



# Asthma Management

Hallett Cove Netball Club has sourced information from Sports Medicine Australia ([www.sma.org.au](http://www.sma.org.au)) and National Asthma Council Australia ([www.nationalasthma.org.au](http://www.nationalasthma.org.au)) to develop the below listed guidelines.

Coaches have a duty of care for all their players while they are at netball. This document has been produced to help coaches with decision making regarding a player's health and wellbeing.

**All players identified as asthmatic (as per their registration form) MUST bring their reliever medication to all trainings and matches.**

**If a player's asthma action plan includes the use of reliever medication (blue/grey puffer) PRIOR to exercise, it is the responsibility of the player/parent to ensure this occurs.**

If a player develops asthma symptoms during exercise (either at training or a match):

- They must cease exercise and follow their asthma action plan. If they don't have an action plan, the recommended action is 4 separate puffs of their blue/grey reliever medication x 4 breaths x 4 minutes.
- Players should not be taking their medication whilst still on the netball court – they need to stop (call for 'time' if during a match – this means going off the court as an injured/ill player) and take to the sidelines to use their medication

Player should not resume training or match until all symptoms have subsided.

If player's symptoms return during the same training or match:

- They must cease exercise and follow their asthma action plan. If they don't have an action plan, the recommended action is 4 separate puffs of their blue/grey reliever medication x 4 breaths x 4 minutes.

At this time, the player should not be allowed to return to exercise for the remainder of the day.

*If such events are repeated, it is recommended that the player concerned seeks medical advice for review of their Asthma Action Plan and medication. Repeated use of a reliever medication during exercise is an indication that a person's asthma is not being suitably managed under current action plan.*

If a player's Asthma Action Plan indicates different treatment or different course of action during exercise, please provide a copy of the Action Plan to the club to be shared with the team coach.

## USE BLUE/GREY PUFFER (E.G. ASMOL, VENTOLIN, ZEMPREON)

Use person's own reliever inhaler, if possible. If not, use blue/grey puffer from first aid kit or borrow one.

- 1 Sit the person comfortably upright.**  
Stay calm and reassure them.
- 2 Give 4 puffs of blue/grey puffer**  
How to do this:  
Add 1 puff into spacer – person takes 4 breaths in and out of spacer.  
Repeat until 4 puffs have been given.  
See instructions below: **How to use a blue/grey puffer with spacer**
- 3 Wait 4 minutes.** Stay with person – watch carefully and reassure them. Call 000 for an ambulance **at any time** if you need to. Say that someone is having an asthma attack.
- 4 After 4 minutes.**

|  |  |  |
|--|--|--|
| <p><b>Worse or no better?</b><br/>If getting worse or severe breathing problem, <b>call 000</b> for ambulance <b>NOW</b>.<br/><b>Keep giving 4 puffs every 4 minutes until ambulance arrives.</b><br/>(Give 4 separate puffs, 4 breaths with each puff.)</p> | <p><b>Still hard to breathe?</b><br/>If the person still cannot breathe normally, <b>give 4 more puffs</b>.<br/>If still cannot breathe normally within a few minutes, <b>call 000</b>.<br/><b>Keep giving 4 puffs every 4 minutes until ambulance arrives.</b><br/>(Give 4 separate puffs, 4 breaths with each puff.)</p> | <p><b>Breathing normally?</b><br/>If the person feels better and is breathing normally, get them to a doctor for a check-up.</p> |
|--|--|--|

**Signs that someone is having an asthma attack (any of these):** Sudden shortness of breath, can't talk normally, cough, chest tightness or wheezing.

**Not sure it's asthma?**  
If a person stays conscious and their main problem seems to be breathing, use blue/grey reliever puffer and call ambulance on 000. This medicine is unlikely to harm them even if they do not have asthma.

**Severe allergic reactions/ anaphylaxis** If someone is allergic to foods, insect stings or medicines **AND** they have sudden breathing problems (e.g. cough, wheeze, hoarse voice):  
Give adrenaline **first**. Use their own autoinjector (e.g. EpiPen, Anapen) if available. Do this even if there are no other signs of an allergic reaction – see below.  
**Then** give asthma reliever puffer by following the 4 steps shown here.  
**CALL AMBULANCE (000)**

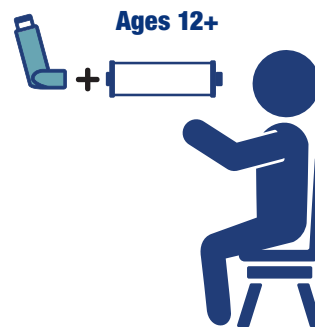
**If someone is unconscious, start life support.** Scan code for ANZCOR Basic Life Support Flowchart



**If you need an interpreter,** call 131 450

## HOW TO USE A BLUE/GREY PUFFER WITH SPACER

- Remove puffer cap and shake puffer.
- Insert puffer upright into spacer.
- Put mouthpiece of spacer between person's teeth and seal lips around it.
- Press once firmly on puffer to release one puff into spacer.
- Get them to take 4 breaths in and out of spacer.
- Repeat, 1 puff at a time, until 4 puffs taken.
- Replace cap on puffer.



**! No spacer?**  
Use a plastic drink bottle or rolled-up paper  
Go to [nationalasthma.org.au](http://nationalasthma.org.au) or scan code



**! No blue/grey asthma puffer is available and the person's own asthma reliever inhaler is not blue/grey?**  
Go to [nationalasthma.org.au](http://nationalasthma.org.au) or scan code

### Allergic Reactions

**SIGNS OF ALLERGIC REACTION:** Can include swelling of lips/face/eyes, tingling mouth, hives/welts, (abdominal pain/vomiting if insect allergy)

**WATCH FOR ANY OF THESE SIGNS OF ANAPHYLAXIS (severe reaction):** Difficult/noisy breathing, swelling of tongue, swelling or tightness in throat, wheeze, persistent cough, difficulty talking, hoarse voice, persistent dizziness or collapse, pale and floppy (young children)

**ALWAYS GIVE ADRENALINE INJECTOR FIRST,** and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has **SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms.

### When to call 000 for an ambulance

- Person is drowsy
- Person looks blue around lips
- Person with breathing problem has allergies to foods, insect stings, or medicines
- Breathing problem is severe
- Person is not getting better
- You are not sure what to do