

Patient / Parent / Carer advice sheet

Advice about your child's asthma and wheeze for when you leave hospital

Your child should now be feeling better. Your child should not need the blue reliever inhaler as often. Before going home, your child will need to be able to manage 4 hours between doses of the blue reliever inhaler.

Patient Label

What to do after an attack - going home plan

1. Take Salbutamol, the blue reliever inhaler, 4-10 puffs as needed to treat symptoms for the first 48 hours including: wheeze, chest tightness, cough, shortness of breath and difficulty breathing. This may need to be every 4 hours at first but should reduce as your child improves. The effects of the blue reliever inhaler should last for four hours.
2. If you need to give the blue reliever inhaler more than every four hours, your child is having an acute exacerbation of asthma or wheeze. Seek urgent help via 111 or 999 and follow their asthma plan if they have one.
If this is within 48 hours of discharge use your temporary open-door access to the children's emergency department.
3. If you still need to give the reliever inhaler (blue) regularly 48 hours after discharge or are unable to reduce the number of puffs, your child has not fully recovered. Arrange a medical review with your GP or asthma nurse within 24 hours.
4. Your child should have a post admission review with your GP or asthma nurse within two working days of discharge from hospital. This is to make sure that your child is improving. Please contact your GP surgery to arrange this.
5. Your child should also have a follow up appointment with your GP or asthma nurse within the next 4 weeks. Please contact your GP surgery to arrange this.



Spacer devices

Always use the inhalers with a spacer device. This is a better way of getting the medicine into the lungs. A nurse will check your child's technique before discharge.



A child over three years old should aim to use a spacer without a mask, unless they are unable to manage the correct technique. See www.asthmaandlung.org.uk/living-with/inhaler-videos for correct techniques.

Reliever or blue inhaler (Salbutamol/Salamol/Ventolin):

Inhale 2-10 puffs as needed.

The blue inhaler is for the relief of cough, wheeze, chest tightness and breathlessness. You should not need to use this regularly when your asthma or wheeze is well controlled.



OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK

Preventer inhaler (E.g., brown, beige, purple or white):

Your child's preventer inhaler is.....

Your child should inhale puff(s) in the morning and Puff (s) in the evening even when they are well. This inhaler prevents the lungs from becoming inflamed.

Do not stop/change the dose unless told to by your doctor or asthma nurse.



What do I do if I/my child is wheezy/has asthma?

Please follow the traffic light advice below

Red Zone: Danger If your child: <ul style="list-style-type: none">▪ Becomes unresponsive▪ Becomes blue around the lips▪ Has severe difficulty breathing▪ Cannot talk in a complete sentence▪ Cannot drink due to breathlessness▪ Looks tired, pale, drowsy, weak or quiet▪ Call 999 for emergency help	Yellow zone: Beware If your child is: <ul style="list-style-type: none">▪ Having difficulty breathing▪ Has wheeze/breathlessness that is not responding to their usual reliever (blue inhaler) doses.▪ Using their blue inhaler more than 2 puffs every 4 hours.▪ Is breathing more quickly than usual▪ Call your GP or 111 to speak to a nurse or doctor today	Green zone: Mild If your child is using their blue reliever inhaler more than three times per week, but they are not breathing quickly and are able to do all their usual activities they should have a routine review with the GP or asthma nurse.
---	---	---

Useful websites:

Beat Asthma www.beatasthma.co.uk

Asthma and Lung UK www.asthmaandlung.org.uk

Air quality <https://uk-air.defra.gov.uk>

Itchy Sneezy Wheezy www.itchysneezywheezy.co.uk

Medicines information www.medicinesforchildren.org.uk

About this patient information

This patient advice is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Always check specific advice on any concerns you may have with your doctor.

How can you help reduce healthcare associated infections?

Infection prevention and control is important to the well-being of our patients and for that reason we have infection prevention and control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections.

More help or advice

Contact our patient advice and liaison service (PALS) on 01296 316042 or bht.pals@nhs.net