asthma symptoms have got worse.
- Check you're taking your preventer medicine every day. If you haven't been taking it regularly, they can suggest ways to get into a good routine with it so it's easier to remember
- Look at your inhaler technique to make sure you're getting the medicine you need. (Visit the Asthma and Lung UK website which shows small videos).
- Suggest a higher dose, or more puffs, of your preventer inhaler for a while
- Consider a change of medicines, or a new type of inhaler device
- Prescribe a short course of oral steroids
- Give advice about allergies like hay fever which can make your symptoms worse
- Update your asthma action plan so you can feel confident you know what to do every day to stay well, and what action to take when your symptoms get worse




# Support and help available

## Seaford Medical Practise

-  Call on 01323 490022  
(Extended access appointments available on some days)

## Asthma and Lung UK

-  Call on 0300 222 5800

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-  Email [helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)

-  WhatsApp 07378 606 728

