

## Going Home Plan for Children – Symptom Management After an Asthma Attack/Wheeze

Your child should now be feeling better than when they first came in. They should not need to use the blue salbutamol (reliever) inhaler as much anymore. You can now:

**Give your child their usual preventer inhaler every day if prescribed**

**Keep taking oral corticosteroids if prescribed**

- ✓ **Look out for signs** that show your child needs their blue inhaler - struggling to breathe, coughing a lot, tight chest, wheezy **or** their peak flow (if measured) is dropping.
- ✓ **If needed, give 2 puffs of the blue (rescue/reliever) inhaler via a spacer**, one puff at time and wait 5 minutes, repeat if necessary until you have given up to 6 puffs.
- ✓ Your child should now feel much better, and **this should last at least 4 hours**. Your child should be needing their blue inhaler less and less.
- ✓ You can stop giving your child the blue (reliever) inhaler when they feel better. There is no need to slowly decrease their blue (rescue/reliever) inhaler if they are well.

✓ **If the blue inhaler is not lasting for 4 hours or your child still has symptoms after 6 puffs of blue (rescue/reliever) inhaler move to the red**

Contact Telephone number .....

Return details (if appropriate) .....

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.....



**If your child is still struggling to breathe after 6 puffs of the blue (reliever) inhaler or Needs the blue inhaler more than every 4 hours...**

They are not getting better; **you need to take emergency action now:**

Sit them up (don't lie them down), loosen tight clothing, stay calm.

**Give up to 10 puffs of the blue (reliever) inhaler via a spacer**, 1 puff at a time and **seek urgent medical attention** - call 111, see a doctor today or go to A&E (even if feeling better)

**If 10 puffs of blue (reliever) inhaler have not helped** (Your child is still struggling to breath) - **You should:**

**Call 999 and whilst waiting for the ambulance give 1 puff of their blue (reliever) inhaler via a spacer, every 30-60 seconds.** For each puff ask your child to take 5 breaths in and out through the spacer.

**After Discharge** – Your child should be reviewed **within 48 hours** by the GP or practice nurse to check they are getting better. Please contact your GP surgery to arrange this.

**Within 4 weeks** - You need to ensure your child has a follow up appointment with your GP, nurse or in asthma clinic for a review of your child's symptoms. If your child has a **personalised asthma action plan** please use it for further information.