



Children's Hospital for Wales



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Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

Paediatric Respiratory Nurse Specialists

Janet James

Sarah Byrne

Claire Briggs

Paediatric Respiratory physiologist

Nicola Stonely

029 20742116



**Want to give up smoking?**

See your G.P or call 0800 085 2219  
for free help and advice

## Difficult asthma protocol Admission leaflet



For further advice or support please contact:

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## What is the admission for?

Your child's asthma is proving difficult to control. In order to understand more about their asthma, we have arranged for your child to have some further investigations. These have been arranged during a hospital admission which is usually for 4 days. This leaflet goes through those tests and investigations in a bit more detail

## Home visit

For children who have asthma that is difficult to control, our respiratory specialist nurses also arrange a home visit as this may help identify a clear trigger for your child's asthma. It also helps develop a relationship with the family. The specialist respiratory nurse is your first point of contact should you have any queries or concerns.

## What investigations will my child have?

- *Blood tests* that determine your child's response to different types of infection, allergies and vaccines.
- *Lung function* daily if over 6 years of age (a blow test)
- *Exhaled nitric oxide test*. Another specific blowing test that shows the degree of inflammation (or swelling) within your child's airways.
- *Nasal nitric oxide test*. This involves your child sitting with a small soft plastic cone shaped probe placed at the edge of their nostril while they breathe in and out through their mouth for approx 1min via a small mouthpiece.
- *Quality of Life Questionnaire*.
- An *exercise test* will take place at Llandough Hospital during the admission. If you have no transport to get between the Children's Hospital for Wales and Llandough Hospital then please contact us as soon as possible so that this can be arranged.
- A *CT Scan* will be performed under sedation or general anaesthetic depending on your child's age. A CT scan is taken within the Xray department and gives detailed images of the chest. Sedation or general anaesthetic will be given through a drip.
- A *Bronchoscopy* will be performed either under sedation or general anaesthetic, also depending on your child's age.

## What is bronchoscopy?

Bronchoscopy is a procedure where your doctor looks into the airways i.e. the main tubes that carry air unto the lungs. A bronchoscope is a thin flexible telescope (thinner than a drinking straw) with a camera at the end.

## Procedure for Bronchoscopy

- Your written consent is required for this procedure and will be taken by the doctor when he explains the procedure to you in more detail.
- Only clear fluids can be taken after 12 midnight the day before the bronchoscopy and nothing by mouth after 6 am on the morning of the procedure.
- If the procedure is performed under sedation, Your child will be given a sedative through a drip just before the procedure. This will make your child drowsy but they will not suffer any pain and will not remember the procedure.
- If the procedure is performed under general anaesthetic you will have a chance to meet your anaesthetist and discuss the anaesthetic beforehand.
- Once your child is sleepy, you will be asked to wait in the waiting room.
- During bronchoscopy, The bronchoscope is inserted gently into a nostril (or breathing tube if your child is having a general anaesthetic) and guided into the airways. The doctor can then look at the airways and can take pictures or videos of any findings.
- Samples of mucous may be taken and sent to the lab for further testing.
- Your child may be given an intramuscular injection of steroids during the procedure as a test of steroid response.
- Your child may feel tired and sleepy post procedure
- Your child will be reviewed by the doctor a few hours post procedure
- You will usually be discharged home on the same day.
- Complications from a bronchoscopy are rare. These include fever, and a sore nose or throat for a day or two - paracetamol can be used accordingly.

## When will I know the results of all these investigations?

Your consultant will discuss the findings of all these investigations with you. This normally takes place at your next clinic appointment.