

Going Home with Wheeze or Asthma Plan

1st 24 hours after discharge

Reliever: Give 10 puffs every 3-4 hours	What if my child needs their reliever more often? Give the reliever as often as you think it's needed AND get urgent medical advice
Preventer:	
Steroid tablets:	
	What do I do if my child is sleeping? Do not wake them. If your child does wake during the night give the inhaler then

Days 2 - 3

If improving:	If not getting better:
Reliever : Cut to 2-5 puffs every 4-6 hours	Reliever: Keep giving 10 puffs every 3-4 hours
Preventer: Give agreed dose	Preventer: Give agreed dose
Steroid tablets:	Steroid tablets:
How will I know if my child is improving? Breathing will be quieter, slower & easier Less cough & wheeze Eating, drinking & talking better	How will I know if my child is getting worse? Faster breathing or too breathless to walk or play Cannot talk or feed easily Skin colour may become pale or grey
Can I cut down the number of puffs of the reliever? Yes, as your child improves cut down the number of puffs and then increase the time between	What should I do if my child does not seem to be getting better? Get medical advice In the meantime, continue giving reliever as often as you think it's needed

Day 4

If fully recovered:	If not getting better:
Reliever: Give 2 puffs as required	Reliever: Keep giving 10 puffs every 3-4 hours
Preventer: Give agreed dose	Preventer: Give agreed dose
Steroid tablets:	Steroid tablets:
How do I know if my child is fully recovered? Child will have no asthma or wheeze symptoms	What do I do if my child is not better by day 4? Continue giving reliever as often as you think it's needed Get medical advice

Child's name:

Doctor signature:

Date: / /

WHAT TO DO THE NEXT TIME WHEEZE OR ASTHMA PLAN

Step 1: Look out for your child's early warning signs

Asthma attacks do not usually happen without warning. Most children have early warning signs. You might see these a day or two before the asthma flares up. By acting quickly at home, you might stop things getting worse. You might even stop a hospital admission.

Early warning signs include things like:

- Being tearful
- Sneezing lots
- Runny nose or rubbing nose
- Dark circles under the eyes
- Itchy scratchy or sore throat
- A cold or flu like illness



Step 2: Treat the early warning signs quickly

As soon as you see your child's early warning signs start, or a cold or virus starts, give **5 puffs** of the blue reliever inhaler using a spacer every 4 hours.

If your child's symptoms are getting worse and you see signs of asthma give **10 puffs** of the blue reliever inhaler using a spacer every 3 to 4 hours.

Signs of asthma include things like:

- Cough, especially at night
- Chest starts to get tight or hurts
- Breathing faster than normal
- Wheezy or noisy breathing, with more effort than usual



Step 3: Get advice if things are not getting better - Give steroids now

If your child's symptoms are getting worse, or you are using the blue inhaler more often than every 3 to 4 hours contact your GP straight away. If you have steroid tablets at home start them now. (If your child gets better, you can slowly cut back the reliever inhaler puffs. The Going Home with Wheeze or Asthma plan tells you what to do)

Step 4: Know when to call 999

Sometimes, despite all actions, asthma can get serious quickly. If you see any of these signs, or you are worried about your child's breathing, you should call an ambulance straight away.

Your child will need emergency help if they are:

- Distressed
- Gasping for breath
- Finding it hard to speak
- Looking pale or their lips going blue
- Quiet or drowsy
- 'Not with it'