

#### Asthma in Your Mate

Asthma in your mate is design to teach children/youth of all ages the importance of being asthma aware and how they can help a mate, family member or a team member having an asthma flare-up/attack, whether it be at school, park, home or sporting field.

Time: 30mins-1 hour Cost: No Charge

#### What the program covers

- Asthma stats
- What is asthma?
- Signs & symptoms: identifying asthma in yourself, family member or mate
- Reliever medication (blue/grey puffer)
- How to use a puffer & spacer
- Asthma Emergency 4X4X4

All students will receive an Asthma In Your Mate certificate



### Contact Us

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Find us







# Training Packages for Schools & Childcare

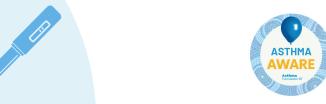
Asthma Foundation NT leading the attack against asthma



All courses are non-accredited









Asthma Aware & Allergy and Anaphylaxis Management in NT Schools is designed to teach all staff to identify asthma, allergies and anaphylaxis. The program is aimed to increase attendees confidence & knowledge in supporting students/staff with asthma, allergy &/or anaphylaxis and to provide a safe & inclusive environment.

Time: 1.5 hours

Cost: S600 plus GST

#### What the program covers

- What is asthma, allergy & anaphylaxis
- Signs & symptoms
- Triggers & allergens
- Knowledge of medication.
- the link between asthma, allergy & anaphylaxis
- Treatment of mild/moderate asthma & allergy
- Knowledge of an asthma plan & a ASCIA plan
- Emergency Management
- Asthma, allergy & anaphylaxis Policies and Guidelines in accordance to the NT Department of Education & Children Services
- Duty of care

#### **Asthma Aware Training**

Designed to educate all attendee's on how to identify and treat asthma. The program is aimed to increase attendee's confidence and knowledge in supporting people with asthma. To provide a safe & inclusive environment.

Time: 1 hour

Cost: S500 plus GST

#### What the program covers

- What is asthma?
- Signs & symptoms of asthma
- Signs & symptoms of worsening asthma
- Triggers
- Linked conditions
- Knowledge of medication
- Knowledge and practical experience of how to use a puffer & spacer
- Asthma First Aid (4x4x4)
- Asthma Aware Policies and Guidelines.
- Asthma Action Plans
- Duty of care

The school/childcare will receive a certificate which is valid for 2 years as well as a Asthma Aware sticker & website logo to display if they meet the essential criteria-please refer to www.asthmant.org.au.



## Anaphylaxis & Emergency Management

Anaphylaxis and Emergency Management is designed to educate all attendees on how to identify and treat allergy & severe allergy (anaphylaxis). The program is aimed to increase attendees confidence & knowledge in supporting people with allergy &/or anaphylaxis. To provide a safe & inclusive environment.

Time: 1 hour

Cost: S500 plus GST

#### What the program covers

- What is allergy?
- What is anaphylaxis?
- Signs θ symptoms of mild/moderate θ severe allergy
- Signs & symptoms of anaphylaxis
- Treatment of mild to moderate allergic reactions
- Emergency treatment for anaphylaxis
- Knowledge of how to use an adrenaline auto-injector
- Knowledge of ASCIA Action Plan
- Allergy & Anaphylaxis Policies and Guidelines
- Duty of Care