## **Wheeze Management Plan**

Name:
Date:
Date of birth:
GP:

# Discharge home following an exacerbation of asthma.

When your child is discharge home following an exacerbation of asthma, they will require more reliever medication. This will be gradually reduced using the following guidelines.

# Dose of Reliever (Blue Salbutamol inhaler) via spacer

DAY 1 8-10 puffs 6 times a day (4 hourly)

DAY 2 4-6 puffs 4 times a day (6 hourly)

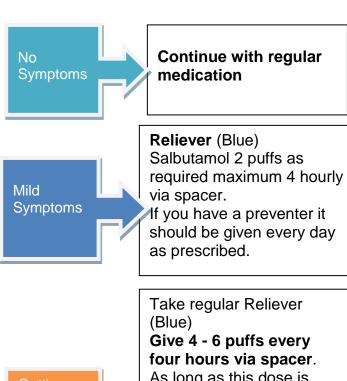
DAY 3 4-6 puffs 3 times a day (8 hourly)

DAY 4 2-4 puffs 2 times a day (12 hourly)

#### Other treatments:

### Follow up:

We would suggest you see your asthma nurse or GP within 48 hours.



Getting a cold or waking / coughing at night As long as this dose is effective, your child can stay at home. If your child needs more than this, you should see your GP or go to the emergency department.

Continue preventer if

prescribed.



Give 10 puffs of reliever via spacer Seek medical Advice

## **EMERGENCY: 999**

It is safe to give another 10 puffs while waiting.

If your child has any of these symptoms, you must call an ambulance:

- Too breathless to speak a full sentence
- Floppy or unresponsive
- Pale and grey or blue
- Very rapid breathing rate
- Severe tugging in at the neck or between the ribs

# For more information contact:

Short Stay Paediatric Assessment Unit

**Telephone 01803 655492** 

Monday to Friday 8:30am to 9:00pm





Patient Information Service

Louisa Cary Children's Ward Short Stay Paediatric Assessment Unit

Information for parents/carers on ASTHMA

