

Condition:

Asthma

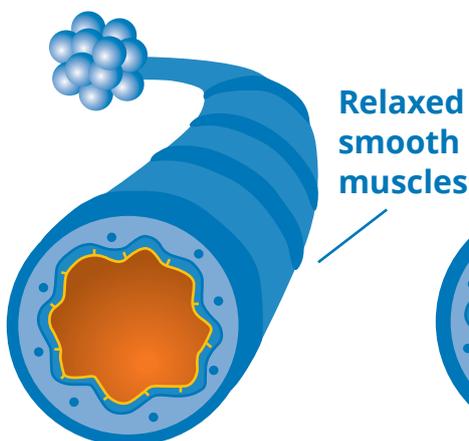
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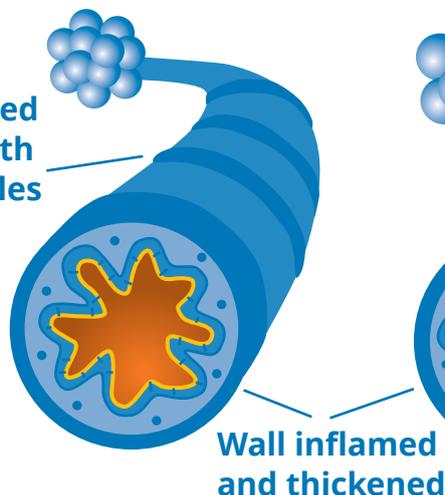
What is Asthma?

- It is a respiratory medical condition that effects your airways
- It is a long term condition
- It is often diagnosed as a child
- Asthma tends to run in families
- It causes your airways to become narrower and inflamed

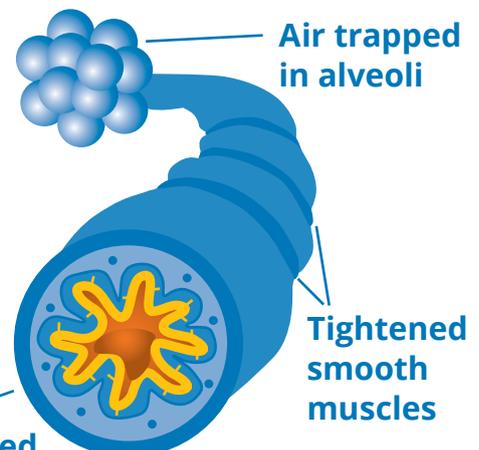
Normal airway



Asthmatic airway



Asthmatic airway during attack



Asthma and work

Look at your asthma triggers and try and work out what jobs would be suitable for you. For example; working in the fire brigade or in a dusty environment could be difficult with Asthma.

Think about what measures can be put into place to ensure a safe working environment for you i.e. if there is an area of the work building such as a warehouse that is dusty, it would be more appropriate for you to be in a

space free of dust. Perfumes and other environmental factors like pollen can trigger your asthma so make sure you inform managers and colleagues.

Check if your employer ok with you keeping your medication (inhalers) on you at all times when at work

Your employer should allow you reasonable time off for routine or acute check-ups

How to recognise if you have Asthma

Coughing
- especially at night time

Breathlessness and coughing when exerting yourself (doing exercise)

Shortness of breath

Chest tightness

Wheeziness

Causes of Asthma

The exact cause of asthma is still unknown. However it is believed that it is most likely caused by a combination of genetic factors and environmental triggers.

Treatments for Asthma

The two main types of inhalers are:

- Reliever inhalers (which relieve symptoms when they occur)
- Preventative inhalers (which stop the symptoms occurring in the first place)



Other medication

There are also tablets that you can be prescribed if inhalers alone are not enough to completely control your symptoms.

For individuals with severe asthma, injections can be given every few months.

Self-management and prevention strategies



Take Notice

Try and relax – perhaps try some mindfulness techniques or diaphragmatic breathing.



Connect

Gain support from your family and friends by telling them how you are feeling and understanding triggers.



Be Active

Exercise – this is really important for managing your asthma as well as your overall wellbeing.



Give back

Think about how you could share your experience to positively support others.



Keep Learning

Find out as much as possible about your condition – speak to others who have experienced this and look at what helped them. Educate yourself around asthma and notice and write down what triggers your asthma.



Smoking

Do not smoke, as this makes asthma worse. NHS support is offered free.



Keep a journal

Write down or record electronically of when your asthma is worse and the symptoms you are feeling, this will help in working out your triggers.



Keep inhalers with you

Carry your inhalers with you at all times. An asthma attack can come at any time.

Useful links

Helpline

Asthma
Helpline

0300 222 5800
(9am - 5pm
Mon - Fri)