

Tell us what you think

We are always looking to make our booklet better.

If you have any suggestions or would like more information about Asthmanauts, please get in touch by email: asthmainnovationresearch@gmail.com



Content created by Thomas McLeod, Malik Fleet, Dominic Fenn, Colette Datt and John Moreiras.
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ASTHMANAUTS



Asthma Innovation Research (AIR) is a charity whose mission is to improve the lives of asthmatics through education and innovation.

For more information please visit:
asthmainnovationresearch.co.uk

CAMDEN

Community asthma nurse based at Royal Free Hospital (GP referral)

The service offers support and education to children and young people and their family following a new diagnosis of asthma or those with poorly managed asthma for any reason.

Breathe stop smoking (Self referral):

Supports smokers aged 13 or older who live, work, study or are registered with a GP in Camden or Islington.

Call 020 3633 2609 or text QUIT to 66777
breathestopsmoking.org/contact-us

ISLINGTON

Paediatric Primary Care service (GP referral)

Child Weight Management (Self referral):

Call 020 3317 2304

Email cnw-tr.healthylivingteam@nhs.net

ADDITIONAL RESEARCH

Healthy London Partnership asthma toolkit:

healthy london.org/resource/london-asthma-toolkit/parents-and-carers

Asthma UK helpline:

asthma.org.uk/advice/resources/helpline

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ASTHMANAUTS CONTENTS

Welcome!

Use the Menu to help navigate your way through your Asthmanauts adventure!



1 Mission Briefing

2 Preparation

3 Mission 1 - Learning

4 Mission 2 - Triggers

5 Mission 3 - Intro Inhalers

6 Puzzle Page

Maze

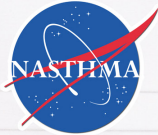
Word search

7 Mission 4 - Spacer Cadet

8 Asthma Plan - what to do when you encounter troubles

9 Flight Plan - Peak flow diary on your mission

MISSION BRIEFING



Welcome

Our airways are in danger and we need your help.

As you have asthma, you have been specially selected for the Asthmanaut training programme.

Out there in the atmosphere are enemies that will make your asthma worse if you let them.

We need you to discover what these dangers are and how to defend yourself against them.

During your training as an Asthmanaut, you will learn how to live safely with asthma.

Work your way through this training booklet and complete the following missions:

