

## Paediatric Asthma / Wheeze Management Plan

### Patient details

Name:	Date of birth:	NHS no:
Address:		
GP name and address:		
Practice nurse:		
Children's Assessment Unit/Ward tel no:		
Open access? Yes <input type="checkbox"/> No <input type="checkbox"/> Until date:		
<ul style="list-style-type: none"> <li>• This is your child's discharge plan and treatment until their next review.</li> <li>• Make an appointment with a GP or asthma nurse within 48 hours of discharge.</li> <li>• <b>Symptoms of asthma include: Cough, shortness of breath, chest tightness</b> that may cause difficulty in speaking or feeding. <b>Not everyone with asthma will wheeze.</b></li> <li>• Please note how much treatment your child is requiring and how much this helps.</li> <li>• When asthma is <b>fully controlled</b> your child should be <b>symptom free and not require any reliever inhaler</b> (salbutamol).</li> <li>• Preventer medication should be used even when well.</li> </ul>		

### Your usual asthma treatment is...

- The RELIEVER inhaler:**

Name: \_\_\_\_\_ Colour: \_\_\_\_\_

Times per day: \_\_\_\_\_ Number of puffs and dose: \_\_\_\_\_

*Use when your child is coughing or wheezing or their chest feels tight.*
- The PREVENTER inhaler:**

Name: \_\_\_\_\_ Colour: \_\_\_\_\_

Times per day: \_\_\_\_\_ Number of puffs and dose: \_\_\_\_\_

**or COMBINATION inhaler:**

Name: \_\_\_\_\_ Colour: \_\_\_\_\_

Times per day: \_\_\_\_\_ Number of puffs and dose: \_\_\_\_\_

*Your child should use their preventer inhaler every day.*
- PREVENTER tablets or granules:**

Name: \_\_\_\_\_

Dose and times per day: \_\_\_\_\_ Course: Short  Every day
- PREDNISOLONE (oral steroids):**

Dose: \_\_\_\_\_ Times per day: \_\_\_\_\_ Number of days: \_\_\_\_\_

*Short course when unwell.*

**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 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 and 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.

**My asthma triggers:** \_\_\_\_\_

<b>Life threatening</b>	<p>If your child is:</p> <ul style="list-style-type: none"> <li>• Drowsy</li> <li>• Has a severe wheeze</li> <li>• Is unable to speak in sentences</li> <li>• Is unable to respond</li> </ul>	<p>Ring 999. You need immediate help. Give 2 puffs (1 at a time) every 2 minutes of salbutamol via a spacer until the ambulance arrives.</p>
<b>Severe</b>	<p>If your child is:</p> <ul style="list-style-type: none"> <li>• Frightened</li> <li>• Breathless with a heaving chest</li> <li>• Unable to speak in sentences/take fluids and is getting tired</li> </ul>	<p>Ring 999. You need immediate help. Give 2 puffs (1 at a time) every 2 minutes of salbutamol via a spacer until the ambulance arrives.</p>
<b>Moderate</b>	<p>If your child is:</p> <ul style="list-style-type: none"> <li>• Wheezing and breathless and not responding to usual reliever treatment</li> </ul> <p><b>Monitor your child closely and look for signs to see if they are getting worse</b></p>	<p>Contact your GP to make an appointment for your child to be <b>seen immediately</b>. Out of hours call 111. Continue to give salbutamol as described earlier.</p>
<b>Mild</b>	<p>If your child is:</p> <ul style="list-style-type: none"> <li>• 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</li> </ul>	<p>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 your child closely.</p>

**Useful information:**

**Asthma UK** Tel: 0800 121 6244

<http://www.asthma.org.uk>

<http://www.asthma.org.uk/sites/healthcare-professionals/pages/inhaler-demos>

<http://www.asthma.org.uk>

**Smoking**, even outside, can affect your child's health and asthma. Ask at your surgery for help to quit.

For information: [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

<b>Name of doctor / asthma nurse:</b> _____	<b>Date of review:</b> _____
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Signature: _____	Name (PRINT): _____
Designation: _____	Date: _____ / _____ / _____ Time: _____ : _____