



# My child's Bronchiectasis Checklist



AusBREATHE: NHMRC CRE in  
Bronchiectasis esp for Aboriginal &  
Torres Strait Islander Children

This checklist is designed to help you to manage your child's bronchiectasis with your treating healthcare team. If you are unable to answer **YES**  to all of these questions, make an appointment with your doctor or other healthcare professional to discuss the issue further.

## DIAGNOSIS

- |  |  |
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| <input type="checkbox"/> My child's diagnosis of bronchiectasis has been confirmed by a chest CT scan. | A chest CT scan looks in detail at the lung tissue and airways and confirms the diagnosis of bronchiectasis. An accurate diagnosis ensures your child receives the right treatment.  |
| <input type="checkbox"/> My child has been investigated for possible underlying causes.                | Bronchiectasis has many causes. Although none may be found, your treating healthcare team should investigate whether underlying conditions are also present so that these are treated, and this will help your child's overall management. |

## BRONCHIECTASIS-SPECIFIC MANAGEMENT

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|--|--|
| <input type="checkbox"/> My child and I have been taught an airway clearance programme by a suitably qualified Respiratory Physiotherapist.                | A personalised daily airway clearance routine will help to move mucus out of the lungs and decrease the risk of infection. An airway clearance programme may include breathing exercises, positive expiratory pressure devices (PEP), percussion (chest patting), blowing games, and aerobic exercise. The techniques change with age and should be reviewed at least every 6-months.                    |
| <input type="checkbox"/> My child and I have been shown how to use their devices and their device use technique has been checked by their healthcare team. | If your child is prescribed any airway clearance device or an inhaled medication delivery device, you should be shown how to use each device correctly, receive written instructions on the technique and have your child's technique checked. You should also know how to clean the device. Using the correct technique is important to ensure your child gets the greatest benefit from their devices. |
| <input type="checkbox"/> I understand when and how to use my child's Bronchiectasis Action Management Plan (BAMP).   | You will know your child's day-to-day baseline symptoms. A flare-up or worsening of symptoms from baseline is also known as an exacerbation. Identifying an exacerbation early allows you to start treatment. A <a href="#">BAMP (link)</a> provides instructions on what to do when there is an exacerbation.   |
| <input type="checkbox"/> My child has regular visits with their healthcare team.   | Living well with bronchiectasis is based on a partnership between you, your child and their healthcare team. Your child's bronchiectasis may change over time. It is important to monitor their symptoms, including any sputum they produce. Discuss any changes when they are seen at least 6-monthly by their multidisciplinary healthcare team.   |
| <input type="checkbox"/> My child's medications are regularly reviewed.  | My child's medications are reviewed regularly. If my child has more than 1 hospitalisation or 3 or more non-hospitalised exacerbations in the previous 12-months, a 6-month trial of long-term antibiotics is offered and their response assessed.   |
| <input type="checkbox"/> I have information about bronchiectasis.  | Being informed about bronchiectasis is important. Call Lung Foundation Australia on 1800 654 301 to access bronchiectasis information, support and resources. See also <a href="http://www.crelungs.org.au">www.crelungs.org.au</a> and <a href="http://www.improveBE.org">www.improveBE.org</a>   |

My child's vaccinations are up-to-date. Having the routine childhood vaccinations, receiving the influenza vaccine annually and additional pneumococcal vaccinations may reduce the risk of an exacerbation, particularly during winter. COVID-19 vaccination as recommended by public health advice will also reduce the risk of severe illness from COVID-19.

My family doctor is kept up-to-date on my child's health. Communication between the specialist team and your child's family doctor is important. The family doctor should receive a letter from the specialist respiratory physician every time your child is reviewed.

## GENERAL MANAGEMENT

My child exercises regularly. The aim of daily exercise is to improve fitness, reduce symptoms of breathlessness and fatigue, and improve quality of life. It may also assist in clearing mucus from the lungs.

My child is growing appropriately, they have a healthy diet and I understand their nutritional needs. Growing well is important in children. Healthy foods and drinking enough water to stay well hydrated helps your child functioning at their best. Staying in the healthy weight range is important for living well with bronchiectasis and their overall wellbeing. Ask to see a dietitian if you or your child need assistance.

My child and family's emotional wellbeing. Living with a chronic condition may affect your child and family's emotions and ability to cope. If you, your child or another family member are feeling anxious, overwhelmed or experience changes in mood, help is available. Talk to your family doctor about a Mental Health Treatment Plan.

If I or my child smoke or use e-cigarettes (vape), we have been offered support to quit. There are many health benefits in quitting smoking or vaping. Many people need help to quit smoking and vaping. Speak to your doctor about treatment options like nicotine replacement therapy (NRT), other treatments and support, such as coaching and counselling.



## ACCESS SUPPORT TODAY

Lung Foundation Australia offers a range of resources, information, and programs that can help you to better understand your condition and empower you to live your best life.

Our Respiratory Care Nurse program is a free telephone-based service available for people living with bronchiectasis. The nurses will provide guidance and follow up with you on all aspects of your condition according to the management guidelines and can connect you with the information and support to live well.

Contact our Information and Support Centre team today to connect with the nurse, as well as our free information and resources.

Free call 1800 654 301 or email [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au).

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