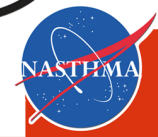
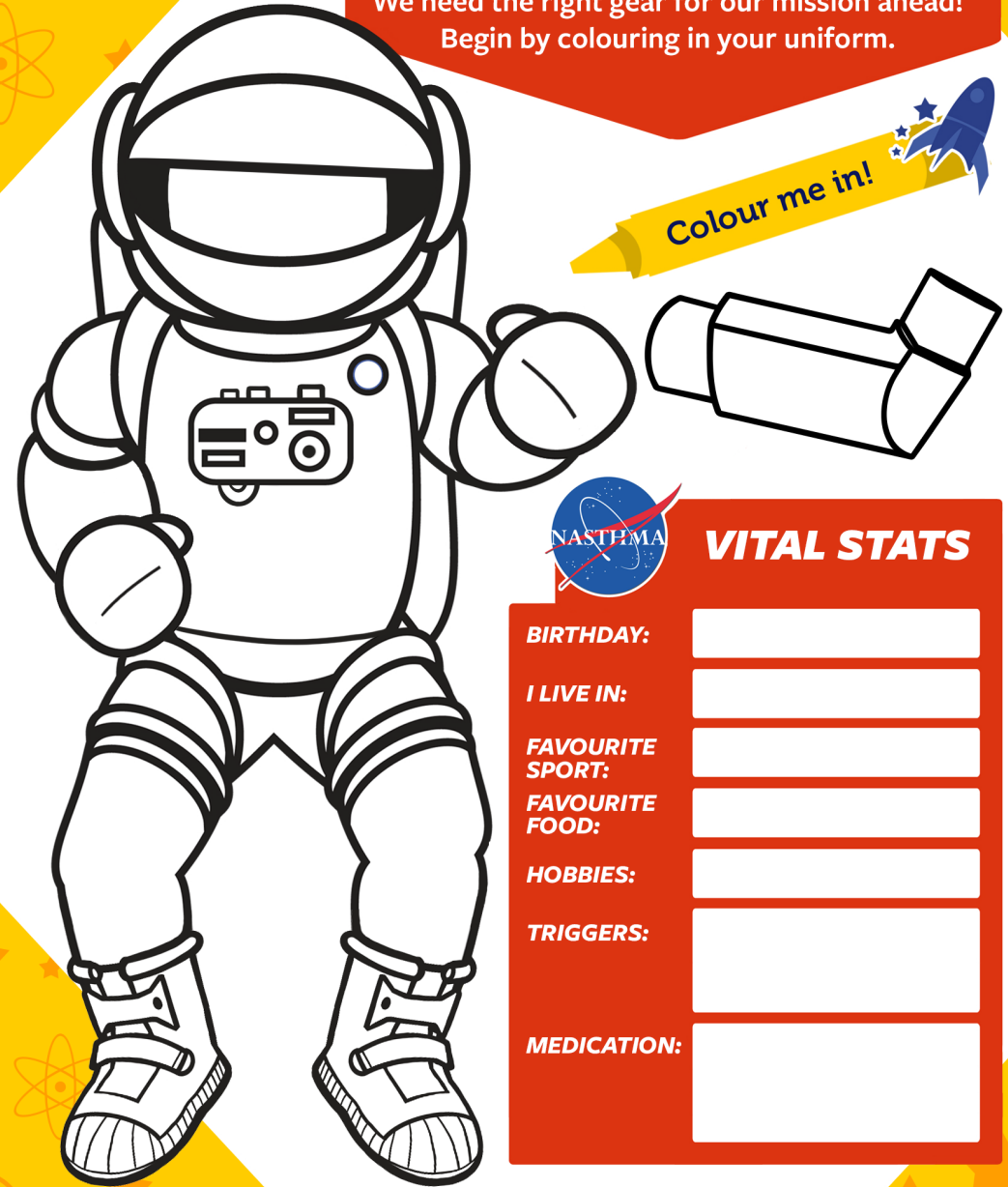
- **Mission 1:** Learn what asthma is and teach your parents.
- **Mission 2:** Be able to identify the 'airway enemies' (triggers of asthma).
- **Mission 3:** Know which inhaler rocket to call in times of need.
- **Mission 4:** Become a 'Spacer Cadet' by learning how to fuel your 'Spaceship'.
- **Flight Plan:** Plot your flight path with the Peak flow diary.



PREPARATION

THIS IS 'S ROCKET MANUAL

Here is your Asthmanaut suit!
We need the right gear for our mission ahead!
Begin by colouring in your uniform.



VITAL STATS

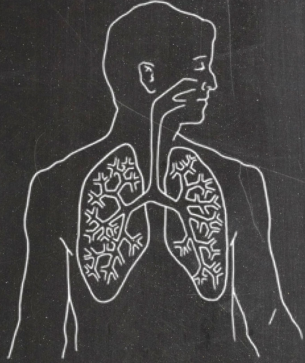
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I LIVE IN:	<input type="text"/>
FAVOURITE SPORT:	<input type="text"/>
FAVOURITE FOOD:	<input type="text"/>
HOBBIES:	<input type="text"/>
TRIGGERS:	<input type="text"/>
MEDICATION:	<input type="text"/>

MISSION 1

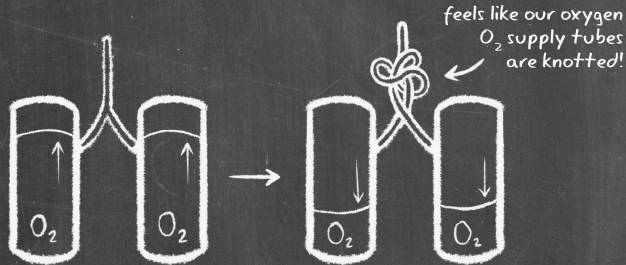
ASTHMANAUT TRAINING ROOM

WHAT IS ASTHMA?

