

# PRINCESS ASMA

An asthma patient information booklet



This booklet is distributed by



Content created by

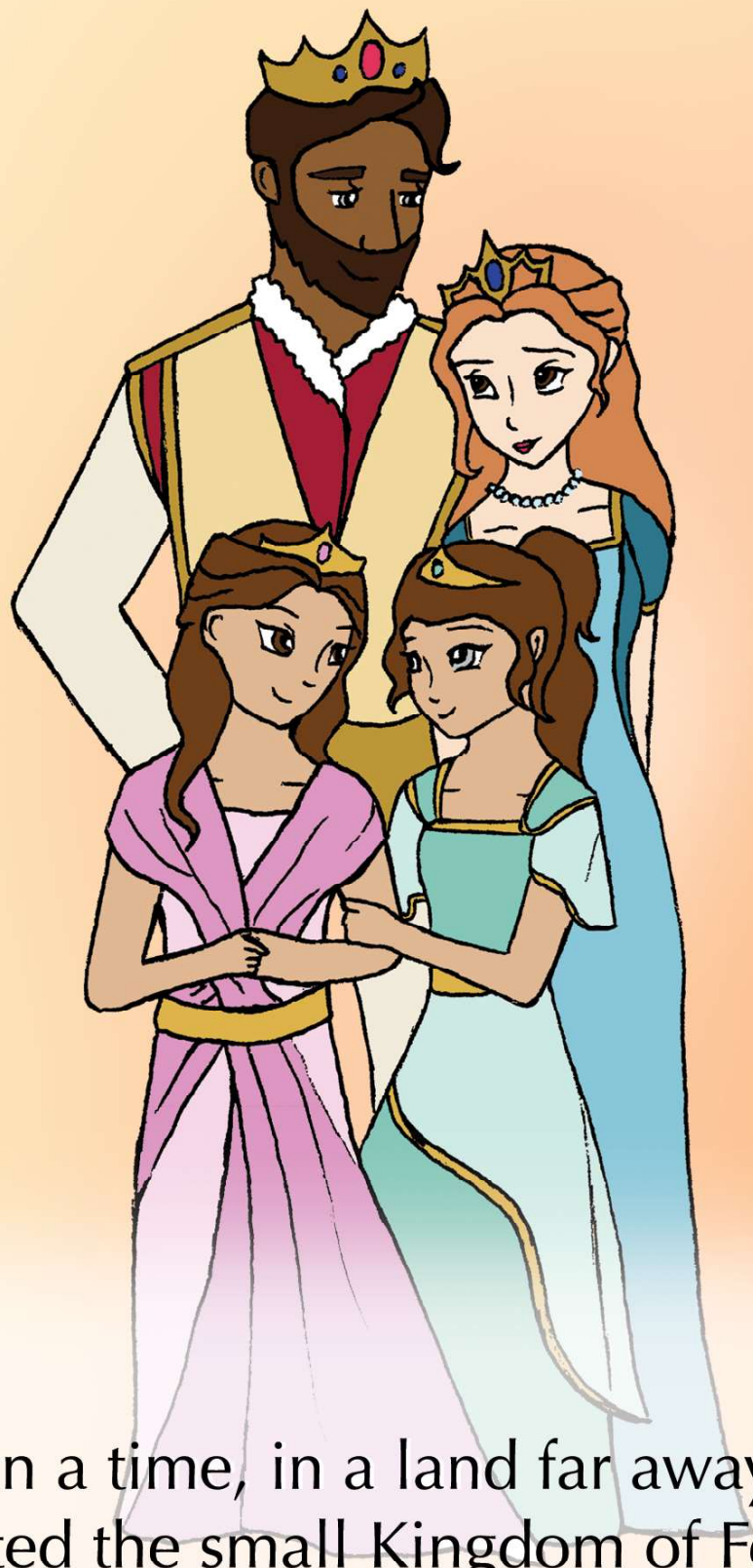
Jessica Chow  
Azmain Chowdhury  
Louise Kuo  
Sabeeh Syed  
Rhonda Trotman

