

15. MY BREATHING

Problems like asthma can affect your breathing.



This checklist can be downloaded from www.sunderlandactionforhealth.co.uk.

It is free to use for personal use and with people you support.

If you have asthma, your asthma symptoms may get worse when you have hay fever.

Some people get a lot of chest infections which can be a serious health problem. They can be caused by:



Swallowing problems - food and drink going down the wrong way.

Poor dental hygiene - breathing in bacteria from dirty teeth.

THINGS TO CHECK

1

If you have asthma do you need more support to stay healthy?



You may need more support with these things:



Making sure you have regular check ups about your asthma at your doctor's surgery.



Remembering to carry your inhaler with you and use it when you need to.



Making sure you have the aids you need to make it easier to use your medication, like a spacer for your inhaler.

Nurses at your doctor's surgery will often run asthma clinics to give you support and advice. Contact them if you need more support.

Smoking is very bad for your breathing.
Get help to stop smoking if you do smoke.



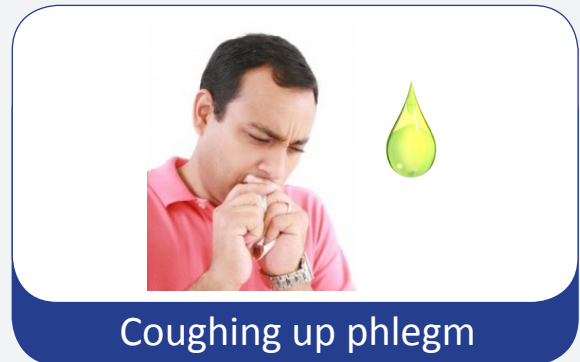
THINGS TO CHECK

2 Does anyone think you should talk to your doctor about your breathing?

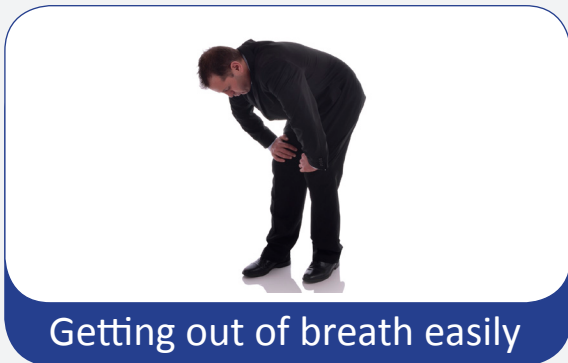
Signs of a breathing condition can include:



A cough lasting a long time



Coughing up phlegm



Getting out of breath easily



Sounding wheezy



People with certain conditions such as Down's Syndrome and Cerebral Palsy are more likely to have problems with their chest and breathing.

It's important to see your doctor if you show any signs of having a breathing problem.



Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are Easy Read leaflets about 'asthma' and 'chest and lungs' designed by many different organisations.

Look in the 'Health Leaflets' section.



www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.sunderlandactionforhealth.co.uk

The Health Action Planning toolkit is free to use.

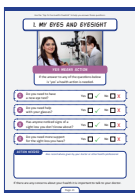


- There are 20 other checklists in the series covering a wide range of health issues.

There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.


Sunderland
Clinical Commissioning Group

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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