What is the difference between Asthma and VIRAL-INDUCED WHEEZE (VIW)?

**VIRAL-INDUCED WHEEZE (VIW)** - If you only wheeze with a virus or cold but are well in between.

**Asthma** - When you wheeze with triggers like dust, pollen, furry animals, and exercise as well as with a virus or cold.

**What is the treatment?**

Most children will only get one or two episodes of VIW. Usually VIW treatment will be with SALBUTAMOL (blue) inhaler and spacer; please see your wheeze plan.

Asthma treatment is usually with a brown preventer inhaler, which needs to be taken daily, and a blue reliever inhaler to be taken when unwell; please see your wheeze plan.

For some children who get repeated episodes of VIW, they may benefit from a drug called MONTELUKAST. This works by decreasing the inflammation in the airways. It needs to be given at the very beginning of the cold symptoms, once a day for 7 days. In more severe VIW, it may be given daily.

**Is my asthma well controlled?**

We recommend you complete the Asthma Control Test (ACT), which can be found on the Asthma UK website.

Where can I go for more information?  www.asthma.org.uk

Tick which triggers effect your asthma:

- **Fur and Feathers**
- **Coughs and Colds**
- **Cigarettes**
- **Cold Weather**
- **Exercise**
- **Air Pollution**
- **Dust**
- **Pollen, Grass, and Trees**
- **Feelings**
- **Moulds and Spores**

Name: 

DOB: 

**What to do next?**

If you have attended the EMERGENCY DEPARTMENT following an episode of ASTHMA or VIRAL-INDUCED WHEEZE you should make an appointment to see your GP within 2 working days for a review (NICE quality standard for asthma 2013).

**What is a preventer inhaler?**

I’m usually brown. Take me EVERY DAY with your super spacer as your asthma nurse prescribed EVEN WHEN YOU FEEL WELL.

**What is a reliever inhaler?**

I’m usually blue – only take me with your super spacer as it says on your plan. If you often need me more than 3 times a week, then book an ASTHMA REVIEW.

Your feedback is invaluable in helping us to update and continually improve our Monkey Wellbeing literature. Please e-mail feedback@monkeywellbeing.com with any suggestions or comments you have.
My Asthma / wheeze Plan for Home, School, and Nursery

SYMPTOMS

1. I am well
2. I have no cough/wheeze
3. I am doing normal activities

ACTION

I need to take my normal medication of:

Preventer: [ ]
Reliever: [ ]

Take [ ] puffs every morning and evening.

Take [ ] puffs as needed and before exercise.

Other Therapy:

Preventer:
Reliever:

Weaning Plan:

When I am feeling better, I can reduce my blue inhaler as follows:

Day 1: [ ]
Day 2: [ ]
Day 3: [ ]

Based on the wheeze plan developed by Whittington Hospital