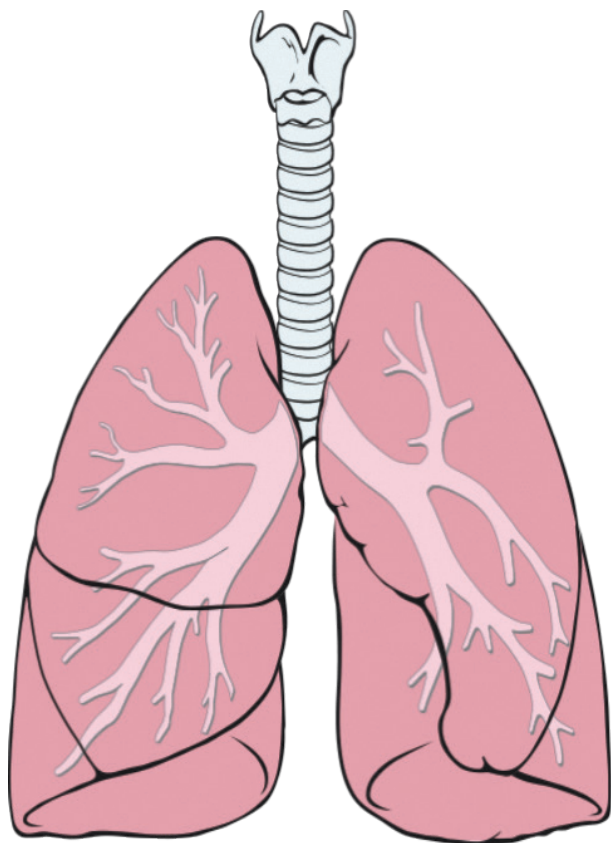


BRONCHIECTASIS FOUNDATION

Te Tuapapa Mate Rukahukahu o Aotearoa



INFORMATION FOR FAMILIES

www.bronchiectasisfoundation.org.nz

What is Bronchiectasis?

Bronchiectasis is a lung condition in which the breathing tubes in the lungs become damaged and scarred.

It is said like this **Bron-key-ect-a-sis**.



What causes Bronchiectasis?

Lots of different things cause Bronchiectasis

- Lots of bad chest infections
- Problems with fighting off infections
- Objects going down the wrong way
e.g. peanuts, small toys
- Bad reflux or difficulty swallowing food.



What are the symptoms of Bronchiectasis?

- Long standing cough
- Increase in phlegm
- Smelly phlegm
- Bad breath
- Snotty nose
- Ear infections
- Tiredness.



Remember you cannot catch Bronchiectasis from anyone.

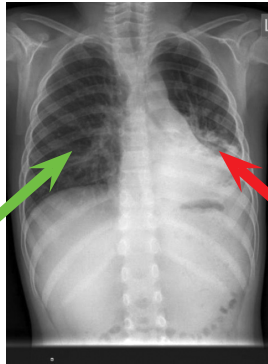
Bronchiectasis is different from asthma.

Some children with Bronchiectasis also have asthma.

How do the doctors test for Bronchiectasis?

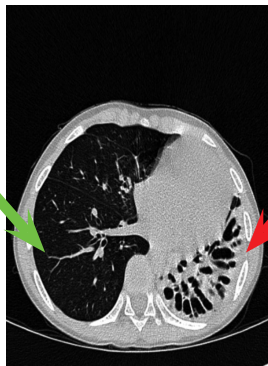
A Chest x-ray followed by a CT scan.

(A Chest x-ray on its own does not always show Bronchiectasis).



This lung is normal

This is Bronchiectasis



How do you tell if your child is sick?

Children with Bronchiectasis feel well most of the time.

You need to take your child to the family doctor if:

- They are coughing more than usual
- Have more phlegm than usual and it has changed colour
- Have a temperature or fever
- Are breathing faster than normal
- Are tired
- Say they have a sore chest.

How do you keep well with Bronchiectasis?

- Bring your child to their hospital appointments
- Avoid smokers and don't smoke yourself
- Make sure your child does their chest physiotherapy everyday
- Exercise through sports and play everyday
- Eat a healthy balanced diet
- Make sure you get your FREE flu vaccine every year in March
- Make sure you see your family doctor quickly if your child is getting sick.



Stop Smoking

- Smoking around your children can increase damage to their lungs
- You can help by not smoking at all
- If you really want to give up smoking talk to your child's nurse or physiotherapist.



Physiotherapy

It is very important for your child to do their physiotherapy. Physiotherapy helps to clear phlegm from your child's lungs. By clearing phlegm you help to reduce the risk of infections.

Your child will see a physiotherapist during clinic and hospital admissions.

They will look at your child's physiotherapy and answer any questions you have.

Helping your child with physiotherapy.

BABIES & TODDLERS

- Singing
- DVDs
- Books
- Toys
- Sticker charts

CHILDREN & TEENAGERS

- Praise
- Encouragement
- Reminders
- Sticker charts



Clinic

Your child will have regular clinic appointments.

It is very important that you come to these appointments. If you cannot make it please let us know.

Coming to clinic is very important as it lets the doctors see how your child is doing and gives you chance to ask questions.

You will also have chance to see a nurse and physiotherapist.

When coming to clinic please bring your child's current medications and physiotherapy device.

Hospital Stay

Sometimes your child may need to come and stay in hospital if unwell or need a line inserted.

A line is inserted under anaesthetic.

They will see the physiotherapist every day to help with clearing their phlegm.

If your child does have to stay in hospital please bring their physiotherapy device.



Useful Information

Websites:

Kids Health

www.kidshealth.org.nz

Bronchiectasis Foundation

www.bronchiectasisfoundation.org.nz

Asthma and Respiratory Foundation NZ

www.asthmafoundation.org.nz

Phone numbers:

Quitline 0800 778 778

Starship Bronchiectasis Nurse Specialist

Phone: 09 307 4949 **ext** 22294

Mobile: 021412734

Whangarei Hospital Bronchiectasis Clinic

Child Health Centre

Contact: 0800 696 439

Your Physiotherapist is:

These organisations developed this resource in partnership.

