

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



ASTHMA & PRE-SCHOOL WHEEZE

Management Plan

Patient Addressograph



Y Gŕŵp Gwellfreadu
an Ischydol Anadodol
Respiratory Health
Implementation Group

Last updated:

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 YOUR 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