With special thanks to

Jonny Coppel  
Rahul Chodhari  
John Moreiras  
Colette Datt

**Healthy  
London  
Partnership**

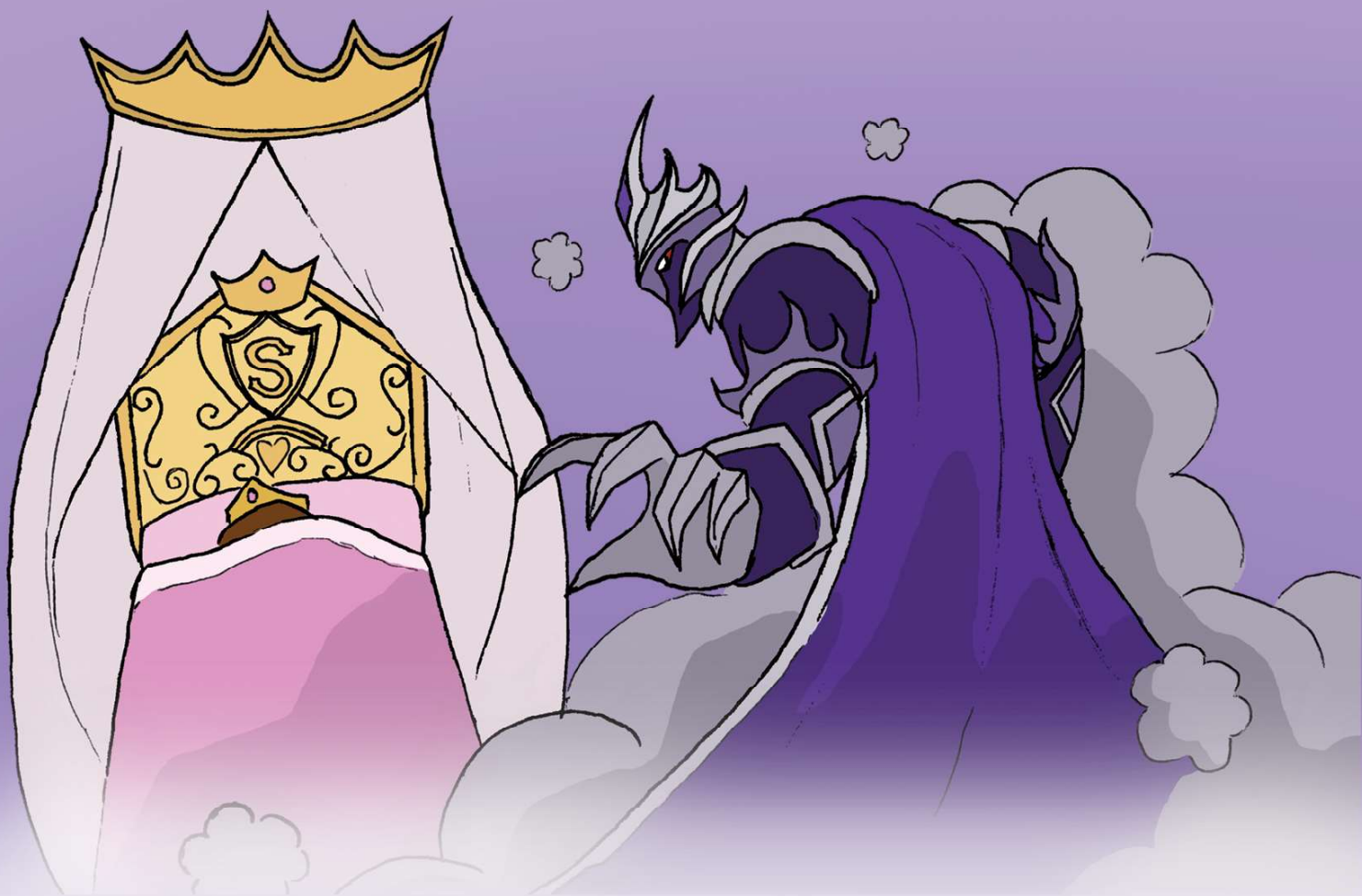




Once upon a time, in a land far away, there existed the small Kingdom of Felicia. the people of Felicia were ruled by their beloved King and Queen who had two beautiful daughters named Princess Asma and Princess Bree. Times were good and, under their guidance, the people of Felicia were happy and lived in harmony with one another.

