



Moggy's new medicine



Suitable for children aged 7+



Welcomes YOU to their
world of adventures!



NHS
Black Country
Integrated Care Board

This story is written by Connex the Dog, Duck and Cat Trust together with Viv Marsh, Lisa Cummings and Joanne Hamilton, Specialist Asthma Nurses - Black Country Children's Asthma Team. Special thanks to Dudley Council Public Health for the joint funding to develop this story and resources and to Caslon Primary Community School for contributing to the content development; you were brilliant!

Moggy's new medicine

Are you sitting comfortably?
Then let's begin...



In a town, not too far from here, lived a Dog, a Duck and a Cat.
They were the best of friends and always looked out for each
other, because that is what good friends do!



Moggy, Cat's cousin, has come to stay with her and her Dad for a little while as his Mom has had to go away to work. To make sure he doesn't fall behind he is attending Farmyard Lane Primary with Dog, Duck and Cat for a little while, and that is where our story starts today.



All the animals have recently been doing a project. It's called, 'What makes me proud of myself,' and it is all about remembering the things that we do for ourselves that sometimes we just don't give ourselves enough credit for!

Moggy had decided to talk about something that he had found out about himself recently. It was something that in the beginning had worried him a bit, but now that he knew more about it and what to do, it did not worry him at all!

‘Good morning everyone,’ said Moggy, ‘it’s great to be able to share my story today about what makes me proud of me. I hope you find this useful and interesting, too,’ he said.



All the animals in the class were looking forward to hearing what Moggy had to say.

'I'm going to tell you all about a medical condition that I have, something called asthma. I noticed a while ago that when I was running about with my friends, I was finding it a bit difficult to breathe. I told my Mom, and she took me to the doctors, and after some tests they told me I had asthma.'



The first thing I asked was, 'What is asthma?' My doctor explained it but also asked me to do some research on the internet, just so I could fully understand it for myself. I did that, and I'd like to share what I found out now with you all.

1

Asthma is a very common long term lung condition. 1 in 11 children in the UK have asthma.

2

People with asthma often have sensitive and swollen airways, which makes it harder to breathe.

3

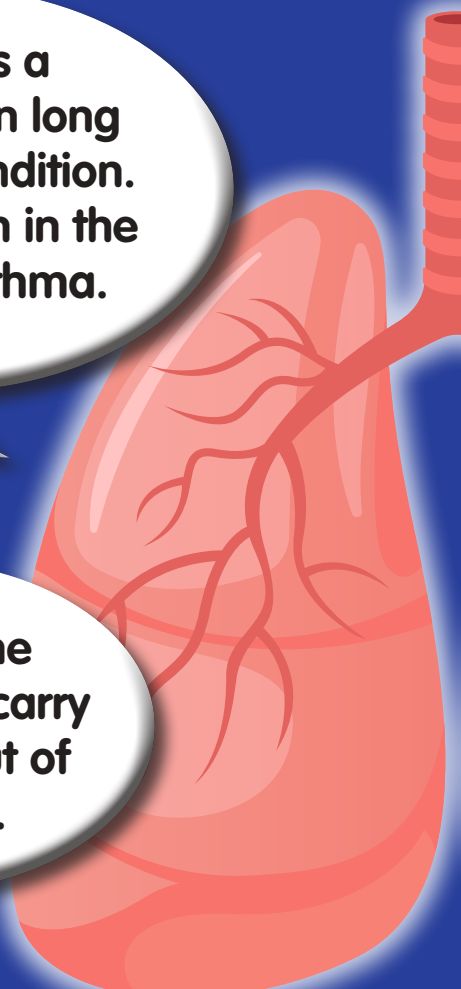
It affects the airways that carry air in and out of the lungs.

