Asthma/wheeze management plan

• This is your child’s discharge plan and treatment until their next review.
• Make an appointment with a GP or asthma nurse within 48hrs of discharge.
• **Symptoms of asthma include:** Cough, wheeze, shortness of breath, chest tightness that may cause difficulty in speaking or feeding. Not everyone with asthma will wheeze.
• Please note how much treatment your child is requiring and how this helps.
• When asthma is **fully controlled** your child should be **symptom free and not require any reliever** inhaler (salbutamol).
• Preventer medication should be used even when well.

### Treatment

<table>
<thead>
<tr>
<th>Medication</th>
<th>When to use</th>
<th>Name and strength of medication</th>
<th>No. of puffs/dose</th>
<th>Times per day</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reliever inhaler</strong></td>
<td>Use when your child is coughing or wheezing or their chest feels tight.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Preventer inhaler</strong></td>
<td>Your child should use their ( ) inhaler every day even when well.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Prednisolone (steroids)</strong></td>
<td>Short course when unwell, usually 3-5 days</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Preventer tablet or granules. Use every day</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Other treatments:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Remember

- **Your child should use their Preventer inhaler ( ) every morning and evening** and only stop if their doctor or asthma nurse tells them to.
- **Salbutamol is a reliever. When your child is well they will not need to use this at all**
- Keep a salbutamol inhaler with you at all times.
- Start salbutamol as soon as your child gets symptoms and continue until symptoms have resolved.

### Using salbutamol

- Give 2 puffs. 1 puff at a time, wait for 2 minutes and assess the response, repeat if necessary continuing up to 10 puffs.
- If your child does not respond to 10 puffs call 999 & repeat.
- If your child needs to use their blue inhaler more often than every 4 hours you should take them to see their doctor or use the out of hours services. (Call 111)
- If your child repeatedly needs doses of 6-10 puffs every 4 hours you should take them to see their doctor or use the out of hours services. (Call 111) they are likely to need a course of steroids.

---

Out of hours call 111

- Some areas may instruct you to take your child to the Children’s Emergency Department. Make sure you know what to do in your area.
How to use a metered dose inhaler (MDI) with a small volume spacer and mask –
(spacer may be yellow, orange or blue.)

1. Remove caps from the inhaler. Shake the inhaler and insert into the back of the spacer.
2. Place the mask of the spacer over the mouth and nose of the child and ensure there is a good seal.
3. Keeping the spacer level press the inhaler canister. 
4. Encourage the child to breathe in and out slowly and gently for 5 breaths, (if you hear a whistling sound they are breathing in to quickly)
5. Remove the mask from the child’s face.
6. If taking another dose, wait 30 seconds and repeat steps 1-4. Replace mouthpiece cover after use.

How to use an MDI with a small volume spacer

1. Remove the cap.
2. Place the mask over the mouth and nose of the child and ensure there is a good seal.
3. Press the canister once to release a dose of medicine. Breathe in slowly and steadily (if you hear a whistling sound you are breathing in too quickly).
4. Remove spacer from your mouth and hold your breath for 10 seconds, or as long as is possible, then breathe out slowly.
5. If taking another dose, wait for 30 seconds and repeat steps 1-4. Replace the mouthpiece covers after use.

How to use an MDI with a large volume spacer and mask for infant/small child

1. Remove the cap.
2. Attach the mask to the spacer mouthpiece.
3. Shake the inhaler and insert into back of spacer.
4. Tip the spacer to an angle of 45° or more to allow the valve to remain open.
5. Place the mask over the mouth and nose of the child to ensure there is a good seal.
6. Press the inhaler canister and keep the mask on the child’s face for 5 breaths.
7. Remove the mask from the child’s face.
8. For a further dose wait 30 seconds and repeat steps 1-7.

Not all types of inhaler are shown here. Ask the doctor or nurse if you are unsure how to use the inhalers you have been given. The type of inhaler and spacer with or without a mask you are given will depend on your child. For more information see http://www.asthma.org.uk/Sites/healthcare-professionals/pages/inhaler-demos

Medications reviewed by
Name: Signature:: Date

Inhaler technique checked by
Name: Signature:: Date

Information/education received by:
Name: Signature:: Date

Copy of this plan sent to GP
Name: Signature:: Date

Get help day or night. Do not worry about making a fuss

<table>
<thead>
<tr>
<th>Life threatening</th>
<th>Severe</th>
<th>Moderate</th>
<th>Mild</th>
</tr>
</thead>
<tbody>
<tr>
<td>If your child is:</td>
<td>If your child is:</td>
<td>If your child is:</td>
<td>If your child is:</td>
</tr>
<tr>
<td>• Drowsy</td>
<td>• Frightened</td>
<td>• Wheezing and breathless and not responding to usual reliever treatment</td>
<td>• Requiring their reliever regularly throughout the day/night for cough or wheeze but is not working hard with their breathing and is able to continue day to day activities</td>
</tr>
<tr>
<td>• Has a severe wheeze</td>
<td>• Breathless with a heaving chest</td>
<td>Monitor your child closely and look for signs to see if they are getting worse</td>
<td></td>
</tr>
<tr>
<td>• Is unable to speak in sentences</td>
<td>• Unable to speak in sentences/take fluids and is getting tired</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Is unable to respond</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ring 999 You need immediate help</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Give 2 puffs (1 at a time) every 2 minutes of salbutamol via a spacer until the ambulance arrives</td>
<td>Contact your GP to make an appointment for your child to be seen immediately. Out of hours call 111 Continue to give salbutamol as described earlier</td>
<td>Arrange an appointment to see your GP as soon as possible/preferably the same day or call 111 if it is out of hours Continue to give salbutamol as described earlier and watch them closely</td>
</tr>
</tbody>
</table>

For more information about asthma http://www.asthma.org.uk T 0800 1216244
Smoking, even outside can affect your child’s health & asthma. Ask at your surgery for help to quit. For more information www.smokefree.nhs.uk