Jealous of their happiness and determined to destroy the kingdom, the banished evil Dust King hatched a very evil plot.

In the dead of night, he snuck into the royal castle, kidnapped Princess Bree, and took her away to his castle...



When Princess Bree's empty bed was discovered the next day, the King and Queen wept for days until the brave Princess Asma made the decision to rescue her younger sister from the clutches of the Dust King.



Legend had it that the lair of the Dust King was full of hidden traps and, wanting to be prepared, Princess Asma approached her wise Pixie for advice. The Pixie told the princess to remember that she had asthma and that in order to successfully rescue her sister, there were a few important things she needed to know.



When someone has asthma they can sometimes have trouble breathing. Their airways narrow and they become breathless and wheezy. This is called an asthma attack.

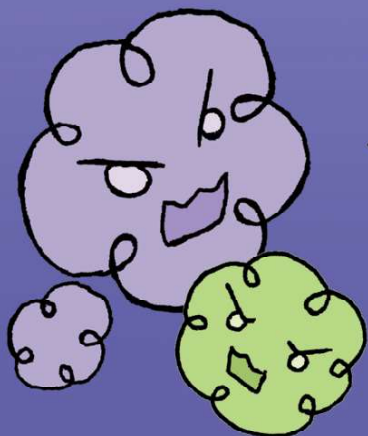


The Dust King might try to trap you and cause an asthma attack, by using the triggers of asthma. Triggers are those things that make you have an asthma attack if you breathe them in.

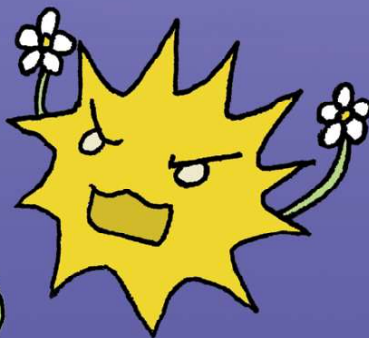
Remember that infections, exercise, and cold weather can also cause an asthma attack!



Cigarette  
smoke



Dust and  
chemical fumes



Pollen



Fur and dander

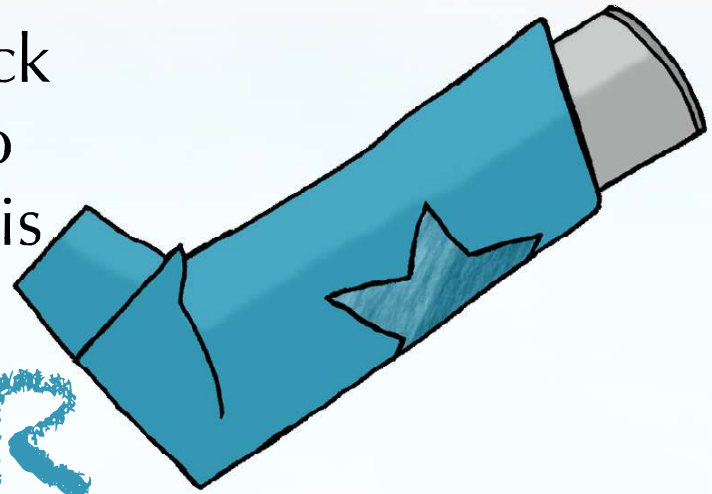
If someone has asthma,  
they should take this brown  
magic inhaler every day.

# PREVENTER



If they have an asthma attack  
and suddenly find it hard to  
breathe they should take this  
blue magic inhaler.

# RELIEVER



(This will open up their airways  
so that they can breathe nice and freely!)

