

## Emergency Asthma Plan:

*To be followed in the event of a serious Asthma attack.*

1. Sit upright and stay calm.
2. Take 4 separate puffs of a reliever puffer (one puff at a time) via a spacer device. Just use the puffer on its own if you don't have a spacer. Take 4 breaths from the spacer after each puff.
3. Wait 4 minutes. If there is no improvement, take another 4 puffs.
4. If little or no improvement,  
CALL AN AMBULANCE IMMEDIATELY -  
DIAL 000 (OR 112 FROM AN OUT OF  
RANGE MOBILE PHONE) AND STATE  
THAT YOU ARE HAVING AN ASTHMA  
ATTACK.  
Keep taking 4 puffs every 4 minutes until the  
Ambulance arrives.

## Castlemaine District Community Health

13 Mostyn Street  
CASTLEMAINE 3450

Phone: 03 5479 1000

Fax: 03 5472 3221

email@cdch.com.au

[www.cdchcastlemaine.com.au](http://www.cdchcastlemaine.com.au)

### Hours

Monday to Thursday 9.00am—5.00pm

Friday 9.00am—4.30pm



Castlemaine  
District  
Community  
Health

COMMUNITY HEALTH  
Information Resources Promotion

### Fees for Services

Physiotherapy \$10.00

Diabetes Nurse Educator \$10.00

Dietitian \$10.00

Community Health Nurse \$10.00

Should payment of any Fee stop you from  
using this Service, please make this known  
to the Receptionist.

*Your Health  
Your Community  
Your Community Health Centre*

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# Asthma Services

*Facilitating  
Better Health*

Castlemaine District Community Health (CDCH) offers a range of services and programs aimed at promoting health and preventing illness. These may be conducted on an individual or group basis.

*CDCH is part of your community*

## Asthma

### *What is Asthma?*

Asthma is a chronic inflammatory disorder of the airways – causing muscle spasms, inflammation, swelling and production of excess mucus.

The cause is unknown, it is mostly reversible and treatable.

### *How Common is Asthma?*

Asthma Victoria states that over 2.2 million people in Australia and over 660,000 people in Victoria have Asthma.

Proportions with Asthma:

- ◆ 1 out of 9 children
- ◆ 1 out of 9 teenagers
- ◆ 1 out of 10 adults and increasing

### Recognising Asthma:

- ◆ Coughing
- ◆ Wheeze (not always)
- ◆ Shortness of breath or rapid breathing
- ◆ Difficulty in speaking
- ◆ Chest tightness
- ◆ Tiredness

### Asthma Services Available:

Asthma services offered by Castlemaine District Community Health include:

#### Asthma Educator

- ◆ Providing one on one education
- ◆ Asthma information pamphlets/books
- ◆ Provides accredited 3 hour education sessions for teachers and child care workers
- ◆ Provides 1 hour *Asthma Friendly School* program for schools
- ◆ Education sessions for students at school

### What you can do:

Asthma is a disease, which can be debilitating, confusing and frustrating. However, it can be managed and controlled.

- ◆ You do not have to cope on your own.
- ◆ Visit your Doctor and Asthma Educator for an assessment of your Asthma.
- ◆ It is important that people with Asthma and their families know as much as possible about their symptoms, treatment and medication. It is important to have an individual Asthma Management Plan, so that an active healthy life can be lead.

#### Triggers:

- ◆ Infections
- ◆ Smoke
- ◆ Emotions
- ◆ Mould
- ◆ Weather changes
- ◆ Medications
- ◆ Exercise
- ◆ Animal dander
- ◆ Food preservatives
- ◆ Industrial chemicals
- ◆ Pollens
- ◆ House dust mite

To access any service at CDCH please call Reception on 5479 1000

*Fees apply to some services, please enquire at Reception*