





Information for Caregivers of Children with Asthma and Allergies		
<p>Midland Regional Hospital Portlaoise has produced a series of videos for caregivers of children with asthma and allergies. Parents of children with asthma or allergies can share these videos with anyone who provides care to their child including childminders, schools and crèches/ childcare facilities. The below videos are short, step-by-step guides that will show all caregivers what to do if a child in their care experiences an allergic reaction or asthma exacerbation</p>		
Video	Information	QR Code Scan for further information
Asthma Action Plan	<p>An Asthma Action Plan is a written, step by step guide to help you manage your asthma and recognise when it's getting worse. Your Asthma Action Plan is filled out with your GP or asthma nurse, who will make sure the plan is completely tailored to your child. You can find out more about the Asthma Action Plan on <a href="http://www.asthma.ie">www.asthma.ie</a></p> <p>This video goes through each section of the Asthma Action Plan and looks at when and how to treat a child's asthma flare.</p>	 <p><a href="https://youtu.be/SiJAfgUI6MU">https://youtu.be/SiJAfgUI6MU</a></p>
Inhaler technique	<p>Asthma is a chronic lung condition that affects the airways in the lungs. Asthma is usually treated by using an inhaler. This a small device that is used with a spacer to help you breathe in medicines.</p> <p>This video demonstrates how to use an inhaler with a spacer device, which helps the child manage their asthma effectively.</p>	 <p><a href="https://youtu.be/KmV4yTezSBY">https://youtu.be/KmV4yTezSBY</a></p>
Allergy Action Plan	<p>A food allergy occurs when the body's immune system reacts abnormally to a food. Food allergy is common, occurring in around 5-6% of young children in Ireland*. The Irish Food Allergy Network has developed a plan on how to manage an allergic reaction. You can download a copy on <a href="http://www.IFAN.ie">www.IFAN.ie</a></p> <p>This plan is an essential tool in helping to understand when and how to intervene if an allergic reaction occurs and this video goes through each section of the Allergy Action Plan in detail.</p>	 <p><a href="https://youtu.be/CpsEOS45KOO">https://youtu.be/CpsEOS45KOO</a></p>
Adrenaline Auto-injector administration	<p>Adrenaline is used to treat severe allergic reactions (anaphylaxis). Adrenaline rapidly reverses the effects of anaphylaxis by reducing throat swelling, opening the airways and maintaining blood pressure. Adrenaline is prescribed to individuals to use in emergencies; if your child is at risk of anaphylaxis or had a previous episode of anaphylaxis they will need to carry at least two adrenaline pens at all times.</p> <p>This video is a step by step guide in how to administer the three adrenaline pens on the market.</p>	 <p><a href="https://youtu.be/ljWxKCKfg78">https://youtu.be/ljWxKCKfg78</a></p>