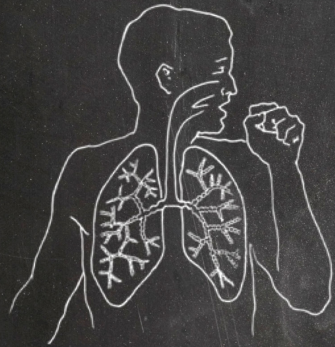
"Normal Breathing"



When you take a breath, air travels down your airways to the lungs. Like oxygen tanks in space, this provides the oxygen your body needs to work.



"Asthma Breathing"



With asthma, the oxygen pipes can become tight and narrow. It is then more difficult for air to get in and out of the lungs.

When this happens, you may:

- cough
- feel short of breath
- chest might sound wheezy

If the airways get really narrow then you may find it very hard to breathe.

This can make you feel very poorly and scared.

We call this an "asthma attack" and you may have to come to hospital.

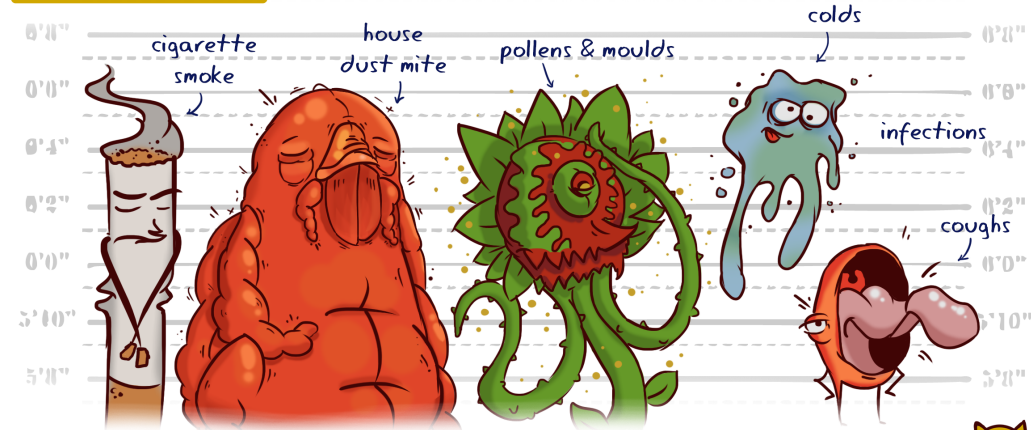


MISSION 2

THE 'AIRWAY ENEMIES' AND OTHER CAUSES OF WHEEZINESS

Certain airway enemies can attack your oxygen pipes and this can make your breathing worse and even lead to an asthma attack.

Watch out for:



...and allergies to animals such as cats 



Cigarettes: the most dangerous of them all - take cover and avoid their smoke at all costs!



Coughs and colds: asthma is made worse when Sniffles and co. are in town.



Pollen: itching powder of the plant world. This dust is carried in the air and can be particularly bad in Spring and Summer.



Dust Mites: tiny critters that live in the dust around your house! Get mummy or daddy to wash their dusty homes away!

Many Asthmanauts also feel wheezy whilst:



- in the cold



- doing exercise

Sometimes, however, you may even feel 'wheezy' for no reason. If, for any of the above reasons, you feel short of breath - help is just one blast away! Keep reading to find out how your rocket friends can help in times of need...

MISSION 3

YOUR INHALER ROCKETS

To treat asthma, there are special medicines that keep the airways nice and open.

You take the medicine by breathing it in from a rocket-shaped device called an **inhaler**.

Your doctor will decide on what is the best inhaler-rocket for you.

Let me introduce you to the two main types of inhaler-rockets and their pilots:



BROWN (PREVENTER)

Commander Brown (**preventer**), using a special force field, works all day and all night to stop the airways from becoming narrow.

You should use the brown inhaler **every day** – even if you feel as fit as a fiddle!

If the oxygen pipes come under heavy attack, he will need help from his old speedy friend Captain Blue.



Protect our planet

Recycle your used inhaler-rockets at your Nasthma Pharmacy

Brown creates a special force field and protects us from danger.



