TOPIC: Asthma

Take our online quiz here:

[Click here](https://forms.office.com/Pages/ResponsePage.aspx?id=-zfQkRRH6E-whGjAg7gZP2dRY83Tu39Kn6dJ9wJmFc5UOFRKMFhHOU5CSDkxR1o3V0laOEc2RTVQQy4u)

To be used in conjunction with the resources for KS2 Asthma. The recommended learning age for this topic is 7 – 14 years.

At the end of this topic the learner may be able to:

* identify a casualty who is having an asthma attack
* assess and give first aid to a casualty who is having difficulty breathing due to an asthma attack
* understand when to seek medical help for a casualty who is choking

Link to this topic on our website:

[Click here](https://www.sja.org.uk/get-advice/key-stage-first-aid-lesson-plans/key-stage-2-first-aid-lesson-plans/ks2-asthma-first-aid-lesson-plan-and-teaching-resources/)

Section 1: Recognising an asthma attack

Resources and guidance needed for this session:

**PowerPoint slides:** numbers 1-7

**Activity:** Drawing paper and colour pencils/pens, paper bags and straws (optional)

* This section will help the learner to be able to understand what is happening in the body when an asthma attack is taking place. Explain that asthma can be serious as it causes a casualty to have difficulty in breathing and an asthma attack can be a life-threatening event, if attack is severe.
* Using **Activity A6** you could create a model of the airway and lungs. If you do not have the equipment needed, then an alternative activity would be to draw a diagram of the airway and lungs.
* Slides 6 will provide an opportunity to view the differences between air passages in relation to asthma.
* **Activity A8** – use this activity to understand the signs and symptoms that would be present in a casualty who was having an asthma attack. It should also be discussed how frightening this would be and how a calm approach, as a first aider, is essential.
* Use slide 8 to check your answers.

Resources and guidance needed for this session:

**PowerPoint slides:** numbers 12-16

**Activity:** Activity sheets A6, A9, A9a

* This section will evidence how well the learning outcomes for the topic have been met by the learner.
* Using the Check my learning list on slide 12 can help determine the level of skill and confidence gained, by asking the learner to score the outcomes.

**Quiz:** Complete our MCQ quiz online.

Resources and guidance needed for this session:

**PowerPoint slides:** numbers 8-11

**Activity**: Your turn asthma practical

* **Activity:** Watch the video and discuss key points.
* Using the Your turn sheet on slide 11, use the key steps to learn how to help a casualty who is having difficulty breathing due to asthma.
* Create a role play scenario and use this opportunity to practise a call to the emergency services. (role play only NOT an actual call).

Section 2: Treating a casualty

Section 3: Asthma checkpoint