

# THE '5 STEP RULE' TO MANAGE ASTHMA

With asthma deaths on the rise, the Asthma Society of Ireland's new '5 Step Rule' video lists the necessary measures to manage a potentially-fatal asthma attack, with a recent survey revealing that seven out of ten people with asthma are not familiar with the rules.

The Asthma Society of Ireland's new animated video details the five steps to take to manage an asthma attack, and essentially, save a life.

This comes after the Asthma Society's survey in April/May 2019, completed by over 1,000 people, showed that that nearly seven out of ten people with asthma would not know the '5 Step Rule' to manage an asthma attack, while only one in five people with asthma would know the six most common symptoms of an asthma attack.

Sarah O'Connor, CEO of the Asthma Society, said: "It is troubling to think that so few people with asthma know the '5 Step Rule' to manage an asthma attack. In the event of an attack, knowing the steps to take could be the difference between life and death.

"One person now dies every five days from asthma and 90% of these deaths are preventable. Therefore, it is vital that all people with asthma and their carers learn the '5 Step Rule' so that they are fully prepared in the event of an attack." She said the society's new animated video aims to make it easier for both adults and kids to learn these steps."

## ASTHMA ACTION PLAN

She noted that people need to put an Asthma Action Plan in place. "This can be downloaded from [www.asthma.ie](http://www.asthma.ie) for free. People with asthma should also call the Asthma Society's free Asthma and COPD Adviceline on 1800-44-54-64, which allows the user to speak to a respiratory specialist nurse about all aspects of managing their condition," she added.

**2 out of 3** people with asthma do not have an **ASTHMA ACTION PLAN**

**Two out of Three** people with asthma have not spoken to their **healthcare professional** in the last six months

**Half** of people with asthma use their **reliever inhaler** more than the recommended **twice a week**

**Three out of Five** people with asthma do not use their **controller inhaler** all year round

**Nine out of Ten** people with asthma do not carry an **Asthma Attack Card** with them at all times

Only **63%** of people surveyed knew there was a **5 STEP RULE** for managing an asthma attack

**One in Five** people with asthma would not know the **six most common symptoms** of an asthma attack

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Go to [asthma.ie](http://asthma.ie) to download your free asthma action plan today

**ASTHMA ADVICELINE 1800 44 54 64**  
nurse@asthma.ie

\*Survey conducted by the Asthma Society April/May 2019

On International World Asthma Day on 7 May the Asthma Society and a group of people with asthma spoke to Health Minister Simon Harris about the issues people with asthma face in their everyday lives.

The Asthma Society's Roadshow then travelled around the country to help people get in control of their asthma, first starting in Cork, then Galway before finishing up in Letterkenny, Co. Donegal.