

## How to manage your asthma after discharge from hospital

Most children with asthma and many children with pre-school wheeze will be given a course of steroids (prednisolone) when they become unwell.

- If you have been started on a course of prednisolone, complete the course that you have been given – you need to give
- Give the reliever inhaler via spacer as needed, up to 10 puffs every 4 hours
- Keep the regular treatments going
- avoid over-excitement
- Please check on your child overnight
- If your child needs more reliever than 10 puffs 4 hourly see your GP or visit A/E
- You should make an appointment to see your GP within 48 hours of discharge

## Triggers that make me wheeze

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**Before exercise, 2 puffs of salbutamol via a spacer may help prevent me wheezing**

## These are my contacts

### Doctor (GP)

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### Nurse

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### Hospital consultant

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## Want to give up smoking?

For free help and advice  
see your G.P  
or call for free

**0800 085 2219**

<https://www.helpmequit.wales>

For further advice or support please contact:

**Paediatric Asthma Nursing Service**

University Hospital of Wales:

02920742116

Llandough University Hospital:

02920715514



Respiratory Health  
Implementation  
Group **Child Health**



# Asthma & Pre-school wheeze Management Plan

Patient  
Addressograph

Last updated:

## When your child is well

- Give the preventer treatment as prescribed
- Always give inhaler treatment via the spacer

## If your child

- Needs the reliever inhaler more than usual
  - Is coughing or wheezing more
  - Is coughing and waking at night
- Increase reliever inhaler to 6-10 puffs every 4 hours
  - Always give inhaler treatment via the spacer
  - Continue your preventer treatment
  - Make an appointment to see your GP in the next few days

## If your child

- Is getting worse with more wheeze and coughing
  - Is feeling out of breath
- Increase reliever to 10 puffs every 4 hours
  - Continue your preventer treatment
  - If still not improving see your GP today
  - Give Home Steroid Rescue Pack if you have been directed to do so

## If your child

- Is distressed by wheeze and is short of breath
  - Won't play because of breathlessness
  - Is too breathless to speak
  - Reliever therapy doesn't last long
- Give 10 puffs of the reliever inhaler via spacer
  - If no improvement, repeat 10 puffs of reliever via spacer
  - If improving, give 10 puffs of the reliever every 4 hours & seek medical advice
  - Give Home Steroid Rescue Pack if you have been directed to do so
  - If still not improving call GP for urgent advice or dial 999

## As your child improves

Give up to 10 puffs of reliever as needed  
Seek advice if 10 puffs doesn't last 4 hours  
Check on your child overnight

## Regular treatment

### Reliever therapy

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### Preventer therapy

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### Home Steroid Rescue pack

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## I take all inhalers with a

☐ Spacer and mouthpiece

☐ Spacer and mask

Mouthpiece spacers are far more effective than mask spacers  
Children age > 3years should be able to use a mouthpiece spacer

## When I'm unwell, my wheezing

☐ Responds to steroids

☐ Does not respond to steroids

☐ We are not sure