

# THUNDERSTORM ASTHMA: PREPARE YOUR PATIENTS FOR SPRING

## Patients requesting medicines for allergic rhinitis (hay fever)

(S2 or S4 allergic rhinitis medicines)

**ASK:** Do you get hay fever mainly in spring, or are symptoms worse in spring?<sup>[A]</sup>

**Yes**  
Refer to pharmacist

**No**  
If symptoms persist all or most of the year, check if patient is using an intranasal corticosteroid

### WARN: about probable ryegrass pollen allergy and risk of thunderstorm asthma.<sup>[B]</sup>

You may be allergic to ryegrass pollen. This means you could be at risk of an asthma attack triggered by a thunderstorm during grass pollen season (typically October–December).

#### ADVISE:

##### 1. Preventive medication in affected regions:<sup>[C]</sup>

- Adults – intranasal corticosteroid (S2 or S4)
- Children – intranasal H<sub>1</sub>-antihistamine or second-generation (less sedating) oral H<sub>1</sub>-antihistamine. If symptoms do not resolve within 2 weeks, switch to an intranasal corticosteroid (S2 or S4).

Use allergic rhinitis (hay fever) medication throughout spring and early summer (1 September–31 December).

##### 2. Avoidance<sup>[D]</sup>

Avoid being outdoors just before and during thunderstorms (especially in the early wind gusts) in spring or early summer.

##### 3. Asthma first aid and reliever appropriately available during grass pollen season<sup>[E]</sup>

Do you know asthma first aid? Learn how to recognise and treat an asthma attack. Carry or know where to get a reliever quickly if needed (e.g. first aid kit or pharmacy).

#### EXPLORE:

Have you ever had asthma?

**Yes**  
Advise as for asthma and suggest GP review of treatment

#### EXPLORE:

Do you ever wheeze when you have hay fever?

**Yes**  
Advise GP assessment for asthma

## Patients requesting medicines for asthma

(S3 or S4 asthma medicines)

Refer to pharmacist

### WARN: about risk of thunderstorm asthma.

If you are allergic to ryegrass pollen, you could have a severe asthma attack if you are outside in gusty winds just before or during a thunderstorm in spring or early summer in a place where there is ryegrass pollen in the air (most of south-eastern Australia).

#### ADVISE:

##### 1. Good asthma control, preventer as indicated, and self-management.

Keep taking your preventer medication as prescribed by your doctor. If you don't normally use a preventer all year, you should use one in spring and early summer (1 September–31 December)<sup>[C]</sup> if you are going to be in an area where there is ryegrass pollen – talk to your doctor.

Always carry a reliever inhaler and replace it before the expiry date or nearly empty.<sup>[F]</sup>

Make sure your written asthma action plan is up to date and includes thunderstorm advice – talk to your doctor.

##### 2. Avoidance<sup>[D]</sup>

Avoid being outdoors just before and during thunderstorms (especially in the early wind gusts) in spring or early summer.

##### 3. Asthma first aid<sup>[E]</sup>

Do you know asthma first aid? Learn how to recognise and treat an asthma attack, including where to get a reliever quickly if needed (e.g. first aid kit or pharmacy).

#### EXPLORE:

Do you have allergic rhinitis (hay fever)?<sup>[B]</sup>

**Yes**  
Advise as for allergic rhinitis

#### EXPLORE:

Do your asthma symptoms get worse in springtime?