Make sure your parents always carry a blue inhaler and that they give one to your school in case you need it there.

Blue zooms in to quickly blast away imminent danger!



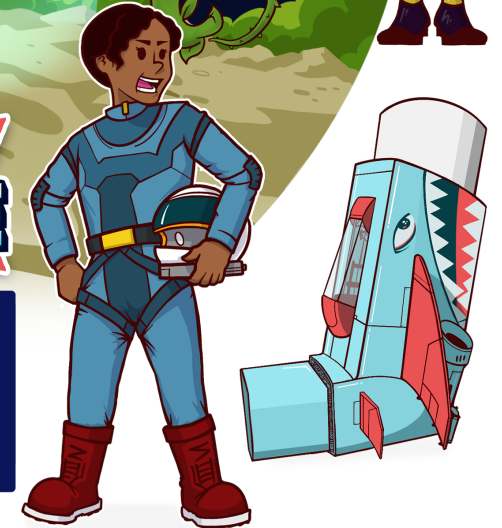
BLUE (RELIEVER)

Captain Blue (**reliever**) works really fast to re-open the airways if they suddenly become narrow.

You should use the blue inhaler whenever your chest feels **tight** or **wheezy**.

It will work quickly to relieve your wheeziness.

If you have bad attacks or are calling on Captain Blue regularly you must report back to Nasthma HQ and see your doctor.



Both these inhaler-rockets work best when connected to a bigger ship called a spacer.

To gain your spacer license and become a Spacer Cadet, make your way to the NASTHMA Space Station...

PUZZLE PAGE

Find your way to the NASHMA Space Station & avoid the airway enemies

END

Dust Mites!
They live in the dust around your house.



Coughs and Colds!
Take care if you catch a cold as it can make your asthma worse.



Pollution!
Asthma can be made worse by pollution.



Cigarettes!
The most dangerous of all! Avoid their smoke at all costs!

Pollen!
This itchy dust from plants is strongest in Spring and Summer.



WORD SEARCH

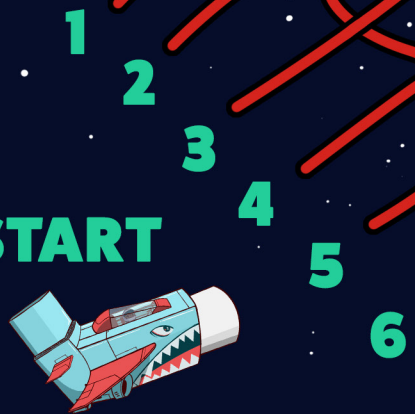
- POLLUTION
- SPACER
- POLLEN
- ROCKET
- CADET
- WHEEZE
- PREVENTER
- RELIEVER

G
U Y
R J
L C J O
O N U Z
G O T N C P
T H J M D B
G I G R E V E I L E R T V R L T I Q H F N G
I N S L A Y K Q A W W Z M H E R O H T E
P H E S R E C A P S H R J D I T A X
O A K G R B M H F E E L A Z I M
L L D B B A P T X K E C V B
L E U W I N O L D I Z M
K L E R Y E E R L M B M E D
T I E N V N I E R L W M Q T
L R Y K E M K D D U X U I H E
M W I R V B H S D Y T G K T
W P G P I V I Q Y J I C Z F
G I P B D L Z O P C
I S S N R N G J
G V W P V A G

Find all the words before you board the Space Station.



START



MISSION 4

SPACER CADET TRAINING: HOW TO USE THE SPACER

1

Prepare inhaler rocket for docking. Remove cap.

2

Shake inhaler so that the rocket fuel is mixed.

3

Load the inhaler in the spacer ship docking bay.

4

Press fuel charger ONCE to release the rocket fuel.

5

Form a tight seal.

7

Repeat steps 2-6 for each 'puff' of your inhaler rocket. Your doctor will tell you how many daily puffs of your inhaler you need.

6

Take a deep breath in and out for 10 seconds. Commence countdown.

Wash your spacer ship once a month with soapy water. Let it drip dry.

Wash your mouth out after using your spacer ship with the brown inhaler-rocket.

