

Appendix A: Management plan and actions required upon discharge of paediatric patients with Acute Asthma/ wheeze

Name:
 Dob:
 NHS number:
 Named Consultant:

Hospital Number:
 Admission date:
 Discharge date:
 Diagnosis:

Follow up at Ipswich Hospital (if required)

An appointment has been made on xxx/xxx (date/time) for the patient to be followed up Ipswich Hospital

Routine follow up arrangements with your GP Practice Staff

Patient to be seen in xxx to xxx working days with GP Practice Staff
(Dear Parent/Guardian, please contact your GP practice as soon as possible to arrange an appointment for your child to be seen with the asthma nurse)

Patient to be seen in xxx to xxx weeks with GP Practice Staff
(Dear Parent/Guardian, please contact your GP practice as soon as possible to arrange an appointment for your child to be seen with the asthma nurse)

Routine follow up arrangements at Ipswich Hospital (if required)

Follow up with Dr XXX in XXX week's time

Medication Plan

Medication	Name and Strength of medication	No. of puffs per day	Times per day
Salbutamol (reliever) blue inhaler*			
Steroid/combination inhaler (preventer)			
Prednisolone (steroids)			
Leukotriene antagonist (Montelukast)			
Other treatments:			

*Take salbutamol 2 puffs every two minutes, up to 10 via spacer, up to 4 hourly. If needing to use more frequently then seek medical attention.

If your child's symptoms are improving then discuss with Asthma practice nurse and keep follow up appointments in the hospital

Keep your review appointment in the hospital

If your child's symptoms are not improving and your child is needing to use more blue reliever inhaler frequently

Need to seek medical attention

If your child's symptoms worsen e.g.:
 -The child's blue reliever inhaler is not helping
 -The child's breathing is hard and fast
 -The child can't talk or walk easily

Please phone 999

What to do in an emergency whilst waiting for 999:

1. The child to take 2 puffs of their reliever inhaler (usually blue) through spacer.
2. Sit the child down and get them to take slow, steady breaths
3. If no immediate improvement, get your child to continue to take two puffs (one puff at a time) of reliever inhaler every two minutes. They can take up to ten puffs.
4. If ambulance does not arrive in ten minutes and you are still feeling unwell, repeat step 3.

After an emergency you should call your doctor or asthma nurse and ask for an urgent appointment—even if they feel better. Do not ignore worsening asthma. Get medical help immediately. Day or night.