4

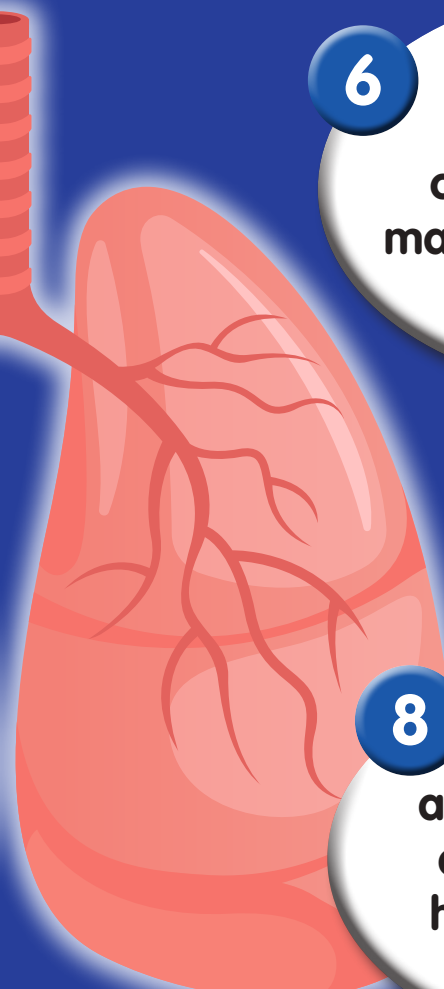
Symptoms of asthma include coughing, wheezing, shortness of breath and chest tightness.

5

These symptoms can be mild or severe and can come and go. Someone with severe symptoms is having an asthma attack and needs urgent medical help.



Moggy then showed his classmates some information he had found on the asthma and lung website - www.asthmaandlung.org.uk. He had taken the information and simplified it to make it easier for his classmates to understand.



6 Although asthma can be a serious condition, it can be managed with the right treatment.

7 Asthma needs to be treated every day even if the person is well, to lower the risk of symptoms and asthma attacks.

8 Everyone with asthma should have an asthma plan to help them manage their asthma.

9 People with asthma should have a check up with a health professional every year.

‘Now that might sound a bit scary to some of you,’ said Moggy, ‘but it honestly isn’t scary at all. Let me tell you why.’

'Lots of people have asthma and you would never even know, unless you know them well of course. That's because whilst asthma can be serious, it can also be managed easily by the people who have it.'

'That's the reason I'm telling you all about this today to be honest; it's because I am really proud of the way that I manage my asthma every day and try not to let it affect me too much.'

Moggy then displayed an impressive looking document up on the big screen. 'I've put a fact sheet together for you all, because there is quite a lot to understand.'

'Let me go through it with you all now:

I use something called an inhaler; in fact, I have two different types!'

'An inhaler is a little device that allows me to breath my medicine into my lungs where it is needed.'



'I also have something called a spacer that helps me to use my inhaler properly so that the medicine gets right into the airways in my lungs.'



'I use my main inhaler, which is brown, twice a day. This is a preventer inhaler that stops me from having breathing problems; it keeps my lungs healthy and my asthma under control.'



'Asthma can sometimes get worse and then it can be hard to breath properly; if this happens, I can use my other inhaler which is called a reliever and is blue. The medicine in my blue inhaler helps me to breathe more easily if I have a cough or tight chest.'



'Nurse Bear told me that if I need to use my blue inhaler more than 3 times a week, I should tell my Mom and go back to see her for a check-up.'



'She also said that if my asthma really gets worse and my blue inhaler is not helping enough, I must call for help because I am having an asthma attack.'

'So, whilst I do have asthma, it doesn't ruin my day or stop me doing the things I want to, I just need to look after myself and my asthma.'



The animals all looked really impressed with Moggy's presentation. They asked him to tell them what else he knew about asthma.

'Some people think having asthma means you are weak, sick, and not able to do stuff as well as others, but that's just not true! Some professional footballers and athletes have asthma and they do just fine, as long as they use their inhalers and look after themselves properly.'

Mr Squirrel asked the class if they had any questions for Moggy. Lots of hands went up! Weasel asked Moggy if there was anything about having asthma that he had to be especially careful about .



