

Wheeze / Asthma Management Plan

Name: _____ DOB: _____

MRN: _____ GP: _____



Feeling well – no symptoms

Continue with regular medications

Your child's reliever inhaler helps when they have symptoms.

It is called: _____
(Dose and strength)

COLOUR: _____

- Give **2 to 10** puffs **ONLY if needed**. No more than every **4** hours.
- Always use a spacer.
- Useful for some children taken before exercise.

Your child will need to take their **PREVENTER** inhaler every day.

It is called: _____
(Dose and strength)

COLOUR: _____

- Give _____ puffs _____ times per day.
- Always use a spacer.



Feeling poorly

- ✓ Getting a cold
- ✓ Slight cough or wheeze
- ✓ Chest hurts

- ✓ Waking at night with cough

RELIEVER: _____

COLOUR: _____

- If needed, give _____ puffs, but no more than every 4 hours.
- As long as this is effective your child can stay at home.
- If the reliever is needed more frequently, give the dose then **you must seek medical advice**. Contact your GP or NHS 111 if your GP's surgery is closed.
- Always use a spacer.



Continue to use the **PREVENTER** at the usual dose.



Working hard to breathe

- ✓ Breathing getting worse
- ✓ Not better after reliever

Give **10 puffs of RELIEVER (BLUE)** through a spacer

This should last for 4 hours. If the reliever is needed more frequently, give the dose then you will **NEED TO SEEK MEDICAL ADVICE URGENTLY**

In an emergency call 999

Emergency

- ✓ Poor response to reliever
- ✓ Rapid breathing rate
- ✓ Pale or grey or blue

- ✓ Too breathless to talk, walk or eat and drink
- ✓ Floppy or unresponsive

1. Call for help. Sit up your child up – do not let them lie down. Try to keep your child calm.
2. Give one puff of the reliever inhaler (with the spacer) every 30 to 60 seconds, up to a total of 10 puffs.
3. If you have not got your child's reliever inhaler, or it is not helping, or you are worried at any time, **call 999 for an ambulance**.
4. If an ambulance has not arrived after 10 minutes and your child's symptoms are not improving, repeat step 2.
5. If your child's symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately**.

Your child's wheeze / asthma triggers are:

List the things that make your child's wheeze / asthma worse, so you can try to avoid or treat them:

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Inhalers and spacers

Scan the code below with your phone camera to learn how to use your child's inhaler and spacer properly. **(Scroll down to the child section)**



Air pollution and smoking

- Air pollution may make your child's wheeze / asthma worse.
- Pollution can quickly irritate your child's airways and trigger asthma symptoms.

Top tips for high pollution days

1. **Stick to your child's preventer routine** so they can cope better with pollution and their other triggers.
2. **Carry your child's reliever inhaler and spacer with you** to quickly deal with any symptoms.
3. Check the pollution forecast in your area with DEFRA's UK-wide forecasts (<https://uk-air.defra.gov.uk>) or on a weather app.
4. **Avoid pollution hotspots** such as main roads, junctions, bus stations and car parks and use quieter back streets as much as possible. If you can, go out earlier before pollution levels have had a chance to build up.

Smoking advice for parents

- Do not smoke around your child. Children take more smoke into their lungs than adults and are at greater risk from the toxins given out in the smoke.
- Children are more likely to have chest infections, wheezing and coughing.
- If you need to smoke, please go outside making sure that you are well away from the door, so that the smoke does not get blown back indoors.
- Even if you do go outside to smoke, you will bring smoke particles back in on your clothes. So ideally, you would not smoke anywhere in or around your home.
- **Help for giving up smoking is available from your local pharmacy and GP.**

Preventative medication

Name of medication	Dose, frequency and duration	Additional information

How else can I help my child?

- If your child is taking a preventative medication, give it every day even when your child is well.
- Make sure you are aware when your child's inhaler is empty or about to run out.
- Make sure whoever administers the inhalers to your child understands how to use an inhaler and spacer. Please ask before leaving the department if you are unsure.

Inhaler technique checked:

Name	Signature	Position / Grade	Date
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Wheeze plan completed by:

Name	Signature	Position / Grade	Date
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