

Patient information

Paediatric asthma discharge plan

This leaflet provides information for parents and carers following your child's admission following an exacerbation of their asthma.

Your child's discharge plan

This is your discharge management plan for the next 1-2 weeks. Please follow the plan and seek medical advice if you are concerned.

Please make an appointment with your GP/practise nurse within two days of discharge to check your child is continuing to improve.

What medication does my child need to take?

You child may have been prescribed an oral steroid – please continue this as directed and complete the course.

Take.....mg (..... mls liquid or tablets)

..... times a day for days

If your child has been prescribed a preventer inhaler, (usually brown, orange or purple in colour) and/or oral medication for their asthma, please continue to take this every day even when they are well.

Please use the inhaler device as directed – your inhaler technique will be checked before you go home.

What follow up will I have?

Follow up will be in weeks. Further details will be sent to you.

Contact Information.

Kipling Ward
Conquest Hospital
03001314558

NHS 111 or your GP

Wheeze discharge advice

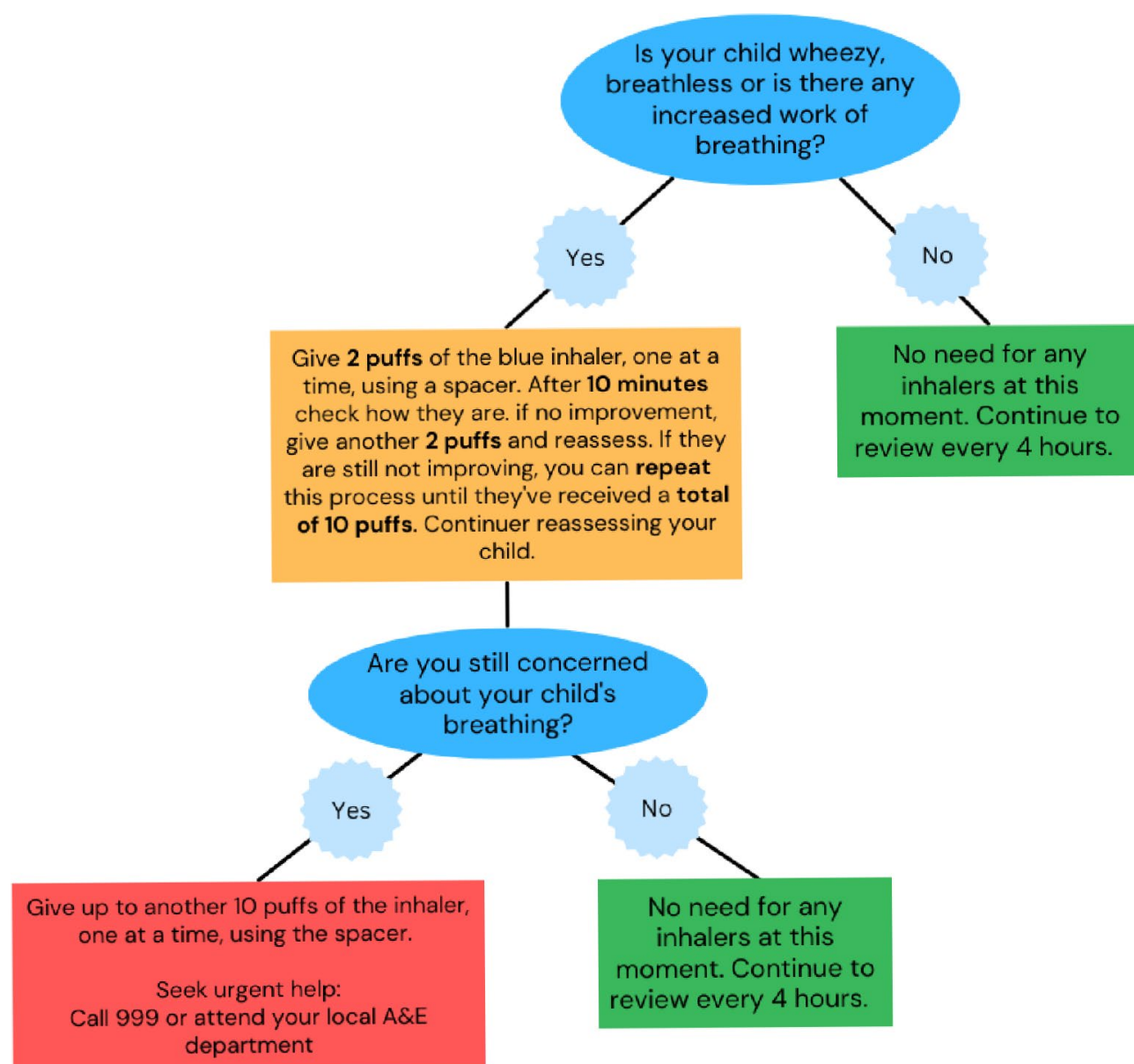
What is wheeze?