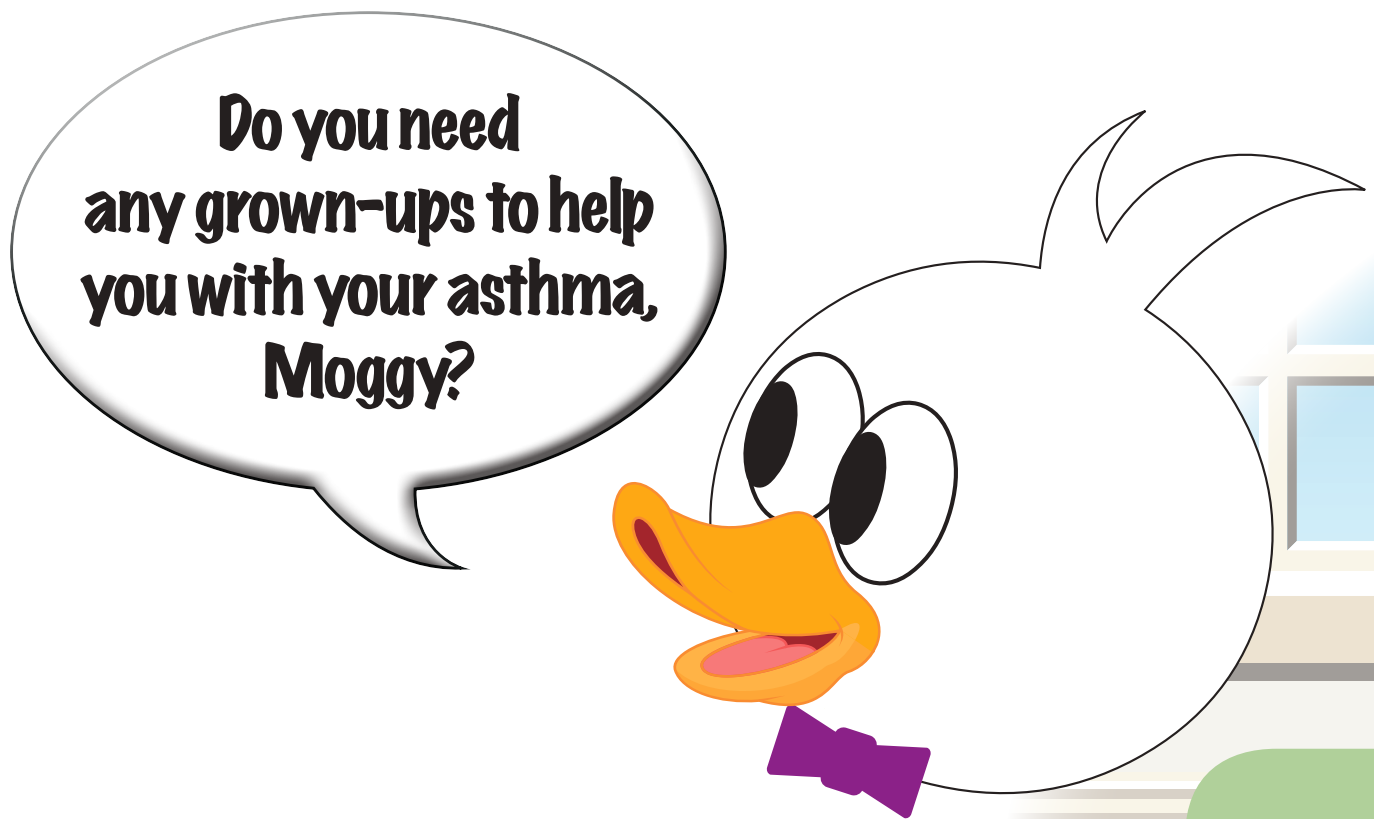


Moggy thought for a moment, and then said: 'Having asthma can be a bit annoying sometimes, but it isn't too bad, I just need to make sure I use my preventer inhaler every day and my reliever when my asthma gets worse. Nurse Bear explained the things that might make my asthma worse such as having a cold, breathing in polluted air and

coming into contact with something I am allergic to. I am allergic to my cousin's rabbit, so I am careful not to play with it too much and I wash my hands after I touch it.'

Using my preventer inhaler every day keeps my lungs healthy and means I can run and play games just like everyone else most of the time. When I have a cold, running can make me cough, but this is just for a few days, and I know that my reliever will help if I need it.'





'Do you need any grown-ups to help you with your asthma, Moggy?' asked Duck.

Moggy replied. 'It is important to let people know that you have asthma, if they help to look after you. My Mom tells all the adults who look after me that I have asthma and makes sure I have a reliever inhaler everywhere I go just in case I might need it.'

'She does this because you can't tell that someone has asthma just by looking at them, it is almost like it's invisible. There are many 'invisible' issues animals, or people, may face so we shouldn't just assume someone is totally OK.'

'Things like allergies to pollen, which is often called hay fever, affects millions of people every spring and summer.'

