

Wheeze Management Plan

1. Introduction to the leaflet.

Asthma is a condition that affects the small airways of the lungs, making them swollen and sensitive. These sensitive airways can react to certain ‘triggers’ such as viral infections (‘catching a cold’), cigarette smoke, house dust mite, pets, pollen and exercise.

When your child comes into contact with one or more of these triggers, the muscles in the airways tighten up and the lining swells causing the airways to become narrow. Sticky mucus (phlegm) may also be produced.

Symptoms of Asthma

- Cough
- Wheeze
- Breathlessness
- Chest tightness

2. Your child has had an asthma attack

They may continue to have mild symptoms over the next few days and the following information should help you manage your child’s asthma / wheeze.

Your Treatment is:

Reliever (Blue).....

Preventer.....

.....

Prednisolone.....

Other medication.....

Peak Flow on discharge:

Usual / Predicted Peak Flow:

- You should see your GP or practice nurse within 7 days for review
- If your child’s condition gets worse or does not seem to be improving, contact the children’s ward (if discharged in the last 48 hours) or see your GP
- Please take your medication and this leaflet with you

3. Wheeze Management Plan

This plan may be used to help you manage any future asthma/wheezy episodes.

If you feel the symptoms are not improving after 8-12 hours, there is deterioration, or you are worried about your child go to the next stage or contact your GP.

	Symptoms	Action
1	<ul style="list-style-type: none"> Well No cough / wheeze Doing normal activities 	Continue using usual Preventer medication everyday Use Reliever only when necessary
2	<ul style="list-style-type: none"> Unwell Getting a cold Coughing / wheezing day and/or night Blue inhaler is working via spacer (with/without a mask) 	Give usual medication And also 2 – 5 puffs Reliever inhaler 4 – 6 times a day for 5 – 7 days
3	<ul style="list-style-type: none"> Coughing / wheezing getting worse, especially at night Blue inhaler not lasting 4 hours or not working within 15 minutes 	Give usual medication And 5 puffs Reliever inhaler 4 hourly And See GP urgently
4	<ul style="list-style-type: none"> Very unwell Blue inhaler not helping at all Using tummy or neck muscles to breathe Breathing fast and hard Too breathless to talk or eat Tired and lethargic Lips or fingers looking blue Peak Flow below 50% of usual 	Call 999 Or go to Accident & Emergency Department Give Reliever inhaler (Blue) 1 puff every 30-60 seconds by spacer You should continue to give 1 puff every 30-60 seconds until help arrives

4. Contacts and further information

It is important to monitor your child’s asthma regularly. This can be done by keeping a record of symptoms e.g. cough, wheeze, breathlessness and/or keeping a record of your child’s peak flow readings (if you have been shown how to use one).

Contact numbers

For further advice about your child’s asthma contact:

- Your GP or Practice Nurse
- Asthma UK: 08457 010203
- NHS Direct: 0845 46 47

Useful websites and documents

- Asthma UK** www.asthma.org.uk/

References

British Thoracic Society & Scottish Intercollegiate Guidance Network:
 British Guideline on the Management of Asthma (revised 2011)
 The Cochrane Library 2009. Issue 1. Written Action Plans for Asthma in Children (Review)