

# Asthma and pre-school wheeze management

## Information for parents and guardians

This booklet provides you with key information to help you manage your child's asthma. If you would like further information, or have any particular worries, please do not hesitate to speak to your nurse or doctor.

### Your child's:

Name:

Date of birth:

- Inhaler technique checked
- Medication checked
- Discharge plan discussed with parents

Advised to see GP within 48 hours

Signed by:.....

Date:.....



## When your child feels well

- Breathing is easy during the day and night.
- No night time cough or chest tightness.
- Can play without wheeze or cough.
- Only need reliever inhaler 1-2 times a week.

### My child's daily medicines are:

1. ....
2. ....
3. ....

Take **all** inhalers with: Spacer and mask or Mouthpiece

My child's best peak flow is:

My child's usual care is with: GP or Hospital doctor

### Take 2 puffs of reliever inhaler (blue) with a spacer if your child:

- is wheezy or coughing
- chest feels tight
- finds it harder to breathe

If your child is prescribed preventer medicines, please remind them to take them every day, even when they feel well.

## When your child does not feel well (mild)

- Night time cough and/or waking up at night
- Coughing or wheezing more.
- Needs reliever inhaler more than usual.

### **Please ensure:**

- Your child takes 2 puffs of reliever inhaler (blue) with a spacer
- If no improvement within 10 minutes, read **orange** information below.
- Check on your child overnight.
- Continue preventer medicines daily.
- Please make appointment with your child's GP within 3 days.

## When your child feels awful (severe)

- Increasing wheeze, cough and/or chest tightness

### **Please:**

- Give 6-10 puffs of reliever inhaler (blue) every 4 hours with a spacer
- Make sure your child sits up straight
- If symptoms do not improve within 10 minutes, give a further 10 puffs.
- Continue preventer medicines daily.

**If you need to repeat salbutamol treatment more than once within 4 hours please go to your nearest emergency department.**

If your child improves, call NHS 111 or make an appointment to see their GP within 24 hours.

## **In an emergency**

**If your child experiences any of these symptoms, take them to your nearest emergency department urgently or dial 999:**

- Too breathless to speak a full sentence or feed.
- Exhausted or too breathless to play.
- No improvement with 10 puffs of reliever inhaler.
- Breathing hard and fast.
- Pale, grey or blue

### **Please:**

- Ensure your child is sat upright
- Give 10 puffs of reliever inhaler( blue) with a spacer
- If no improvement after 10 minutes give a further 10 puffs.
- Continue to give 10 puffs of reliever inhaler every 20 minutes until help arrives.

## **Please do not ignore a worsening wheeze – seek help day or night**

You can contact your GP or NHS 111 for advice, or call 999 if it is an emergency.

For non-urgent information and advice, visit the Asthma UK website: [www.asthma.org.uk](http://www.asthma.org.uk) or call the Asthma UK Specialist Nurse Advice line: 0300 222 5800

## Inhaler technique

1. Remove mouthpiece and shake inhaler
2. Attach inhaler to spacer
3. Have your child upright
4. Children under 4 years old: Hold mask securely over mouth and nose

Children over 4 years old: Seal lips firmly around mouth piece

5. Press inhaler once to give one puff
6. Count to five while child breaths through spacer
7. Repeat steps 1-6 for further doses.

Wash your spacer once a week with warm water and dishwashing liquid. Do not rinse and please allow to drip dry.

Wipe mouth piece with a clean cloth.

## Wheeze discharge plan

1. Once your child has been discharged from hospital, gradually reduce reliever inhalers using the following plan:

a) Check on your child overnight

b) Salbutamol reliever inhaler (blue), always with a spacer

Day 1: 10 puffs every 4 hours (6 times a day)

Day 2: 6 puffs every 4 hours (6 times a day)

Day 3: 4 puffs every 6 hours (4 times a day)

c) Thereafter give 2-4 puffs as needed.

If symptoms worsen go back to previous dose and speak to your child's GP.

2. Give prednisolone course as prescribed

.....tablets (.....mg) once a day for .....days

3. Follow up

- Make a GP appointment **within 48 hours**
- Out-patient follow-up planned Yes or No

4. Continue your child's preventer medicines daily

5. If symptoms are not improving please see the guidance contained inside the leaflet (**Green, Orange, Red**)

## Acknowledgement

With thanks to Dr Middleton and Dr Equi, WHHT Children's services who helped produce this leaflet.

With thanks to Asthma UK for providing the information in the wheeze discharge plan.

For more information about services for children at the Royal Free London, please visit our website:  
[www.royalfree.nhs.uk/services/services-a-z/childrens-services](http://www.royalfree.nhs.uk/services/services-a-z/childrens-services)

If you have any feedback on this leaflet or require a list of references for it, please email: [rf.communications@nhs.net](mailto:rf.communications@nhs.net)

**This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please ask a member of staff.**

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