

Asthma in Children and Young People: Tools and Guidance for Primary Care



Supporting Children and Young People with Asthma

Children and young people with asthma frequently present in primary care. To support assessment, diagnosis, treatment and ongoing management, a range of local resources are available for clinical teams.

The resources below provide practical guidance, clinical pathways and patient information to support evidence-based care.

Supporting Diagnosis

Respiratory Symptom Diary

A symptom diary for parents and carers to record respiratory symptoms over several weeks. This can support clinical assessment and help inform diagnostic decision-making.

Asthma Diagnosis Pathway

Provides a structured approach to asthma diagnosis in primary care, including asthma probability assessment, diagnostic scoring tools, age-specific next steps, red flag symptoms, alternative diagnoses to consider. This is a useful resource when assessing children and young people with suspected asthma.

Asthma advice sheet

Patient information resource explaining asthma, symptom management and the safe use of reliever (blue) inhalers. Suitable for sharing during consultations.

Clinical Pathways

Difficult to control asthma (under 16's)

Guidance on the assessment and management of children with difficult-to-control asthma, including referral criteria for specialist 'Difficult Asthma Clinic'.

Asthma acute management

Provides age-specific guidance for children presenting with an acute asthma exacerbation, including assessment tools, management pathways and information on local support. Covers children aged 2–5 years, 5–12 years and 12+ years.

Asthma Treatment Guidance

Age-specific prescribing guidance aligned to local formulary recommendations, including MART therapy where appropriate. Useful for treatment optimisation, medication reviews and asthma annual reviews.

Guidance for under 5yrs

Guidance for 5-11yrs

Guidance for 12-17yrs

Additional resources

Inhaler Technique Videos

Demonstration videos covering a range of inhaler devices to support patient education and improve inhaler technique

'Count it out' leaflet

Patient resource for those prescribed inhalers without a dose counter, helping to reduce the risk of unexpectedly running out of medication.

Inhaler Recycling

Guidance for patients on returning used inhalers for environmentally responsible disposal and recycling.

Managing your asthma

A simple guide to avoid over reliance on salbutamol inhalers.

Asthma Friendly Schools Programme

Resources to support schools, parents and healthcare professionals in creating safer environments for children and young people with asthma.

Overview of the Asthma Friendly Schools Programme

Parent / Carer Guidance for the Asthma Friendly Schools Programme

For more information about the Asthma Friendly Schools Programme contact asthmafriendlyschools@staffsstoke.icb.nhs.uk.

Air Pollution

Information and patient-facing materials that can be helpful for preventative discussions with families of children with asthma.

Air pollution information webpage

Air pollution information leaflet