HOW TO MANAGE MY ASTHMA AFTER DISCHARGE FROM HOSPITAL

Most children with asthma and many children with pre-school wheeze will be given a course of steroids (prednisolone) when they become unwell.

- If you have been started on a course of prednisolone, it is important that you complete the course that you have been given.
- Give the reliever inhaler via spacer as needed, up to 10 puffs every 4 hours
- Keep the regular treatments going
- Avoid over-excitement
- Please check on your child overnight
- If your child needs more reliever than 10 puffs 4 hourly see your GP today or visit A/E
- You should make an appointment to see your GP within 48 hours of discharge

GP ASTHMA CLINIC

Ask for a review if

- Your child is getting lots of mild attacks
- Your child starts using their reliever inhaler more than 3 times a week.
- Use the "Asthma Control Test" to see how you are doing. Find it at **www.asthma.org.uk**

BEFORE EXERCISE

Taking my reliever before I start may help prevent me wheezing and coughing.

Designed by The Institute of Clinical Science and Technology

TRIGGERS THAT MAKE ME WHEEZE

Please list below:

Animals and pets

THESE ARE MY CONTACTS

Doctor (GP):

Nurse:

Hospital consultant:

Want to give up smoking?

For free help and advice see your G.P or call for free

0800 085 2219

www.helpmequit.wales



GIG CYMRU NHS WALES

ASTHMA & PRE-SCHOOL WHEEZE

Management Plan

Patient Addressograph

Last updated:

Y Grŵp Gweithredu ar Iechyd Anadlol
Respiratory Health Implementation Group
Iechyd Plant
Child Health

MONITORING YOUR ASTHMA

IF YOUR CHILD IS GETTING WORSE

- Wheeze and coughing is getting worse
- Your child is feeling out of breath

WHAT TO DO NEXT

- Increase reliever inhaler to 10 puffs every 4 hours via spacer
- Continue your preventer treatment
- See your GP today or attend A&E
- Give Home Rescue Steroid if directed to do so

IF YOUR CHILD...

- Needs reliever inhaler more than usual
- Is coughing or wheezing more
- Is coughing and waking at night

WHAT TO DO NEXT

- Increase reliever inhaler to 6-10 puffs every 4 hours via spacer
- If not improving, see your GP today
- Continue your preventer treatment
- If improving see your GP in the next few days

WHEN YOUR CHILD IS WELL

- Give the preventer treatment as prescribed

IF YOU CHILD IS HAVING A SEVERE ATTACK?!

- Distressed by cough and wheeze or breathing hard?
- Won't play because of breathlessness
- Is too breathless to speak
- Reliever therapy doesn't last long

This is life threatening: Act early: Call 999 or go to A&E immediately

WHILST WAITING TO BE SEEN!

- Give 10 puffs of the reliever inhaler via spacer
- Continue with 10 puffs reliever via spacer as often as needed
- If you have Home Rescue Steroid give a dose as soon as possible

SYMPTOM CHECKER

AS YOUR CHILD IMPROVES

- Give up to 10 puffs of reliever via spacer as needed
- Seek advice if 10 puffs doesn't last 4 hours
- Check on your child overnight

REGULAR TREATMENT

Reliever therapy

none

Preventer therapy

none

Home rescue steroid/other

none

I ALWAYS USE

- ☐ Spacer and mouthpiece
- ? Spacer and mask

Mouthpiece spacers are far more effective than mask spacers. Children age >3years should be able to use a mouthpiece spacer

WHEN I'M UNWELL, MY WHEEZING

- ? Responds to steroids
- ☐ Does not respond to steroids
- ☐ We are not sure