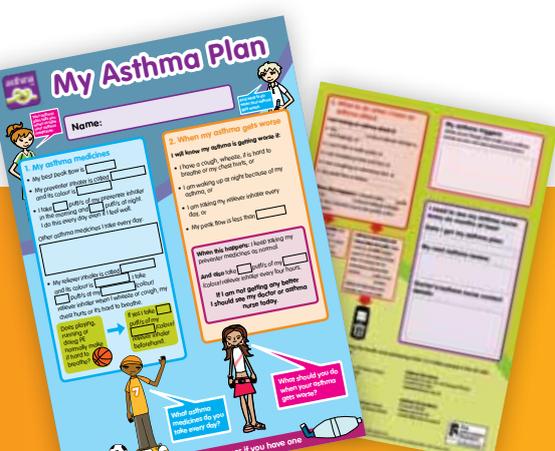


children's asthma

If you or one of your friends has asthma we want you to tell us how you feel.

We also want your parents or carers to tell us how they help you look after yourself.

Before you start **go to page 2**



A preview to the online version is available here:
www.leedswestccg.nhs.uk/yourviews

What is children's asthma?

Asthma is really common (this means lots of people have it). In your class there are probably three children with asthma. Asthma sometimes makes it difficult to get air into your lungs and you can have difficulty breathing. Asthma can be caused by different things like dust, pets and exercise. If you have asthma you can make a plan with your doctor and an adult that normally looks after you (this could be your mum and dad or a carer) so that you can control your asthma.

What do we want to do?

We work for the NHS and we want you to stay healthy by finding out how we can help you or your friends to look after your asthma.

We want to know how you feel about looking after your asthma. If you don't have asthma we want to know how you look after any of your friends who have asthma.

What does it feel like having asthma?

We want to know a bit more about your asthma. Tell us how it makes you feel and how you look after yourself. We want to know what we can do to help you look after your asthma.

If you are at primary school

go to page 3



If you are at high (secondary) school

go to page 4



**If you are a friend of someone
with asthma**

go to page 5



**If you are a parent or carer of a
child with asthma**

go to page 6



I am a child with asthma

if you need help filling this in please speak to your parent, carer or teacher

I am a young person with asthma...

1. How do you feel when your asthma is bad?

2. Who or what makes your asthma feel better?

3. Is there anything that makes your asthma worse or makes you feel wheezy?

4. Do you have an asthma care plan? yes no don't know

5. Do you know the difference between these two inhalers? yes no If you do know, what is the difference?



6. Do you use both these inhalers? yes no

7. Do you always have your inhaler with you? yes no

8. If you don't have your inhaler with you can you tell us why?

9. Do you use any other medicines or inhalers to help you with your asthma?



10. What would help you look after your asthma?

Taking my medicine

Talk to other kids with asthma

A plan to help me look after my asthma

Teachers who can help me

Speaking to my mum or dad or my carer

Help from my asthma nurse

Other (please tell us what)

don't forget to fill in your information on page 8

I am at high (secondary) school

I am a young person with asthma...

1. How do you feel when your asthma is bad?

2. Who or what makes your asthma feel better?

3. Is there anything that makes your asthma worse or makes you feel wheezy?

4. Do you have an asthma care plan? yes no don't know

5. Do you know the difference between these two inhalers? yes no If you do know, what is the difference?



6. Do you use both these inhalers? yes no

7. Do you always have your inhaler with you? yes no

8. If you don't have your inhaler with you can you tell us why?

9. Do you use any other medicines or inhalers to help you with your asthma?



10. What would help you look after your asthma?

I need my medicine

An asthma support group

An asthma care plan

Teachers who are trained to help

Speak to my mum, dad or carer

Speaking to my asthma nurse

Other (please tell us what)

My friend has asthma

I have a friend with asthma...

1. Would you know what to do if your friend was having an asthma attack?

- yes no don't know

2. What would you do if your friend was having an asthma attack?

- Stay calm and be reassuring Ask your friend what is in their asthma plan
 Take your friend away from anything that might be causing the attack, like smoke Ask your friend if they have an inhaler
 Sit your friend upright Call 999

3. If you asked your friend if they had an inhaler do you know the difference between the blue one and the brown one?

- yes no

4. If you said yes, can you please tell us what the difference is?

5. How could we make you feel more confident about helping your friend with asthma?



I am a parent / carer of a child with asthma

What is children's asthma?

Asthma is a condition that affects the airways - the small tubes that carry air in and out of the lungs. When a person with asthma comes into contact with something that irritates their airways (an asthma trigger), the muscles around the walls of the airways tighten which makes it hard to breathe. In the UK, 1.1 million children and young people have asthma.

It can be frightening having a child with asthma but there are lots you can do to reduce the chances of them having a bad asthma attack.

What do we want to do?

Most children and families look after their asthma really well during school time. But, during the summer holidays lots of children and families get out of their routine and this can mean that their asthma becomes worse.

We work for the NHS and it's our job to make sure that you and your children are fit and healthy. We want to make sure that whatever time of year it is, you are able to look after your child's asthma. There are a few ways we can help you:

- teach you and your children how to look after their asthma
- work with your child's school and their friends so that they can help
- give you and your child an asthma care plan so that you have your own personal plan

We want to know what you think

We want to know about your child's asthma and what we can do to help you and your child manage their asthma. This will help us develop asthma services that are helpful and easy to use.

1. Before your child was diagnosed with asthma, did you know what asthma was and did you think your child had it?

2. Have you ever mistaken your child's asthma for another health condition?
If so what did you think it was?

3. Do you know the difference between the inhalers your child can use?



4. Do you always make sure that your child carries their inhaler with them including when you go on holiday?

5. Do you feel confident that your child is using their medicine (including their inhaler) correctly?

6. Thinking about the child with asthma, please tell us to what extent you agree with the following statements...

Strongly disagree

Disagree

Agree

Strongly agree

a. I would know what to do if they had an asthma attack

b. I know where to go to get information about my child's asthma

c. They have a comprehensive asthma care plan

d. They carry their care plan with them all the time

e. I am confident that the teachers could manage an asthma attack

f. I am confident that their friends would know what to do if they had an attack

g. I think we have enough support with their asthma from their school

h. The clinician involves me in their care

 yes no don't know

7. Do you think it would be a good idea for your child to have a small care plan for them to share at school?

8. Please tell us what else we could do to make asthma services better

We want to listen to people from all the different communities in Leeds. This means that we can help people wherever they come from and whoever they are. You can help us do this by telling us a little bit about yourself. We won't use any information that can identify you, like your name and address.

My postcode is:

My doctors is:

I am a boy / man

I am a girl / woman

My age is:

I am at primary school

I am at secondary school

I am a parent / carer

My religion is:

I do not have a religion

I am Asian

I am White

I am Black

I am mixed race / dual heritage

I am none of these

Thank you...

 (please note this section is optional)

If you want to know more about our work to make asthma services better, please fill in your name and address:

Name:

Address:

Tel:

Email:

Postcode:

GP Practice:

Please ask your child to return this survey to their school by:

Or you can post it directly to:

Children's Asthma,
FREEPOST RTEG-JRZR-CLZG,
NHS Leeds West Clinical Commissioning Group,
Suites 2-4,
WIRA House,
Ring Road,
West Park,
LEEDS LS16 6EB

The logo for Children's Asthma features the words "children's" and "asthma" in a playful, multi-colored font. "children's" is in blue, green, and orange, while "asthma" is in pink, green, and blue. The letters are outlined in white and have a slight shadow effect.

For more information call (0113) 8435473.