

# Childhood asthma support

**phn**  
NORTH WESTERN  
MELBOURNE

An Australian Government Initiative

Resources for **children and young people, their parents and carers** in Melbourne's inner west.



Discover the best apps, videos, publications, websites, services and translated resources.

Designed to help you learn about and manage asthma in children and young people.

For more information: [nwmphn.org.au/childhood-asthma](http://nwmphn.org.au/childhood-asthma) or scan the QR code



# Childhood asthma support

Managing asthma can be challenging for everyone. With so much information around and it can be hard to know where to start.

This guide includes trusted, reliable and locally accessible services, support and information to help children and young people to live well with asthma.

## The ICAM program and partners

This is an initiative of the Improving Childhood Asthma Management (ICAM) – Inner West Program, funded by the Victorian Government and delivered in partnership with Asthma Australia, cohealth, National Asthma Council Australia, Royal Children's Hospital, Safer Care Victoria, and North Western Melbourne Primary Health Network.

### To learn more about ICAM

- Visit [health.vic.gov.au/ICAM](https://health.vic.gov.au/ICAM)
- North Western Melbourne Primary Health Network [nwmpnhn.org.au/asthma](https://nwmpnhn.org.au/asthma)

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We acknowledge the people of the Kulin nations as the Traditional Custodians of the land on which our work in the community takes place. We pay our respects to their Elders past and present.

We also recognise, respect and affirm the central role played in our work by people with lived experience, their families and/or carers.



# Support in person or by phone

*Did you know most people do not use their inhaler correctly?*

*An Australian study found 6 out of 7 confident inhaler users thought their technique was correct when it wasn't.*

*Build your inhaler skills with a free specialist education service:*

## Asthma Australia Referral Service

This service provides support for people over 3 years old who have asthma.

You can [book an online appointment with an asthma educator](#). Alternatively your GP can ask an asthma educator to contact you.

**For free phone support** call **1800ASTHMA (1800 278 462)** during business hours.

The service has a call-back facility, and TIS National interpreters are available.

## Community Asthma Program - cohealth

The [Community Asthma Program](#) provides free asthma education and support for children (1- 17yrs) with asthma or wheeze. An asthma nurse educator works one on one with families to manage asthma.

You can book an appointment by calling **(03) 9448 6410** or for more information visit: [cohealth.org.au/service/community-asthma-program/](http://cohealth.org.au/service/community-asthma-program/)

## Home medicine review by a pharmacist

Your GP can refer you to an accredited pharmacist who will visit your home to help you with asthma management. This includes checking inhaler technique, medicine management and correct storage.

## Talk to your GP

Your doctor has a range of ways to help you or your child to manage asthma.

If you need more support book a longer appointment so that you can discuss all the options with your doctor.

## How-to videos for inhalers - National Asthma Council Australia

It's easier to learn how to use an inhaler or nasal spray when someone shows you. With this in mind the National Asthma Council of Australia has produced a pile of short videos demonstrating how to use all sorts of tools for controlling the condition. These allow parents to teach good technique to children – or allow children to learn directly.

You can find the collection at [nationalasthma.org.au/living-with-asthma/how-to-videos](http://nationalasthma.org.au/living-with-asthma/how-to-videos)



# Apps to help manage asthma

There are several apps available to help you manage your child's asthma, or to help your child self-manage. They include:

## **Asthma First Aid app**

The [Asthma First Aid app](#), by Asthma Australia, is the go-to tool for an asthma emergency. It covers first aid and the ability to review each of the four first aid steps.

## **Kiss My Asthma**

[Kiss My Asthma](#), also by Asthma Australia, is an app for, and developed by, young people. It features access to its user's asthma action plan and can track symptoms, severity and frequency of attacks. This makes it easy to provide accurate information to GPs or specialists.

## **Air Smart - Asthma Australia**

[AirSmart](#) provides daily information on air quality, so users can avoid breathing hazards when planning activities.

## **Asthma Buddy website**

[Asthma Buddy](#), by the National Asthma Council Australia, is a mobile-only website. Patients and carers can add personalised asthma action plans, including details of day-to-day meds. It also helps identify if the condition is getting worse, and provides advice on what to do.

## **EPA AirWatch**

[EPA AirWatch](#), hosted by Victoria's Environmental Protection Authority, is a web page that shows the level of pollutants in the air at monitoring sites across the state. This information can be used to plan activities to avoid exposure to asthma triggers.

## **Melbourne Pollen**

[Melbourne Pollen](#), by the University of Melbourne, is an app that tracks hay fever symptoms to figure out which pollen types are to blame. The alert notification system lets users know when each pollen level in their area is high.

## **Vic Emergency**

The State Government's [Vic Emergency app](#) and website provides warnings for possible thunderstorm asthma conditions.



# Videos and training

## Online videos

### Royal Children's Hospital asthma video series

The hospital has produced an excellent series of short videos to help parents better understand and manage childhood asthma. They include:

- [What is asthma?](#)
- [Treating asthma](#)
- [Asthma action plan and Asthma first aid](#)
- [How to use a puffer with a spacer and mask](#)
- [How to use a puffer with a spacer](#)
- [How to use an turbuhaler](#)
- [How to use a rapihaler and spacer](#)
- [How to use a nasal spray](#)
- [Caring for your spacer](#)
- [Caring for preschool children with asthma or wheeze](#)

The video explains what causes wheezing in preschool children, how the diagnosis of asthma can be made in this age group, and how to care for young children with asthma or wheeze.

