

ACTION

The child will have a school action plan. This is a plan of what to do if the child becomes unwell at school. If the child does not have one please contact the Bronchiectasis Nurse Specialist.

PRIVACY

Issues relating to Bronchiectasis need to be treated with sensitivity. Some children, especially teenagers, do not want their friends to know they have Bronchiectasis. All staff need to be aware of the Childs/parent's needs.

Communicate regularly with the family so you are aware of change in the child's needs.

HAND HYGIENE

Please encourage hand washing after coughing or nose blowing to decrease the spread of infections.

Contact information

Bronchiectasis Nurse Specialist

Name _____

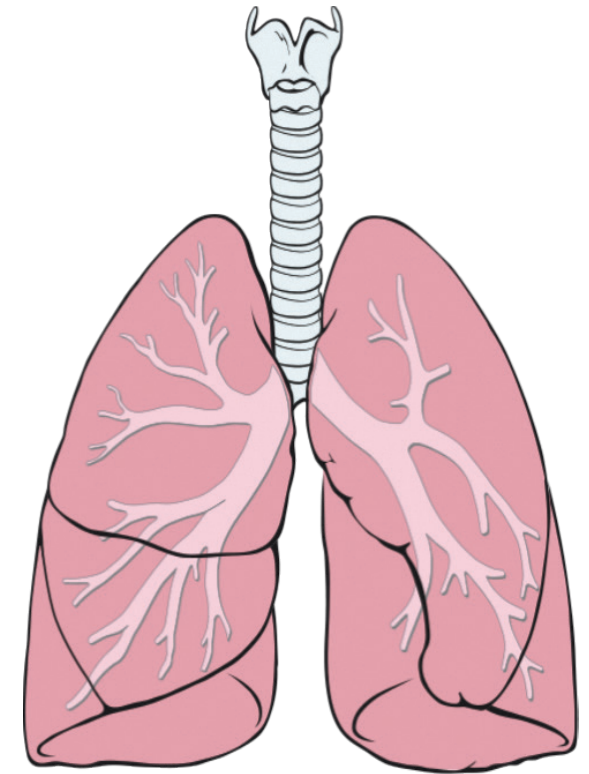
Contact _____

Bronchiectasis Physiotherapist

Name _____

Contact _____

BRONCHIECTASIS FOUNDATION



INFORMATION FOR SCHOOLS

www.bronchiectasisfoundation.org.nz



Te Tuapapa Mate
Rukahukahu o Aotearoa

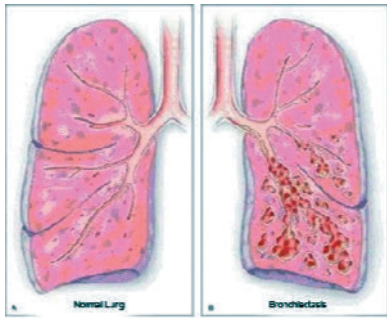
NORTHLAND DISTRICT
HEALTH BOARD
Te Poari Hauora Ā Rohe O Te Tai Tokerau



What is Bronchiectasis?

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

In Bronchiectasis the lungs make more phlegm than normal and the airways become dilated and floppy. The phlegm is a great place for bacteria to multiply and cause infections in the lungs. Recurrent infections cause more damage and scarring to the lungs.



What causes Bronchiectasis?

There are many different causes for Bronchiectasis:

- Severe lung infections
- Immune deficiency
- Aspirations (food going into lungs).

You cannot catch Bronchiectasis.

Symptoms

The main symptom of Bronchiectasis is an ongoing cough. The cough can be worse with exercise, infections or first thing in the morning. Sometimes the phlegm that children clear can be yellow-green and smelly. Children with Bronchiectasis may also have asthma. Child with Bronchiectasis may get more ear and sinus infections.

Signs of sickness

- Increased cough
- More phlegm
- Temperature
- Breathing faster
- Working harder with breathing.

CALL AN AMBULANCE IF:

- Blue lips
- Pale and clammy
- Unable to speak due to being short of breath.

Keeping Healthy

Keeping well is important to prevent further lung damage.

Things that can help:

- Balanced diet
- Encouraging active play
- Doing chest physiotherapy to help clear phlegm
- Taking medications e.g. inhalers, antibiotics
- Avoiding contact with smoke or smokers.

At school

It is important for children with Bronchiectasis to be able to attend school and participate with activities in school.

Teachers and school staff can help in the following ways:

- **Do not discourage coughing**
- If the child is coughing lots let them leave the classroom to clear the phlegm
- Allow the child to take any medication they may need to take e.g. inhalers
- Encourage friendship and peer support
- Keeping in touch while the child is in hospital using faxes, cards etc.
- Encourage participation in Physical Education
- Allow the child to rest if they are short of breath or working hard with breathing.

Away from school

Children with Bronchiectasis will have regular hospital appointments. Sometimes children need to come into hospital for an admission. This admission can be 1 to 2 weeks long.

When this happens teachers from the Hospital school may be in contact to get school work for the child to do while they are in hospital.

If older children miss a lot of school look at ways to enable them to catch up and be flexible about assessments.