Wheeze is a whistling sound caused by the narrowing of the airways. This is sometimes heard with (or even without) a stethoscope and there are many causes for it, including viral infections. If the wheeze is not audible, increased work of breathing is a very useful sign of airway narrowing.

How to treat wheezing at home with a blue inhaler (Salbutamol)

Over the next few days, after your discharge from the hospital, you should assess your child at least every four hours to ensure they're improving. This is quite important, mostly at night and first thing in the morning.

Please follow the following flowchart:



You might have to continue giving the blue inhaler every four hours initially and less frequently as your child recovers.

If you are concerned about your child or if they need >10 puffs every four hours, seek urgent medical help via 111, your GP or by going straight to your local emergency department. Call 999 if symptoms are severe.

How to use the inhaler with the spacer

1. Remove the canister and shake - check that there's still medicine in it.
2. Put it back into its plastic container and remove the cap.
3. Fit the inhaler into the opening at the end of the spacer.
4. Place the mask over the child's face or the mouthpiece in their mouth (ensure a good seal).
5. Press the inhaler once and allow your child to have five slow breaths or count slowly to 10 while they're breathing through the spacer.

Shake the inhaler and repeat steps 3-5 if more puffs are required

Wheeze treatment record

Date	Time	Symptoms	Nº puffs

Day 1 - since hospital discharge: you should be giving fewer puffs than yesterday. If you're needing to give your child 10 puffs every four hours, please contact the paediatric unit as per your open access leaflet.

Date	Time	Symptoms	Nº puffs

Day 2 - since hospital discharge - you should be giving fewer puffs today compared to yesterday, if that's not the case, contact the paediatric unit as per your open access leaflet/phone your GP/call 111.

Date	Time	Symptoms	Nº puffs

Are you happy that your child is getting back to normal? If they are still requiring a lot of the blue inhalers, please contact the GP or 111 for further advice.

Traffic light action plan

What to do if your child's asthma symptoms worsen:

RED light



If the blue reliever inhaler is not helping or it is needed more than every four hours.

Or

Your child cannot talk, walk, or eat easily.

Or

Your child is finding it hard to breathe.

Or

Your child is coughing or wheezing a lot, or their chest is tight/hurts.

Or peak flow is less than

.....

- **CALL FOR HELP**

Encourage your child to:

- **Sit up** – don't lie down. Try to keep them calm.
- Take one puff of the blue reliever inhaler (with a spacer) every 30-60 seconds up to a total of 10 puffs.
- **If you don't have the blue reliever inhaler or it is not working call 999 immediately.**
- While waiting for an ambulance, use the blue inhaler again as above.
- **Even if you start to feel better**, you need to see a doctor or asthma nurse today.

Amber light



If your child is using more of their blue reliever inhaler than is stated in the discharge management plan.

Or

You have concerns.

- Contact your GP or call NHS 111.
- You may ring Kipling Ward if you have been given open access to the ward.

Green light



If you are using the discharge plan and management plan but still have concerns

Or

You have been home from hospital for 48 hours and are still concerned.

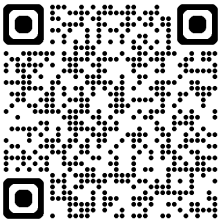
- Call and arrange an appointment with your GP.
- Continue to follow the discharge management plan on page 2.
- Continue to give regular preventer inhaler and any other medication prescribed.
- Once the discharge plan is completed, please follow your personalised asthma action plan.

Useful information.

- Asthma UK - www.asthma.org.uk
- NHS stop smoking support – www.nhs.uk/smokefree and www.oneyousussex.org.uk

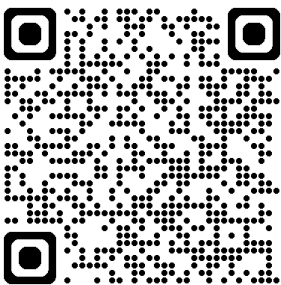


- Asthma inhalers and the environment: www.asthmaandlung.org.uk

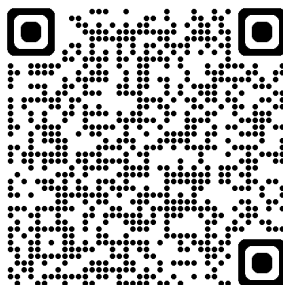


Please return your used inhalers to a pharmacy for safe disposal.

- Digital Health Passport is an app to help manage your and your child's asthma and any allergies. You can download it to your phone.



Apple store



Google store

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Davina Piper - Paediatric Asthma Nurse

Giovanna Borsato - SHO.

Dr Gopal - Paediatrician

Dr Anton - Paediatrician

Dr Nettikumara - Paediatrician

The directorate group that has agreed this patient information leaflet:

Women and Children's

Next review date: May 2027

Responsible clinician/author: Davina Piper / Giovanna Borsato

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk