



PRESS RELEASE

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Holy Redeemer pediatrician advises: Manage asthma emergencies with an action plan

(MEADOWBROOK, PA) – Asthma causes about 14 million lost school days a year. With children back to school, now is the time to hand in an asthma action plan.

Says Dr. David Cooperberg, a pediatric hospitalist working at Holy Redeemer Hospital and Medical Center’s emergency room and inpatient pediatrics unit: “Taking basic steps like providing an asthma action plan and fast-acting rescue medication to teachers, coaches, and leaders of after-school activities can help manage asthma emergencies.”

Dr. Cooperberg advises parents to:

- Schedule a checkup. Doctors should review all kids’ asthma medications.
- Schedule a flu shot. They’re safe and effective for kids with asthma.
- Learn the child’s triggers. Common triggers include exercise, smoke, air pollution, animal fur, dust, colds, flu, seasonal allergens like pollen in the spring and summer, and food allergens.
- Track symptoms that worsen. Nighttime coughing or waking are warning signs of uncontrolled asthma or a looming attack.
- Work with the child’s physician on a written asthma action plan. It should include information about the child’s symptoms, any allergies, medications, rescue inhaler with spacer or nebulizer treatments, physical activity limits, or the need for an inhaler before strenuous activities. If medication doesn’t treat an attack and the child continues to have difficulty breathing and is wheezing, instruct the school to call 911 or your local emergency number.

- Share and discuss the plan. Give a copy to the school nurse, teachers, coaches, and leaders of after-school activities. Provide them with both asthma and allergy medications. And talk with them about the child's triggers, typical symptoms, and the steps to take in an emergency.

Holy Redeemer Hospital and Medical Center's emergency room (ER) focuses on you and your family. The new ER features private treatment rooms, 24/7 pediatric coverage, a digital radiology system and convenient bedside registration. Whether you need the life-saving capabilities of our certified primary stroke program, on-site cardiovascular center or have had a minor mishap, Holy Redeemer delivers the urgent care you need. For additional information about Holy Redeemer's new ER, visit www.holyredeemer.com or call 1-800-818-HRHS.

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