

## MEDIA RELEASE

Date: 16 August 2010

---

### **Back to school asthma advice**

Asthma action plans could reduce the number of children and young people being admitted to hospital this September say Surrey's health experts.

Figures published by the NHS Information Centre show that emergency hospital admissions for asthma among children aged 16 and under were 58% higher in September 2009 than the monthly average for the year. The same thing happened in the previous September, when admission rates were more than double the monthly average for the year. Experts believe that almost all emergency hospital admissions of children and teenagers due to asthma can be avoided if a few precautions are taken.

Parents of youngsters with asthma are being encouraged to take some easy steps now to prepare for when the schools and nurseries go back next month.

Dr Janet Lambley, Public Health Consultant at NHS Surrey, explains more:

"Asthma is the most common long-term condition in children and young people. But with a little support and planning, most of them can keep it under control and enjoy all the fun of the playground, sports and other school or nursery activities.

"Now is a good time to start getting ready for the new term and take a few simple, precautionary, steps.

"Help your child have a plan to deal with their asthma if they notice it getting worse. Make sure they know the signs and triggers and where to find their medicine or ask for help.

NHS Surrey Press Office · Cedar Court · Guildford Road · Leatherhead · Surrey · KT22 9AE

“Also try to make sure they have a regular review with their GP or practice nurse – especially if you notice their asthma getting worse. Most children and young people need a review every 6-12 months to check their condition and to see if they are still using their inhaler correctly.

“And lastly, check if the school has an asthma policy and how easy it is for your child to get their medicine if needed.”

Evidence suggests that under 16s with a plan are up to four times less likely to have an emergency hospital admission for their asthma. The child’s GP or asthma nurse can provide more information and help with drawing up a plan.

It’s thought that the increase in young people needing hospital treatment for asthma in September is caused by a combination of factors. These include: the spread of cold viruses, the demands of a new school year and how regularly preventative medicine has been taken over the summer holidays.

- E N D S -

For more information contact the NHS Surrey Press Office on 01372 201722.



Follow us on Twitter! <http://twitter.com/NHSSurrey>

NHS Surrey Press Office · Cedar Court · Guildford Road · Leatherhead · Surrey · KT22 9AE

**[www.surreyhealth.nhs.uk](http://www.surreyhealth.nhs.uk)**

## Note for editors

1. The NHS Information Centre is England's authoritative, independent source of health and social care information. Further information about the "Peak in asthma hospital admissions among young children in September" is available at:  
<http://www.ic.nhs.uk/news-and-events/news/peak-in-asthma-hospital-admissions-among-young-children-in-september-provisional-figures-show>

2. Asthma UK [www.asthma.org.uk](http://www.asthma.org.uk) provides a range of information and resources for people affected by asthma. This includes podcasts, booklets and posters, alongside advice and contact details for further help.

Further information about personal asthma action planning can be found at:  
[http://www.asthma.org.uk/all\\_about\\_asthma/controlling\\_your\\_asthma/resources\\_to\\_help\\_you/personal\\_asthma\\_acti.html](http://www.asthma.org.uk/all_about_asthma/controlling_your_asthma/resources_to_help_you/personal_asthma_acti.html)