



Asthma
Foundation SA

every breath matters

Issue 16, February 2017

Coaching towards a bright and healthy life



Above: Clara Tait, The COACH Program.

In 1948 the World Health Organization (WHO) defined health in its constitution as 'a state of complete physical, mental, and social well-being and not merely the absence of disease'.

Most of us are aware that many factors come into play when it comes to health and wellbeing; no health condition can stand alone without the influences of the environment we live in, our relationships with others and our responses to physical and psychological

effects that shape our lives. Asthma is a chronic health condition, and it has the potential to impact on an individual's circumstances including quality of life and social well-being.

Asthma Australia has recognised the importance of a holistic approach to health and is proud to introduce The COACH Program; a confidential, free health coaching service delivered over the phone by Coaches from the Asthma Foundation. This program aims to help people with asthma improve their general health, asthma control and general wellbeing.

The role of a Coach is to assist people to recognise the vitality within themselves. The COACH Program supports community members by:

- Providing an understanding of their health needs with information tailored to their individual lifestyle;
- Working with them to set goals to achieve good asthma control;
- Identifying gaps in treatment and support and developing a plan to address these gaps.

Craig Pudney aged 58, from Murray Bridge, has had firsthand experience of The COACH Program. Having lived through several asthma flare-ups and two hospitalisations in the past year, Craig felt that he needed to act to reclaim his quality of life and sense of wellbeing, so when The COACH Program was offered to him, he jumped at the opportunity to be involved. Three months later Craig has embraced

the vitality that comes with knowledge and empowerment: he counts the benefits of improved asthma control, an impressive exercise regime, good nutrition, and a great quality of life again.

"It is such a joy to witness my small triumphs as I experience good health, happiness and the ability to live life to the full."



Join our community!



This Issue:

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- Asthma Friendly Zoos SA
- Membership
- FREE Masterclasses
- Kids Asthma Masterclass reviews!

1800 ASTHMA
asthmaaustralia.org.au

Our Impact

In the past year we have...



trained 2,539 school staff in our one-hour Asthma First Aid training across 252 different locations across South Australia



trained 1,669 children's services staff in asthma and anaphylaxis management



received 1,745 calls to the 1800 ASTHMA Helpline



1800 ASTHMA
asthmaaustralia.org.au

Ask us about asthma



My daughter Sophie is five years old and due to start school. She had three hospital admissions in the past year, and we are slowly making progress in managing her asthma flare-ups. Nonetheless, I feel very nervous not being with her when she starts school for fear of an emergency. What can I do to make this transition as smooth as possible? How can I help her to stay safe?

Thanks so much for your question. It comes at a good time at the start of the school year.

Starting school can be a stressful time for parents of children with asthma. Research into Asthma in Australia 2011 show that Emergency Department visits among children under the age of 15 years peak in the late summer, coinciding with the start of a new school year, so it is important to prepare for this. Here are a few tips:

- Ensure that Sophie uses her preventer puffer every day as prescribed; this is an important aspect of daily asthma management.
- Visit your doctor before the school year for an asthma review and request a written Asthma Care Plan before starting school. The plan will ensure that school staff are aware of Sophie's asthma triggers and how to treat an asthma flare-up at school.
- It is also important that you provide the school with an in-date blue reliever puffer and spacer that is clearly labelled with her name. These items should be readily accessible at all times.
- Make a time to talk to school staff

about Sophie's asthma, discuss her Asthma Care Plan, usual symptoms, triggers and medication.

- Keep school staff updated about any changes in Sophie's asthma or asthma management.

We also encourage all schools to complete free one-hour Asthma First Aid training funded by The Department of Health. Our training is comprehensive, covering what is asthma, asthma signs and symptoms, medication use at school, how to treat an asthma emergency, and risk management strategies for schools. Schools can go on to become recognised as "Asthma Friendly" by addressing four essential criteria.

There is much to learn about asthma and how to manage it. Why not call our 1800 ASTHMA Helpline (1800 278 462) and speak to one of our friendly Asthma Health Professionals?

Asthma Foundation SA offers free Masterclasses in Asthma, Eczema, Allergy and Anaphylaxis.

Our free Kids Asthma Masterclass provides parents and children with the opportunity to learn together about their asthma in a fun, interactive environment.

[1800 ASTHMA Helpline \(1800 278 462\)](http://www.asthmaaustralia.org.au/resources)
www.asthmaaustralia.org.au/resources

Do you have an iPhone or iPad?

Download the Asthma App today!



