

Asthma / Viral Induced Wheeze Action Plan

Children's Services

Surname	Unit No
Forename	NHS No
Address	DOB
Postcode	(or affix patient label)

Date my plan was updated:

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Date of my next asthma review:

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Doctor / asthma nurse contact details:

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I need to take my preventor inhaler every day

Name of inhaler and strength	Morning dose	Evening dose
Preventer: Brown / Orange / Purple / White		

Rinse mouth or brush teeth after use

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Other asthma medications			
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My asthma is under control if:

- My blue inhaler (Salbutamol) is required less than three times per week
- I have very few asthma symptoms such as wheezing, coughing, shortness of breath or disturbed sleep
- I can take part in all activities such as Physical Education (P.E.) and sports without symptoms.

Action: I should continue to take all my asthma medication unless my doctor or asthma nurse has told me to stop.

My asthma is getting worse if:

- I wheeze, cough, my chest hurts or if I need my blue inhaler three or more times per week
- I am waking at night because of my asthma.

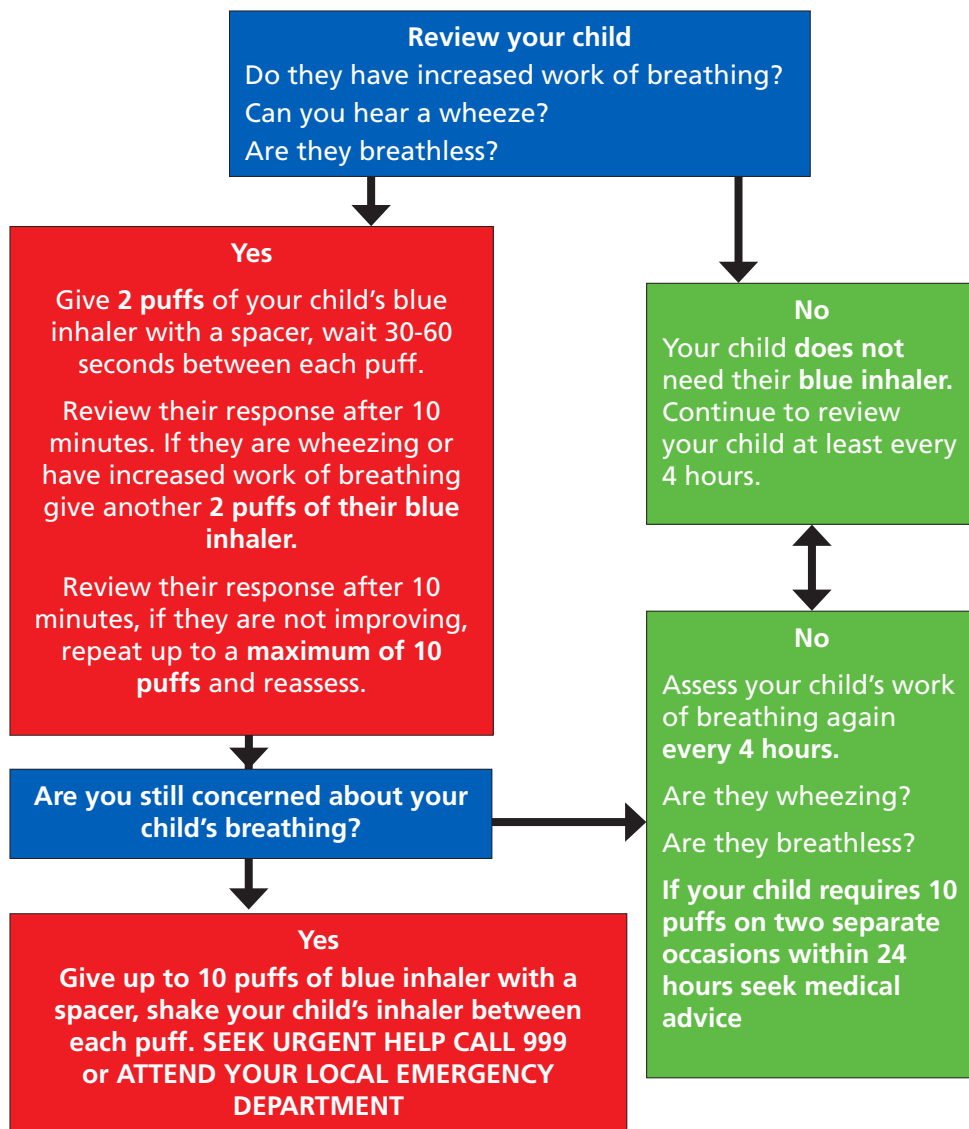
Action: Follow discharge / escalation flow chart. I may need to take 4-6 puffs of my blue inhaler every 4 hours. If my asthma symptoms are not better after 24 hours, I should see my GP / asthma nurse for a review.

It is an emergency if:

- My blue inhaler **is not helping**, or I need it **more than every 4 hours**
- I am finding it **difficult to talk, walk or I am finding it hard to breathe**
- I am **coughing or wheezing a lot and my chest is hurting**
- **I am tired because I am struggling to breathe, pale, or I am blue around my lips.**

Action: My parents or carers must call 999 immediately. Keep me sat up straight and try to keep me calm. I need to take 10 puffs of my blue inhaler with my spacer, 1 puff every 30-60 seconds. If the ambulance has not arrived after 10 minutes, I need to continue to take 1 puff of my blue inhaler every 30-60 seconds until help arrives.

Discharge and escalation advice



You may need to give your child's **blue inhaler** every 4 hours initially. As your child gets better, they should need this less often. You should book your child a post asthma attack review at your GP practice **48 hours after discharge**.

If you are concerned, or your child needs more than 10 puffs within 4 hours you must seek urgent medical help.

Notes

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Information and support that might help me.

<p>Asthma and Lung UK</p> <p>www.asthmaandlung.org.uk</p> <p>NHS direct non-emergency: telephone 111</p> <p>Allergy UK.</p> <p>www.allergyuk.org.uk</p> <p>Smoking Cessation advice.</p> <p>www.blackcountry0-18.nhs.uk/</p>		Inhaler technique with mask
		Inhaler technique with mouthpiece
		Spacer care
		Breathing difficulty
		Discharge / escalation advice

Useful contact details

	Name	Telephone
GP		
Practice Nurse		
Hospital Consultant		
Respiratory Specialist Nurse Team		

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

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