

**Paediatric Wheeze Discharge  
Plan**



Name:

This is your discharge plan for the next 1-2 weeks

Please make an appointment to see your GP 48 hours after your discharge.

You may have been given Prednisolone, take this as prescribed

If your child takes a brown, orange or purple inhaler continue this twice a day even when well. **(Ensure good dental hygiene is maintained while on steroid inhalers)**

How much of your blue inhaler to give for the next few days:

DAY	No of puffs of salbutamol (blue inhaler)	Times per day
One		
Two		
Three		
Four		
Five		

Normal dose of treatment when your child is well: (Day six onwards, if unwell see GP)

Inhaler Medicine	No of Puffs/Dose	Times per day	Amendments to medication e.g.: New/Old /Dose Changes/Stopped
Reliever	Up to 10 puffs	As required	
Preventer (strength)		Morning & Evening	

Medication reviewed by:

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Inhaler technique checked by:

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_



## DANGER

Your child's condition is getting worse if:

- Your blue inhaler is not helping
- Your breathing is hard and fast
- You can't talk or walk properly
- You are getting tired



You need urgent help please phone 999 or go straight to the nearest Accident and Emergency Depart.



If your child is using more of their blue reliever inhaler than stated in the discharge management plan and you are concerned



You need to see your G.P. today



Your child is using the management plan but you have concerns, they may be having some time off school or be unable to take part in normal levels of activity



You need to see a doctor today. Please ring your G.P. surgery/Health Visitor or community Nurse or attend the walk in centre

### What to do in an emergency

1. Take 2 puffs of your reliever inhaler (usually blue)
2. Sit up and loosen tight clothing
3. If no improvement, continue to take one puff/dose of reliever inhaler every minute for five minutes or until symptoms improve
4. If your symptoms do not improve in five minutes – or if you are in doubt – call 999 or go to the nearest A & E department
5. Continue to take one puff of your reliever inhaler every minute until help arrives

After an emergency you should call your G.P. surgery and ask for an urgent appointment (even if you feel better)

**Do not ignore worsening condition - Get medical help immediately. Day or Night**

# 1



Shake your inhaler

# 2



Attach your inhaler as shown

# 3



Place your child in an up-right and comfortable position. Place the mask securely over their mouth and nose. Press inhaler once to give one puff and count to ten.

## GIVING YOUR INHALER

Steps 1-3 needs to be followed for **each puff** e.g. if asked to give 2 puffs; repeat the whole process twice.

You may be given different coloured inhalers or chambers. The process is the same for all colours.

Below are some examples of different coloured inhalers and chambers.



