



Read this with the people who look after you

## Important things about your asthma

The National Asthma and COPD Audit Programme (NACAP) has found three important things which your local doctor/nurse can do to help with your asthma.

### 1 Make sure you have an asthma plan

This is a plan that you put together with the people who look after you and your local doctor/nurse.

It makes sure you:

- > know what asthma medicines you need to take,
- > when to take them, and
- > when and who to ask for help if your asthma gets worse.

#### Do you have an asthma plan?

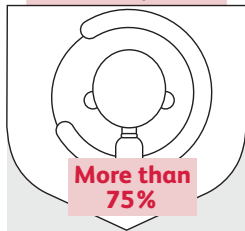
Yes

No

If no, you or the people who look after you should ask your local doctor/nurse if you need one.



Asthma plan



**More than  
75%**

Most children with  
asthma in Wales  
(over 75%)  
do not have an  
asthma plan.

## 2 Check if you live with someone who smokes

If you live with someone who smokes this can make your asthma worse or mean you are more likely to become ill from other things. If local doctors /nurses know this, they can help the people you live with stop smoking or help make sure you don't become ill.

**Has your local doctor/nurse asked you if the people you live with smoke?**

Yes

No

If no, and you do live with someone who smokes, the people who look after you should tell your local doctor/nurse.

## 3 Check (every year) you or the people who look after you know how to use your inhaler properly

If you or the people who look after you know how to use your inhaler properly (this is called your inhaler technique), you are more likely to be breathing in the right amount of medicine. This will mean there is less chance of your asthma getting worse and you needing to ask for help.

**Has your local doctor/nurse checked you or the people who look after you can use your inhaler properly in the past year?**

Yes

No

If no, you or the people who look after you should ask your local doctor/nurse if you need one.



Smoking

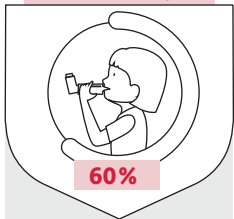


**Less than 1%**

Only a few local doctors/nurses in Wales (under 1%) asked the children they treated if they live with someone who smokes.



Inhaler technique



**60%**

Over half of children with asthma in Wales (nearly 60%) **have not had** an inhaler technique check in the past year.