You can find the whole collection at: [rch.org.au/fact\\_sheets/asthma-videos](http://rch.org.au/fact_sheets/asthma-videos)

### Asthma Australia videos

A range of videos covering inhaler use and topics including 'what is asthma?' can be accessed on the [Asthma Australia resources page](#).

### NEW "Why have an asthma action plan" video and translations

This video is designed for patients (and their carers) with asthma. It explores the purpose of an asthma action plan, how to get one, understanding your plan and what to do when symptoms get worse or in an emergency. The video also has translated versions (Arabic, Chinese and Vietnamese). Run time 2 mins.

Watch it on:

[youtube.com/watch?v=mgW8d-xPSZU](https://youtube.com/watch?v=mgW8d-xPSZU)

### Asthma Storyworks – youth videos

These videos were produced by young people to reduce stigma and increase asthma self-management knowledge and skills in young people. Watch it on: [cohealth.org.au/icam](http://cohealth.org.au/icam)

## Online training and education

### Childhood Asthma Guide for Inner West Melbourne.

This **free** course is available to asthma care providers such as school staff and sports club staff including leadership staff, teachers, relievers, coaches, officials, trainers, and volunteers.

Developed by the National Asthma Council Australia, this 1 hour online interactive session that aims to identify and manage asthma in children and adolescents 5-19 years old within a school or sports settings.

Take the course at:

[s.goshare.com.au/icam\\_nonclinical](http://s.goshare.com.au/icam_nonclinical)

# Online and printed resources

## Online information sheets

### Better Health Channel

The Victorian Government's Better Health Channel contains a big collection of asthma fact sheets, covering the basics, living with the condition, managing it for children and teenagers, and thunderstorm asthma. Find them by searching [betterhealth.vic.gov.au/conditionsandtreatments/asthma](http://betterhealth.vic.gov.au/conditionsandtreatments/asthma)

### National Asthma Council Australia resources

National Asthma Council Australia provides fact sheets on living with the condition, plus first aid charts for children. Find them at [nationalasthma.org.au/living-with-asthma/resources/patients-carers](http://nationalasthma.org.au/living-with-asthma/resources/patients-carers)

The organisation's [My Asthma Guide](#) is designed to help people understand and manage the condition. It can be downloaded as a PDF.

### Asthma Australia resources

Asthma Australia has resources on many aspects of childhood asthma, including how to manage asthma at school, symptoms of asthma in children, treating asthma in children, youth asthma 12-24 years, asthma in pre-school children, and asthma flare-ups.

You can find them here: [asthma.org.au/about-asthma/asthma-in-children](http://asthma.org.au/about-asthma/asthma-in-children)

## Printed resources

### Children's story book 'Minh's Asthma story' - cohealth

This bilingual storybook follows Minh's family as they journey from first asthma symptoms, to diagnosis, to asthma self-management.

Codesigned with the Vietnamese-speaking women's group in Brimbank, the story is bilingual in English and Vietnamese. Aimed at children aged 5-9 and their carers, the storybook is available at Local Government and Primary School Libraries.

Read Minh's story by visiting: [cohealth.org.au/icam](http://cohealth.org.au/icam)

### 'Breathe Easy' information brochure - cohealth

This brochure includes information and services in Melbourne's inner west that can help families to understand and manage childhood asthma.

Breathe Easy is available in Arabic, English and Vietnamese. For more information visit: [cohealth.org.au/icam](http://cohealth.org.au/icam)

# Translated resources

The National Asthma Council has free information and resources available in Arabic, Chinese, Korean, Spanish and Vietnamese. Search [National Asthma Council translated resources](#).

The [Victorian Government's Health Translations](#) platform has asthma resources and information available in Arabic, Burmese, Chinese, Dari, Dinka, Nepali, Swahili and Vietnamese.

[Asthma Australia's resource library](#) has translated information sheets, searchable by language.

Asthma Australia has also produced a new video that explains why you need an asthma action plan, how to use it and what to do if you have symptoms or in an emergency. It has also been translated into Vietnamese, Chinese and Arabic. Watch it on [youtube.com/watch?v=mgW8d-xPSZU](https://www.youtube.com/watch?v=mgW8d-xPSZU)

[Cohealth's](#) Breathe Easy information brochure is available in Arabic, English and Vietnamese. For more information visit: [cohealth.org.au/icam](https://cohealth.org.au/icam)

## Vietnamese

Other than English, Vietnamese is the most commonly spoken language in the inner west of Melbourne. This curated list of resources can assist Vietnamese speaking patients and families to live well with asthma.

National Asthma Council Australia

- [Asthma and Your Child information resource pack](#)
- [Paediatric asthma action plan](#)

Asthma Australia

- [10 Ways to Live Well](#)
- [Asthma Action Plan](#)
- [Asthma First Aid](#)
- [What your doctor needs to know](#)

Royal Children's Hospital

- [Asthma](#)





**For more information:**  
[nwmpn.org.au/childhood-asthma](http://nwmpn.org.au/childhood-asthma) or scan the QR code