To help children use the magic inhalers,  
we have a spectacular spacer.  
We put the inhaler on one end  
and breathe from the other end,  
so that the magic medicine from  
the inhaler can go into our  
lungs and help  
us breathe.







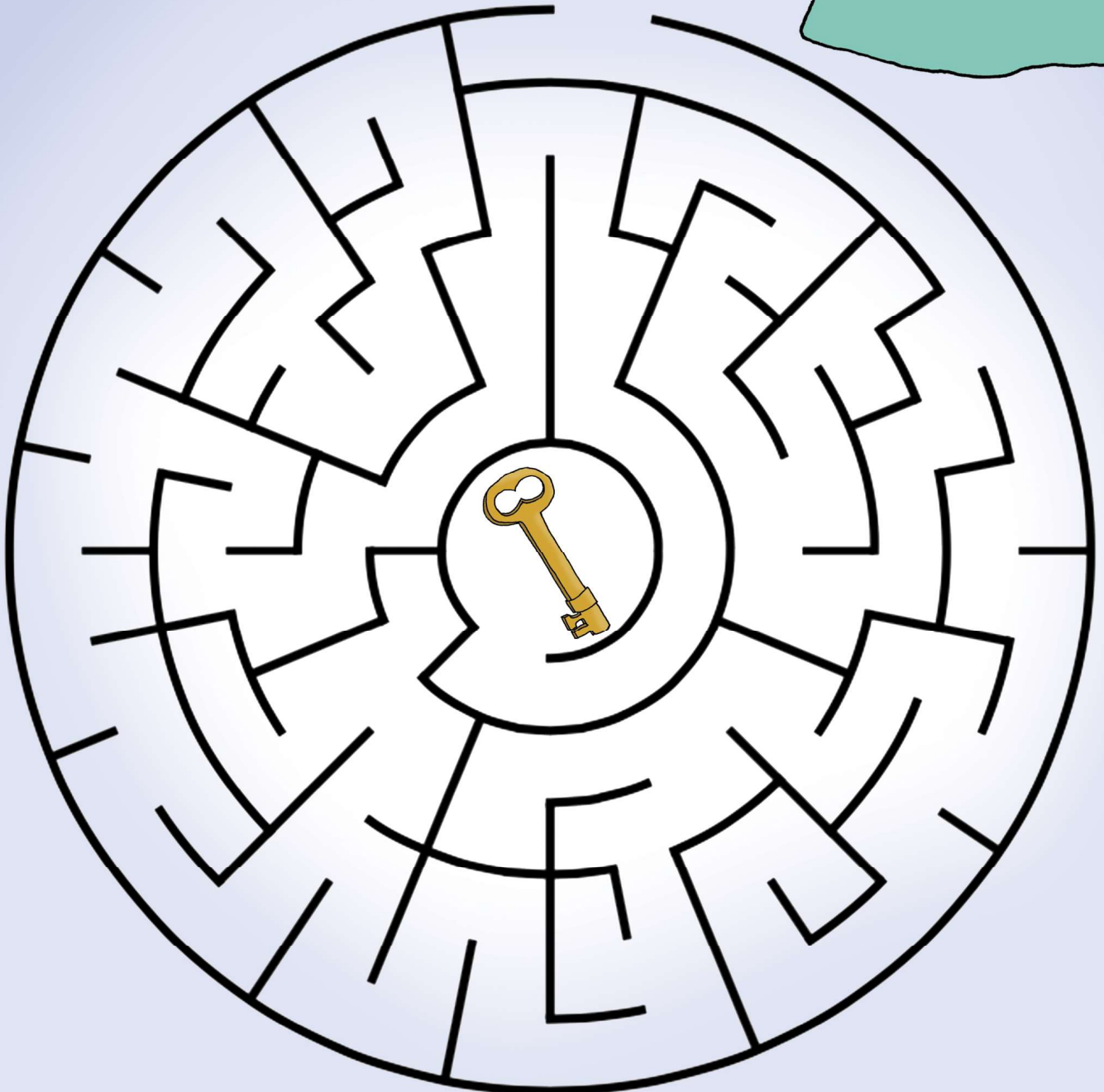
And so the brave Princess Asma set out to rescue her sister Princess Bree. After miles and miles of riding upon her best horse, Princess Asma came upon the Dust King's big ugly castle. Right at the very top of the hill at very top of the castle was a tower - higher than any tower she had ever seen. Princess Bree must be trapped inside!



