Giving students easier access to health information
Making use of mobile technology through a new app

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Challenges

Questions

Information

Choices
Pressure on NHS

30,000 alcohol-related admissions

1 in 10 suicidal thoughts

1 in 5 consultations for mental health

Sources: [www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk), NUS and University of Bristol Student Health
Information needs

‘Hot topics’

Life context & tailored

Up-to-date, relevant and non-judgemental
Online information
New mobile app

Faster than google

Anytime & anywhere

Tailored to students’ needs
First aid and emergencies

Physical and mental health

Lifestyle and healthy living

Long-term conditions, safety and services
Asthma attack
Burns
Emergency kit
Faints
Head injury
Low blood
Meningitis
Seizures (fits)
Severe allergy
Unconscious
Key points

Asthma attacks can happen in people with asthma - a very common condition affecting the lungs.

**Warning!** Severe asthma attacks are dangerous and can even be deadly.

In an asthma attack, the tubes in the lungs get so tight and swollen that breathing becomes difficult.

**Action!** A severe asthma attack is a medical emergency - taking the right action can save lives.
First Aid  Asthma attack

- Overview
- Description
- Causes
- Warning signs
- Action
- Useful links
- Key Source
- About
Warning signs

When should I seek help?
Seek urgent help if you notice signs of severe asthma (asthma attack).

**Warning!** Symptoms of an asthma attack usually develop gradually over a few hours or sometimes days - but they may also come on much more quickly.

What are the signs of an asthma attack?
Someone with an asthma attack may show any of the following:

- **Breathing problems:** Finding it hard to breathe, and breathing faster than...
Hyperlinks

Where can I find out more?

Check out the following links to find out more about managing asthma attacks:

- **NHS Choices:**
  www.nhs.uk/Conditions/Asthma

- **Patient:**
  www.patient.co.uk/health/asthmaleaflet

- **Asthma UK:**
  www.asthma.org.uk

- **First Response Resuscitation Aid Training:**
  www.firstresponse.org.uk/general/first-aid/55-asthma
Asthma
Long Term
Asthma attack
First Aid
Quality

Tight editorial process

Involve students and topic experts

Relevant, reliable and clear
Our student team members
Early student feedback

“...looks great and easy to use...”

“...feels very professional...”

“...all the content is great, really useful...”
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expertselfcare.com