**Yes**  
Could indicate grass pollen allergy and need for GP treatment review

#### EXPLORE:

Are you using a preventer medicine every day for your asthma?<sup>[G]</sup>

**No**  
Increases thunderstorm risk. Advise GP review if needed

## NOTES

- A. It is reasonable to assume that people with seasonal allergic rhinitis in spring are sensitised to ryegrass pollen (in the absence of allergy tests). Perennial allergic rhinitis could mask ryegrass allergy, so people with year-round symptoms should discuss their risk with their doctor.
- B. People with allergic rhinitis (hay fever) who are sensitised to ryegrass pollen are at risk of thunderstorm asthma, whether or not they have ever had asthma.<sup>1,2,4</sup> In Australia as well as in other countries, almost all recorded cases of thunderstorm asthma (90–100%) have occurred in people with a history of allergic rhinitis.<sup>1</sup>
- C. High ryegrass pollen counts occur during October–December. Preventive treatment should start at least 2 weeks (ideally 6 weeks) before predicted pollen season to achieve therapeutic effect and should continue until levels abate:
- People with seasonal allergic rhinitis should take intranasal corticosteroids 1 September–31 December. Explain/check correct nasal spray technique – instructions and videos are available from [www.nationalasthma.org.au](http://www.nationalasthma.org.au). Provide an allergic rhinitis treatment plan – template available at [www.allergy.org.au/images/pcc/ASCIAllergicRhinitisTreatmentPlan2017.pdf](http://www.allergy.org.au/images/pcc/ASCIAllergicRhinitisTreatmentPlan2017.pdf).
  - Adults and adolescents with asthma who do not use a preventer all year<sup>[E]</sup> should use an inhaled corticosteroid preventer 1 September–31 December. Explain correct inhaler technique.<sup>[F]</sup>
- D. Those at risk should avoid exposure to outdoor air just before and during a thunderstorm, especially during wind gusts just before the rain front hits (e.g. get inside a building or car with the windows shut and the air conditioner switched to recirculate/recycled).
- E. Provide asthma first aid information ([www.nationalasthma.org.au/asthma-first-aid](http://www.nationalasthma.org.au/asthma-first-aid)) or explain where to get it in an emergency. For all those at risk due to a history of asthma or seasonal allergic rhinitis, advise either carry a reliever or know where to get one quickly (over the counter at pharmacies, in first aid kits).
- F. Explain how to recognise asthma symptoms and what to do. Advise patients to carry a reliever inhaler at all times and know how to use it. Provide training in correct inhaler technique, and check technique each year before pollen season. Instructions and videos are available from National Asthma Council Australia [www.nationalasthma.org.au/living-with-asthma/how-to-videos](http://www.nationalasthma.org.au/living-with-asthma/how-to-videos).  
Check if patients are using formoterol/budesonide (*Symbicort Turbuhaler* or *Symbicort Rapihaler*) within a maintenance-and-reliever regimen. Check these patients have a written asthma action plan that specifies how to use their combination inhaler during flare-ups or emergencies. All other people with asthma should have a written asthma action plan that specifies how to use their salbutamol or terbutaline reliever.
- G. People with asthma are at higher risk of having an asthma flare-up triggered by a thunderstorm if their asthma is poorly controlled or they are not taking regular preventer treatment with an inhaled corticosteroid.<sup>1,2</sup> Most adults and adolescents with asthma should be taking regular inhaled corticosteroid treatment, according to current Australian asthma guidelines.<sup>5</sup> Recommendations for the use of asthma preventers in children are based on the child's age and the pattern of asthma symptoms when not taking regular preventer.<sup>5</sup>

## BACKGROUND

'Epidemic thunderstorm asthma' is an unusual cluster of allergic asthma flare-ups (including severe acute asthma) associated with thunderstorms in spring/early summer (typically October–December) when there are high levels of airborne grass pollens. Perennial ryegrass has been implicated in all Australian thunderstorm asthma epidemics.<sup>1</sup> Fungal spores may also contribute to risk for some people.<sup>1</sup>

A severe thunderstorm asthma event occurred in Melbourne and Geelong in November 2016, which resulted in thousands of emergency ambulance calls and a large surge after-hours pharmacy presentations, as well as emergency department presentations, hospital admissions, after-hours calls to primary care, and deaths due to asthma.<sup>2</sup> In previous years, thunderstorm asthma epidemics have occurred during October and November in Victoria and New South Wales.<sup>1-3</sup>

Prevention of thunderstorm asthma is based on optimal management of asthma and allergic rhinitis, and on education.

## PREPARING FOR ASTHMA EMERGENCIES IN THE PHARMACY

- Keep a first aid kit ready with non-static spacers (disposable cardboard spacers, or polyurethane) and salbutamol puffers for emergency reserve use.
- Ensure additional stocks of salbutamol metered-dose inhalers and non-static spacers over spring.
- Ensure all staff are familiar with asthma first aid.
- Display first aid instructions in a prominent place.

## NEED MORE INFORMATION?

Read National Asthma Council Australia's [Epidemic thunderstorm asthma information paper](#)

### References

1. Davies J, Queensland University of Technology. *Literature review on thunderstorm asthma and its implications for public health advice. Final report*. Melbourne: Victorian State Government Department of Health and Human Services; 2017.
2. Victoria State Government Department of Health and Human Services. *The November 2016 Victorian epidemic thunderstorm asthma event: an assessment of the health impacts. The Chief Health Officer's Report, 27 April 2017*. Melbourne: Victorian Government; 2017.
3. Waters J, Corbett S, Gibson P, et al. Epidemic asthma surveillance in the New England Region 1990–1992. *Public Health Research and Practice* 1993; 4.
4. D'Amato G, Vitale C, D'Amato M, et al. Thunderstorm-related asthma: what happens and why. *Clin Exp Allergy* 2016; 46: 390–396.
5. National Asthma Council Australia. *Australian Asthma Handbook* [Website]. Melbourne: National Asthma Council Australia; 2016. Available from: [www.asthmahandbook.org.au](http://www.asthmahandbook.org.au).



Disclaimer: Although all care has been taken, this resource is not intended to be a substitute for individual medical advice/treatment. The National Asthma Council Australia expressly disclaims all responsibility (including for negligence) for any loss, damage or personal injury resulting from reliance on the information contained herein.