

Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust
Children and Young Peoples Asthma Nursing Team

Dear Parent or Carer,

As we prepare for the new school term, we would like to highlight the importance of good asthma control during the 'September Surge'. Each year, there is an increase in asthma symptoms, emergency department attendances and hospital admissions among children and young people shortly after returning to school.

This increase is often linked to viral infections, allergen exposure, changes in routine and reduced use of preventer inhalers during the summer holidays.

To help keep your child well, please ensure that:

- Preventer inhalers are taken every day as prescribed.
- Inhalers and spacers are available, in date and used correctly.
- Your child has an up-to-date asthma action plan.
- School staff are aware of your child's asthma and have access to the required medication.
- Medical advice is sought promptly if asthma symptoms worsen.

The enclosed poster provides further information and practical steps to help reduce the risk of asthma attacks during this period.

If you require an asthma plan review or follow up, please contact your asthma nurse.

Yours sincerely,
Asthma Nursing Team

SEPTEMBER SURGE

Let's keep asthma under control this school year

Every September, we see a rise in asthma attacks, emergency visits and hospital admissions in children and young people when they return to school.

Good asthma control now can prevent problems later.

Well controlled asthma = more breath, less stress!

ASTHMA NURSING TEAM

Please contact your asthma nurse if you require an asthma plan review

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WHY DOES THE SEPTEMBER SURGE HAPPEN?



VIRAL INFECTIONS

Coughs and colds (especially rhinovirus) spread more easily when children return to school.



REDUCED PREVENTER USE OVER SUMMER

Less routine can lead to poorer adherence to preventer inhalers.



ALLERGEN EXPOSURE

Pollen, mould spores and dust mites can trigger asthma symptoms.



CHANGES IN ROUTINE

New term, less sleep, stress and more indoor time can all trigger symptoms.



MORE CONTACT, MORE TRIGGERS

More mixing = more bugs and more asthma triggers.

WHAT CAN YOU DO BEFORE SEPTEMBER?



1

REVIEW ASTHMA CONTROL

- Book an asthma review before the summer ends
- Check symptoms, reliever use and any attacks
- Make sure your child is on the right treatment
- Check inhaler technique



2

TAKE PREVENTER INHALERS EVERY DAY

- Keep using preventers, even when feeling well
- Set reminders – don't stop over the summer
- Good habits now help prevent attacks later



3

UPDATE THE ASTHMA ACTION PLAN

- Make sure it is up to date
- Share it with school
- Know what to do if asthma gets worse



4

CHECK MEDICATION & DEVICES

- Check inhalers are in date and not empty
- Make sure your child has a spacer
- Keep a spare inhaler at home and one at school



5

EDUCATION IS POWER

- Know your child's triggers and early warning signs
- Understand when and how to use medication
- Know when to seek help



6

LET SCHOOL KNOW

- Provide inhalers and a copy of the action plan
- Ensure school staff know what to do
- Keep contact details up to date



KEY MESSAGES



Well controlled asthma means fewer attacks and more confidence.



Preventer inhalers work best when used every day.



Act early if symptoms get worse – don't wait.



We're here to help – talk to your asthma team.



WHEN TO GET HELP

Seek urgent medical help if your child:

- Is finding it hard to breathe or speak
- Is using their reliever inhaler more than every 4 hours
- Has no improvement after reliever inhaler
- Looks very distressed, drowsy or confused

If you are worried, get help early.



A good start to the term starts now!

Let's work together for better breathing this September and beyond

For more information speak to our Asthma Nursing Team or your GP.



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Taking PRIDE in our patients and each other