

Going home after your child has received treatment for asthma

1 in 6 people who receive emergency treatment for an asthma attack need emergency treatment again within two weeks. There are things you can do to reduce the risk of your child having a relapse.

After your child's asthma attack it is important that they see a doctor or asthma nurse as soon as possible (within 48 hours). This will usually be at the GP surgery.

We may have made some changes to your child's asthma medicines, and they may have been started on a course of steroid tablets. It is important that they take them, even if they are feeling better.

What to do if your child has another asthma attack

The following guidelines are the recommended steps to follow in an asthma attack:

1. Help your child take one to two puffs of the reliever inhaler (usually blue), immediately. Use the spacer device if you have one.
2. Sit them down and try to get your child to take slow, steady breaths.
3. If your child does not start to feel better, help them take two puffs of the reliever inhaler (one puff at a time) every two minutes. They can take up to ten puffs.
4. If your child does not feel better after taking the inhaler as above, or if you are worried at any time about them, call 999.
5. If an ambulance doesn't arrive within ten minutes and they are still feeling unwell, repeat step 3.

Don't be afraid of causing a fuss, even at night. If your child's symptoms improve and you don't have to call 999, they still need to see a doctor or asthma nurse within 24 hours.

How to prevent another attack and reduce asthma symptoms

The best way of getting back on track is to see your GP or asthma nurse for an asthma review. After an asthma attack, and your follow-up appointment, you should have a further review with your doctor or asthma nurse within a week or two. They can check your child's inhaler technique, and help you complete a written personal asthma plan for your child. This includes information about asthma medicines, how to tell when your symptoms are getting worse and what to do about it.

Don't forget to make an appointment to see your doctor or asthma nurse within 48 hours of leaving the Emergency Department, so they can check how you are doing.

Further information can be found at www.asthma.org.uk

