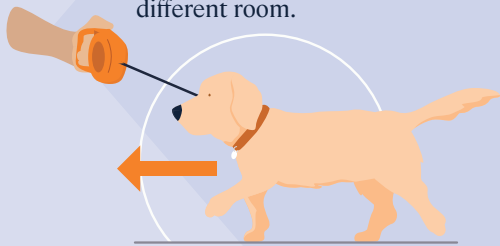


How to treat a casualty having an asthma attack

If someone is having an asthma attack, their airway is narrowed and they will likely have difficulty breathing. You need to be able to identify these symptoms and provide assistance to the casualty.

To assist a casualty who is having an asthma attack:

- 1 Immediately remove the trigger if present and identifiable, or move the casualty away to a different room.



- 2 Reassure the casualty and keep them calm. Assist them to sit upright in a comfortable position and tell them to take deep, slow breaths.



- 3 Help the casualty to take their **usual dose** of their reliever inhaler. This is typically **one puff every 30 to 60 seconds until they reach 10 puffs**. If they have a spacer (a tube that attaches to an inhaler), ask them to use it with their inhaler.

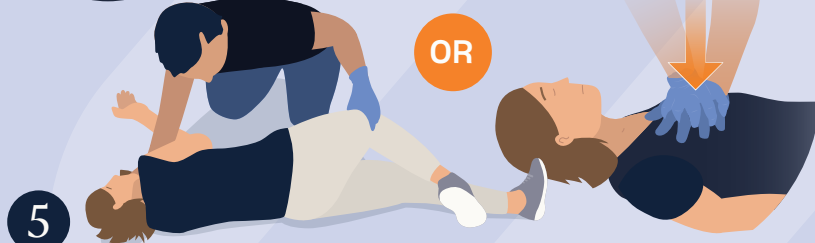


Instead, the casualty may have a Maintenance and Reliever Therapy (MART) Plan, often including a steroid preventer medicine and a long-acting bronchodilator medicine which they need to take instead of an inhaler.

If they don't have an inhaler or a MART plan, the attack is severe, their condition deteriorates or this is their first asthma attack, immediately call for emergency assistance on 999 or 112.



- 4 If help hasn't arrived within 15 minutes, ask them to take **10 puffs again**.



- 5 Continue to monitor the casualty. If they become unresponsive but are breathing normally, place them into the recovery position. If they are unresponsive and not breathing normally, begin CPR.

- 6 If the casualty's symptoms improve and you don't need to call for emergency help, advise them to seek further advice on NHS 111 or to visit their GP or asthma nurse on the same day.

