

## ACTION

The child will have a pre-school/kindergarten 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 parents do not want other people to know their child has Bronchiectasis.

All staff need to be aware of the Child's/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 \_\_\_\_\_

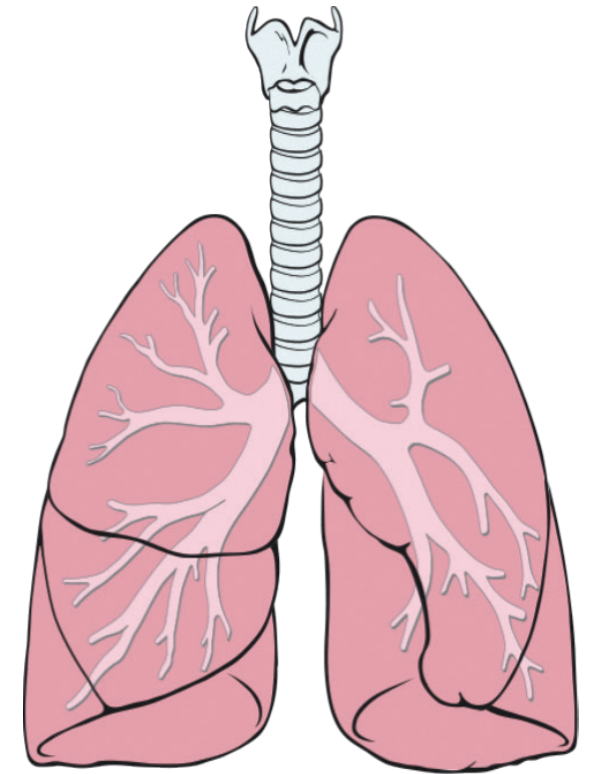
Contact \_\_\_\_\_

### Bronchiectasis Physiotherapist

Name \_\_\_\_\_

Contact \_\_\_\_\_

# BRONCHIECTASIS FOUNDATION



INFORMATION FOR  
PRESCHOOLS AND  
KINDERGARTEN

[www.bronchiectasisfoundation.org.nz](http://www.bronchiectasisfoundation.org.nz)



**Asthma  
+ Respiratory**  
FOUNDATION NZ



Te Tuapapa Mate  
Rukahukahu o Aotearoa

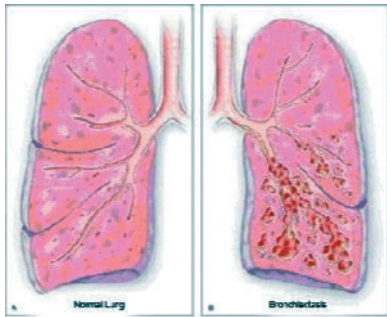
**NORTHLAND DISTRICT  
HEALTH BOARD**  
Te Poari Hauora Ā Rohe O Te Tai Tokerau



## 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. Children 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 kindy or pre-school

It is important for children with Bronchiectasis to be able to participate in activities with all the other children. Their Bronchiectasis should not stop them from joining in with kindergarten/pre-school activities. Teachers and staff can help in the following ways:

- **Do not discourage coughing**
- If the child is coughing lots let them rest and encourage them to clear the phlegm
- Give the child any medication they may need to take e.g. inhalers. Discuss this with the child's parents
- Keep in touch while the child is in hospital using faxes, cards etc.

## Away from kindy or pre-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.