

# Asthma/Viral Induced Wheeze Management Plan

Information and advice for patients and their carers

## Paediatrics

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Name

D.O.B.

Hospital / Surgery

Hospital / NHS number

Date of issue

This Asthma and Viral Induced Wheeze Management Plan explains your child's asthma medications, how to recognise when their asthma or wheeze is getting worse and what to do. Take this plan with you and discuss any concerns you have when you meet your child's nurse, GP or hospital doctor. It is important that asthma treatment is reviewed at least every twelve months and this plan is kept up-to-date.

## Regular treatment

Name of inhaler and strength	Dose - Morning	Dose - Evening
<b>Preventer</b> Brown/orange/purple/red		
<b>Rinse mouth or brush teeth after use</b>		
<b>Other asthma medications</b>		

**Remember to use the Spacer! - only one puff at a time**

## Your child's asthma is under control if:

### Your child's Asthma is under control if:

- The blue inhaler, salbutamol is needed three times a week or less.
- They have very few/no asthma symptoms – wheezing, coughing, shortness of breath.
- They can do all their normal activities without symptoms.

### Action

Do not stop your child's regular asthma medicines unless discussed with your GP / Asthma nurse.

### What do I do when my is

- Coughing or wheezing more than usual.
- Waking up at night with asthma symptoms.
- Needing to use their blue inhaler more than usual.
- Has a cold.
- Additional symptoms.

### Action - Asthma flare/wheeze attack

- Follow Discharge / Escalation Flow Chart.
- If requiring up to 6 puffs blue inhaler every 4 hours or their asthma symptoms are getting worse please contact your GP or Practice Nurse today for advice.

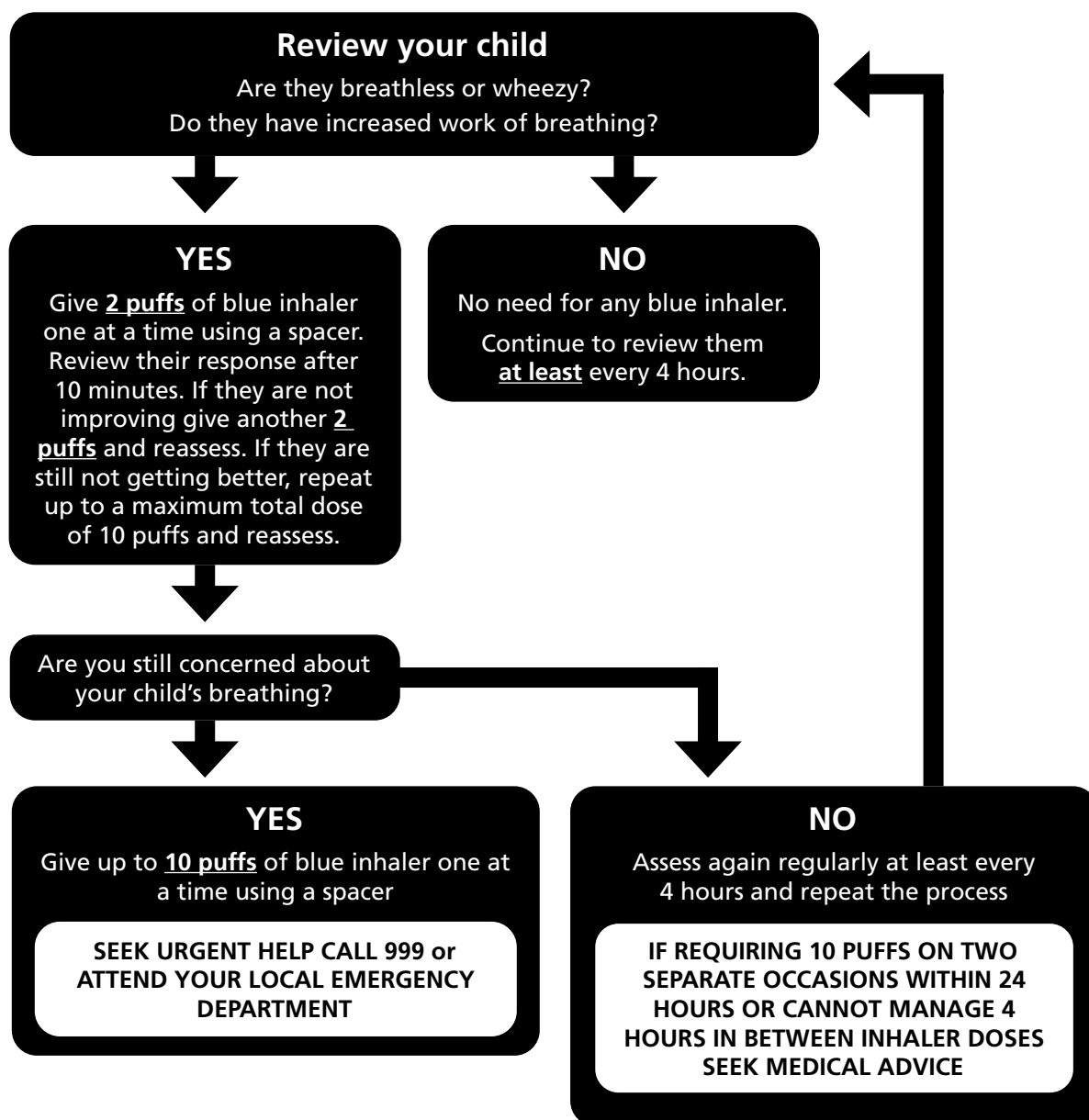
### It is an emergency if your child is...

- Breathing very fast and are using their neck or stomach muscles to breathe.
- Too breathless to talk, eat or drink.
- Tired, pale or blue around the lips.



### ACTION - YOU MUST SEEK MEDICAL ADVICE IMMEDIATELY – DIAL 999

Whilst you are waiting for the ambulance give your child 10 puffs (1 puff at a time) of the blue inhaler using the spacer. You can continue to give 1 puff every minute until help arrives.



You might need to give some blue inhaler every 4 hours initially. Your child should need less as they recover. You should see an improvement within 48 hours. If your child is regularly requiring the blue inhaler 5 days after discharge, please see your GP for review.

IF YOU ARE CONCERNED ABOUT YOUR CHILD OR THEY NEED MORE THAN 10 PUFFS WITHIN 4 HOURS YOU MUST SEEK URGENT MEDICAL HELP VIA 111, YOUR GP OR BY GOING STRAIGHT TO YOUR LOCAL EMERGENCY DEPARTMENT.

Call 999 if your child has severe symptom

	Name	Telephone
GP		
Practice nurse		
Hospital consultant		
Other healthcare		

## Information and Support

### Asthma and Lung UK

Advice Line: 0300 222 5800

Open Monday – Friday 9am – 5pm

NHS direct: 111

### Smoking cessation advice:

Web: [www.asthmaandlung.org.uk](http://www.asthmaandlung.org.uk)

Email: [helpline@asthmaandlunguk.org.uk](mailto:helpline@asthmaandlunguk.org.uk)

Contact your GP or your Asthma nurse

<https://www.blackcountry0-18.nhs.uk/>

## Video and QR codes

Inhaler technique with mask



Inhaler technique with mouthpiece



Spacer care



Breathing difficulty



Discharge / escalation advice



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