Did you know...?

Up to 90% of people on asthma medications do not use them properly.¹

Asthma Foundation SA educators regularly visit health organisations in the suburbs of Adelaide and the state's regional areas to provide asthma updates to Health Professionals. The aim of these sessions is to upskill pharmacists and pharmacy staff, nurses and GPs on the latest asthma guidelines and medication devices. This allows them to pass on the correct technique information to their clients. With support from ElectraNet, we recently travelled to the mid-north, providing training to pharmacy staff at Burra Chemmart and Riverton Pharmacy. If your pharmacy staff would like an Asthma Update, please contact Asthma Foundation SA on the 1800 ASTHMA Helpline (1800 278 462).

There are many ways community members and Health Professionals can learn how to use asthma medications correctly:

- Asthma Australia's Asthma App is available for download from the



- Apple App Store
- Videos showing correct technique are available online at Asthma Australia's website.
- Asking their pharmacist, doctor, practice nurse or respiratory specialist to check their technique.
- Speaking with Asthma Foundation SA staff about sessions they can

attend. (Health Professional training sessions are conducted throughout the year which individuals can register for, or we can come to your workplace.)

1. Bashati IA, Armour CL, Bosnic-Anticevich SZ, Reddel HK, Evaluation of a novel educational strategy, including inhaler based reminder labels, to improve asthma inhaler technique. Patient Educ. Couns 2008; 72: 26-33

Asthma Friendly Zoos SA



Asthma Foundation SA is pleased to continue our partnership with Zoos SA. We recently attended their annual Teddy Bears Picnic, sharing resources and advice with many families.

Zoos SA staff and volunteers are kept up to date with Asthma First Aid training to ensure that the visiting public is cared for in case of a medical emergency.

www.zoossa.org.au



Asthma First Aid Training

Asthma Foundation SA offers a wide variety of training for a vast range of groups and individuals. We cater for schools, the childcare sector, health professionals, sporting clubs, workplaces, and the community.

Face-to-face Asthma and Anaphylaxis training, as well as Asthma First Aid online training modules, have been

developed to increase the reach and availability of training to all South Australians.

Asthma Foundation SA has recently invested in video conferencing equipment to enable us to reach an even wider audience. This technology will allow us to video conference with groups and community members all

over the state without them having to travel to meet with us.

Learning Asthma First Aid only takes 1 hour but could be life-saving for someone who is experiencing an asthma flare-up.

Online Training is available via: www.asthmaonline.org.au

Asthma Foundation SA Membership

Becoming a member of Asthma Foundation SA not only provides you with a discount on shop products but also keeps you informed of the latest news regarding asthma in South Australia. You will also be contributing to the work of the Foundation in supporting people with asthma.

Asthma Foundation SA members receive 10% discount at State Swim. State Swim caters for all age groups including a varied adult program, involving lap swimming, aquaerobics, and learn to swim.

For more information visit State Swim's website:
www.stateswim.net.au



Free Masterclasses!

Asthma Masterclass

This session is designed to provide the person who has asthma, or their carer, with an update on current asthma management.

— 7 April
— 19 June

Duration: 1.5 hours
Time: 10am - 11:30am

Kids Asthma Masterclass

An interactive session for children to learn about their asthma together with their parents and/or carers.

— 27 April
— 14 July
— 12 October

Duration: 1.5 hours
Time: 10am - 11:30am

Eczema Masterclass

This session provides the person who has eczema, or the carers of children with eczema with an update on current management.

— 24 May

Duration: 2 hours
Time: 9am - 11am

Allergy & Anaphylaxis Masterclass

This session provides the person who has allergy/anaphylaxis, or their carer, with an update on current management.

Duration: 2 hours
Time: 10am - 12pm

Bookings via www.asthmaaustralia.org.au/SA/LiveWell or free call 1800 ASTHMA Helpline (1800 278 462)



What do our parents/carers think of the new Kids Asthma Masterclass?

"Amazing! My three children were engaged. Information at a good, easy level to understand. Lots of visual and practical activities."

"Great presentation. Love the hands on activities for the kids and a take home pack."

1800 ASTHMA Helpline (1800 278 462)

Major Partners



Community Partners



Every Breath Matters Issue 17 will be released in August 2017.

Asthma Foundation SA | ABN 29 187 159 478 | A member of Asthma Australia

300 South Road HILTON SA 5033, PO BOX 2035 HILTON SA 5033 | P 08 8238 9300 F 08 8238 9303 E info@asthmasa.org.au