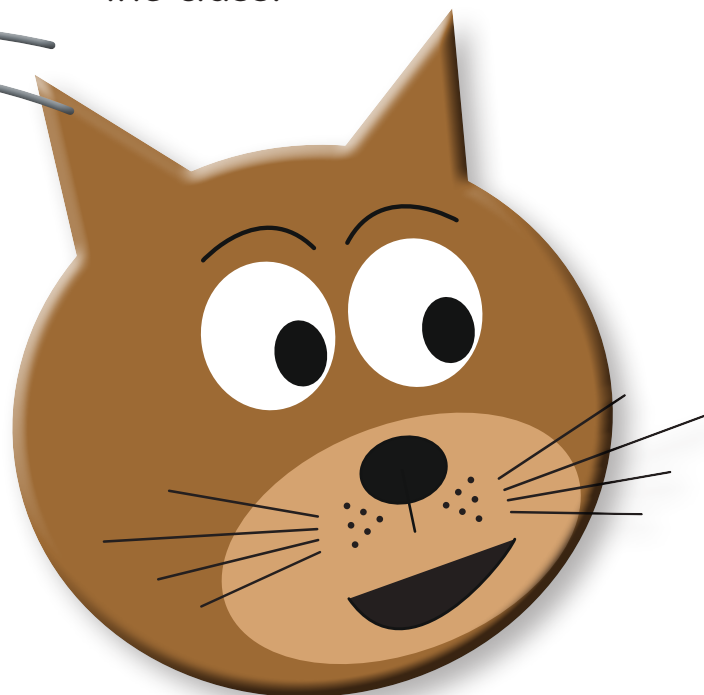


'Have any of you got any allergies?,' said Moggy to the class, 'but please only tell us if you want to, you don't have to if you prefer not to.'

**Have any
of you got any
allergies?**



Dog put his hand up and Moggy asked him to share his allergy with the class.



'I can't eat peanuts,' said Dog, 'if I do my face and throat swell up and it can be very dangerous for me, and I have to take emergency medicine to help me.'

'Thanks for sharing that Dog,' said Moggy, 'I never knew that about you before today, well done for staying away from peanuts and keeping yourself safe.'

Does anyone else have any allergies they'd like to share?

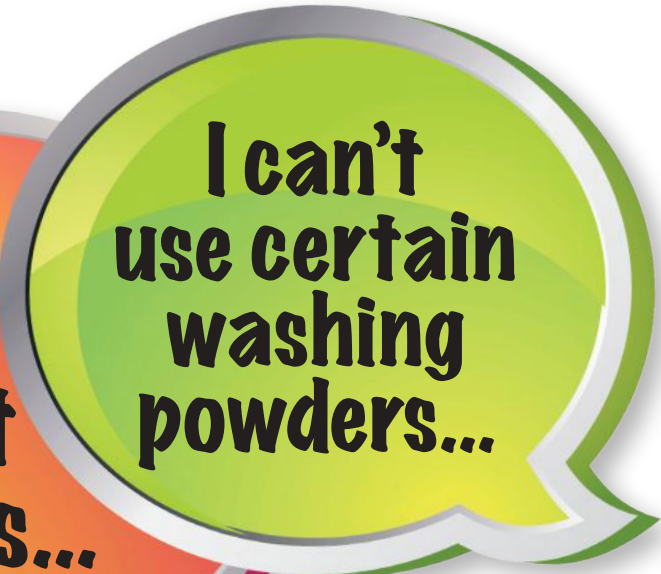
Toad then put his hand up and Moggy invited him to speak.

'I can't use certain washing powders or cleaning products,' said Toad, 'and if I do, it makes my skin all red and I come out in a nasty itchy rash.'

'Thanks for sharing that with us Toad, it sounds as though you are managing that issue really well by knowing to use only certain types of washing powders or liquids, well done.'



**I can't
eat nuts...**



**I can't
use certain
washing
powders...**

'Thanks for sharing your allergies Dog and Toad,' said Moggy, 'I did not know that about you both before today. It just goes to show that you can never actually know what is going on for someone just by looking at them.'



Moggy continued, 'We all need to be aware that anyone could have an illness or health condition that they need to manage every day, and if we do find out, we should be kind and try to help them in any way that we can.'



Mr Squirrel, the class teacher, thanked Moggy for his presentation. He and all the animals now knew loads about asthma and how it affected Moggy, and anyone else who has asthma.

They would also all remember that not all things that affect our bodies can be seen, so we should always be kind and understanding to others if they need a little extra help in being able to live their day to day lives.





There's lots more...

Have a look at all our stories and activities, there's
lots for you to enjoy!

Here are some of the other characters you will get
to meet!

