



*Norfolk and Waveney CCG are offering **free access** to the multi-award winning asthma training app: MySpira. The app uses “pioneering augmented reality technology” which improves asthma technique and saves lives.*

The app is suited to 6 - 13-year-olds and incorporates 8 fun modules, that combine augmented reality and gameplay to offer the very best asthma education. The app can be used without Health Care Practitioner supervision and was developed with close assistance from asthma specialists.

To redeem the smart device app:
(suitable for mobile and tablet devices):

1. Download MySpira from the App store or Google Play.
2. Type in the following code when prompted: **62025117b8df4**
3. Follow the modules to complete the training
4. Complete the asthma plan and enjoy the bonus AR asthma game

*Norfolk & Waveney CCG are offering **free access** to online training on Asthma.
Suitable for parents/carers / teachers
/ group leaders / community / CYP
and anyone involved with children and young people with asthma.*

This is a straightforward course, explaining clearly how asthma affects our lungs, the triggers that may cause an attack, describing the symptoms leading up to an attack, what to do when an attack occurs. The course takes approximately an hour to complete but can be completed in short sections over time and will log an individual's progress through the course.

The training provides guidance on school responsibilities as well information on supporting children with asthma in PE lessons and on school trips.

It also shows the correct technique for the various types of inhaler and spacer. There is a short, optional test at the end which can provide certificate as evidence of completion.

To access the training, follow this unique URL:

<https://app.ihasco.co.uk/kovo9l>