Help Princess Asma find the key to the tower!



START



As she pushed open the gigantic door to the castle and entered the room, she began to cough and wheeze. It was a trap! The room was filled with the evil Dust King's minions - TRIGGERS.



The Dust King had quickly assembled an army of his finest 'Trigger Minions' to guard the key. The Trigger Minions surrounded Princess Asma, who suddenly began to cough and wheeze. Her chest felt tight and she was having difficulty breathing. Oh no! She was having an ASTHMA ATTACK.

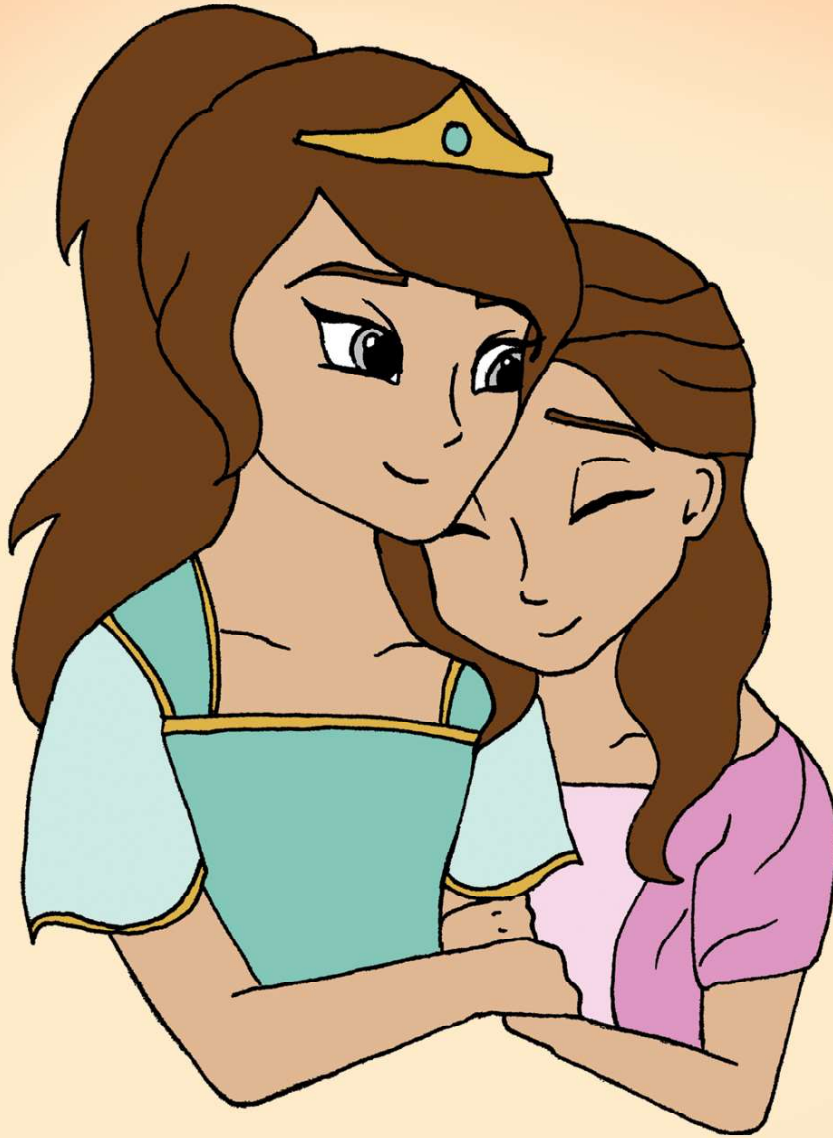


The brave Princess quickly remembered what her Pixie had told her to do in an asthma attack, and took her BLUE inhaler.

