

Management tool available to empower families with their child's lung health

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With the coming months commonly bringing a rise in influenza and other respiratory infections, researchers are highlighting the importance of looking after your lung health.

For families with a child who experiences bronchiectasis, they're particularly sharing a reminder about the resource available to support families and carers to manage bronchiectasis symptoms in a timely manner, known as the Paediatric Bronchiectasis Action Management Plan (BAMP).

Developed by Menzies School of Health Research (Menzies), the BAMP outlines the details of an individual's bronchiectasis and provides information about what should be done each day, what to do if there is a flare up, and when you might want to take your child to a doctor based on their symptoms. It is endorsed by Lung Foundation Australia.

Bronchiectasis is a chronic lung condition where the breathing tubes in the lungs become damaged. The damage to the airways can cause coughing, mucus build-up and increased infections which makes it harder to breathe.

First Nations children in the Northern Territory experience high rates of the condition, where it affects one out of every 63 children¹. Preventative measures to reduce respiratory infections in young children are important. Reducing infections keeps lungs healthy, helps to preserve future lung function and improve quality of life.

The BAMP was first designed and developed by Menzies Child Health Lung team in 2018. Preliminary findings of research where the BAMP was used in children's hospitals, suggests that health care staff and families found the BAMP to be an effective tool for bronchiectasis management.

This research was led by Menzies PhD Student and registered nurse, Kobi Schutz, whose PhD is focused on improving the management of bronchiectasis for children.

The research was funded by the National Health and Medical Research Council Centre for Research Excellence (CRE) HOT NORTH, CRE in Respiratory Health of Aboriginal and Torres Strait Islander Children and Queensland Children's Hospital Foundation.

This resource is available for [download via the Menzies website](#).

Quotes attributable to Menzies School of Health Research PhD Student, Kobi Schutz:

"This resource is designed to be given to patients and their families by their health professional, to assist in the ongoing management of bronchiectasis. Families should also be aware this resource is available and can discuss this with their healthcare team.

"We know that personalised action management plans for other conditions such as asthma have been shown to improve clinical outcomes. When the BAMP was researched as part of an earlier randomised controlled trial, parents of children with bronchiectasis felt empowered when using the tool to care for their child's lung health.

¹ Valery PC, Torzillo PJ, Mulholland K, Boyce NC, Purdie DM, Chang AB. Hospital-based case-control study of bronchiectasis in indigenous children in Central Australia. *Pediatr Infect Dis J*. 2004 Oct;23(10):902-8. doi: 10.1097/01.inf.0000142508.33623.2f. PMID: 15602188.

“This free, evidence-based resource helps to support better lung health for all children in Australia.”

Quotes attributable to Lung Foundation Australia Chair, Professor Lucy Morgan:

“The Paediatric Bronchiectasis Action Management Plan is a vital resource for overseeing bronchiectasis symptoms.

“Lung Foundation Australia wholeheartedly supports this initiative which can make overseeing self-management of symptoms easier for children living with a bronchiectasis diagnoses; and their families and carers, to live life to the full.”

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Menzies media contact:

Phone: (08) 8946 8680 | Email: media@menzies.edu.au

Lung Foundation Australia media contact:

Phone: (07) 3251 3669 | Email: media@lungfoundation.com.au

Menzies School of Health Research

Menzies is one of Australia’s leading medical research institutes dedicated to improving the health and wellbeing of Aboriginal and Torres Strait Islanders, and a leader in global and tropical research into life-threatening illnesses. Menzies continues to translate research into effective partnerships and programs in communities across Australia and the Asia-Pacific region.

Lung Foundation Australia

Since 1990, as Australia’s leading lung health body, Lung Foundation Australia has been committed to improving the lives of Australians living with or impacted by lung disease and lung cancer. We enable life-saving research, and champion programs and services to support Australians with lung disease and lung cancer to live their best life.