**ASTHMA QUIZ**

Activity A28

Asthma

**NAME:**

|  |  |  |
| --- | --- | --- |
| **1** | Name three factors that may trigger an asthma attack. |  |
| **2** | When do people with asthma usually use the preventer inhaler? |  |
| **3** | When do people with asthma usually use the reliever inhaler? |  |
| **4** | Make a list of the symptoms of asthma (they can be different for different people) |  |
| **5** | How long does it take for a reliever inhaler to work? |  |
| **6** | How could you help someone who is having an asthma attack? |  |
| **7** | What should you do if the person’s inhaler doesn’t work or their asthma attack gets worse? |  |
| **8** | If the casualty becomes unresponsive, what should you do? |  |

**ASTHMA QUIZ ANSWERS**

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| **1** | Name three factors that may trigger an asthma attack. | * an infection e.g. a cold
* allergens e.g. animal fur
* pollutions
* dust
* exercise
* pollen
* perfume/aftershave
* recreational drugs
* alcohol
 | * stress/anxiety
* emotions
* food
* weather
* dust mites
* moulds and fungi
 |
| **2** | When do people with asthma usually use the preventer inhaler? | * Usually regularly twice a day or as prescribed by their doctor
 |
| **3** | When do people with asthma usually use the reliever? | * At the first sign of an asthma attack and possibly at other times when they need to
 |
| **4** | Make a list of asthma symptoms (they can be different for different people) | * difficulty in breathing
* coughing
* wheezing
* difficulty in speaking
* distress/panic
* anxiety
* chest tightness
 | * blue lips or fingers
* fast heartbeat
* drowsiness
* confusion
* dizziness
* fainting
 |
| **5** | How long does it take for a reliever inhaler to work? | * It usually works almost straight away to within a few minutes
 |
| **6** | How could you help someone who is having an asthma attack? | * calm and reassure the casualty
* encourage them to breathe deeply and slowly
 | * encourage them to rest in a position that they find most comfortable for their breathing
* get them to take a puff of their reliever inhaler as soon as possible and repeat if the attack is not easing
 |
| **7** | What should you do if the person’s inhaler doesn’t work or their asthma attack gets worse? | * Dial 999 or 112 for emergency help
 |
| **8** | If the casualty becomes unresponsive, what should you do? | * Open their airway and check breathing. If the casualty is not breathing normally, dial 999 or 112 for emergency help. Start cardiopulmonary resuscitation (CPR) with 30 chest compressions followed by two rescue breaths. Continue CPR until help arrives.
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