After a few moments, her airways opened and she could breathe properly again! She ran as fast as she could and grabbed the key to the tower.



She ran to the tower and put the key into the door. She pushed and pushed and pushed with all her might until it creaked open. Princess Asma and Princess Bree ran and embraced each other.



Princess Asma had done it! She had rescued her sister. They returned to the Kingdom of Felicia where everyone lined the streets to greet the brave Princesses. The whole family was together again and they lived happily and healthily ever after.

# THE END



# Try colouring in Princess Asma and her Pixie!



# Child having an asthma attack?

**T**  
**Think**  
**?**

Any of these signs:

- Coughing
- Wheezing
- Hard to breathe
- Tight chest
- Cannot walk/talk

Send someone to get inhaler and spacer  
Stay with the child



**Is this an emergency?**




**I**  
**Intervene**  
**+**

- Keep calm
- Reassure child
- Sit them up and slightly forward
- Is someone getting inhaler and spacer?
- Administer inhaler
- Note time of using inhaler

**Is this an emergency?**





**M**  
**Medicine**



- Use blue inhaler
- Shake inhaler
- Place in spacer
- Spray one puff
- Take five breaths
- Repeat the above up to 10 times if needed
- If no improvement, call an ambulance

**Is this an emergency?**



**E**  
**Emergency**  
**999**

- If no improvement, or if you are worried or unsure, call 999
- Call parent/guardian
- If ambulance takes longer than 10 mins, repeat Medicine steps
- Note time of calling 999

School's postcode



**Has child taken their inhaler?**



## When asthma strikes, it's TIME to act.





# School asthma plan

Name: \_\_\_\_\_ Class: \_\_\_\_\_

My **reliever** inhaler: NAME ( COLOUR )I take \_\_\_ puffs of my **reliever** inhaler using a spacer.My **preventer** inhaler: NAME ( COLOUR )I only use my **preventer** inhaler when I am at home.

- When my inhaler(s) are running low, my parent/guardian or I will replace it/them.
- I have had an annual asthma review in the last 12 months.
- My parent/guardian gives consent for the use of emergency inhaler.

If I need to use my **reliever** inhaler more than two times a week, please advise my parent/guardian so they can organise a review with my asthma nurse/GP.

**When I have an asthma attack:**

- I start coughing
- I start wheezing
- I find it hard to breathe
- My chest becomes tight
- Other (describe below):
- \_\_\_\_\_
- \_\_\_\_\_

**I may need to take my reliever:**

- Before exercise
- After exercise
- When there is high pollen
- During cold weather
- Other (describe below):
- \_\_\_\_\_
- \_\_\_\_\_

Parent/guardian name: \_\_\_\_\_

Relationship to child: \_\_\_\_\_ Contact no.: \_\_\_\_\_

Parent/guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Health professional's name: \_\_\_\_\_

Health professional's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Child's signature: \_\_\_\_\_ Date: \_\_\_\_\_

**TIME**

**In an emergency,  
see poster overleaf**

*Important note: This is a generic asthma plan for school-aged children. If your child has a more detailed asthma plan, it is essential that the school is informed so they can keep your child safe.*



**Helping local people live  
longer, healthier lives**

# PRINCESS ASMA

When Princess Asma's younger sister Princess Bree is kidnapped by the evil Dust King, she must go out and rescue her! But before she does, she needs to ask her wise Pixie for help with her asthma!

Join Princess Asma as she learns about the Dust King's evil Trigger Minions, the magic inhaler sprays, and what to do in an asthma attack! Will she be able to overcome her asthma and rescue Princess Bree from the clutches of the Dust King?



The Asthma Innovation Research [AIR] group has been set up to promote asthma awareness and education. We believe that with improved awareness we can relieve the burden of asthma and prevent hospitalisation.

For more information, please visit:  
[asthmainnovationresearch.co.uk](http://asthmainnovationresearch.co.uk)

