

ASTHMA ACTION PLAN
GIG
 CYMRU
NHS
 WALES

 Bwrdd Iechyd
 Aneurin Bevan
 Health Board

Patient Addressograph

GP:

School:

Best Peak Flow (If applicable):

Managing your asthma after discharge

1. Complete the course of Prednisolone
Dose = mg for anotherdays
2. Your child will need to use the reliever inhaler via spacer for the next few days. Up to 10 puffs every 4-6 hours can be given. As your child improves, this should be decreased to 4-6 puffs as needed.
3. If your child needs more inhaler than 10 puffs 4 hourly, please see your GP or visit A&E urgently.
4. Please check on your child overnight and continue all regular medications
5. Please make an appointment to be reviewed by your own doctor within 48 hours of discharge.

Regular Treatment of your asthma**Relievers**

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Preventers

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I am / am not on SMART therapy

Rescue Steroids (For emergency use for subsequent exacerbations)
Take all inhalers via

- **Spacer and mouthpiece** ☐
- **Spacer and mask** ☐

Mouthpieces are far more effective than using a mask. Children >3yrs should be able to use a mouthpiece.

Please bring this Asthma plan to all appointments, along with all inhalers and spacers

Discharge Date:

Discharging Doctor:

Signature:

Please ensure Asthma Action plan is completed, detached from this pathway and given to parents

Asthma and its Management

Asthma is a narrowing of the breathing pipes in lungs due to tightening of the muscle of the airways and inflammation. The most common trigger for these symptoms is a viral infection. Other triggers include exposure to dust, pollen, animal dander or bird feathers, cigarette smoke/air pollution, cold air and exercise.

Asthma is managed with **relievers** (blue inhalers) and **preventers** (brown or purple inhalers), with a spacer device.

Relievers act rapidly to reduce breathlessness and coughing bouts and should be used when your child is unwell.

Preventers control and reduce the inflammation and these need to be taken continuously on a daily basis, even when your child is well.

Regular use of your preventer(s) should help to control your asthma. During acute attacks you may need to use your reliever for quick relief of your symptoms.

When your child is well

- Use the Preventer treatment regularly as advised
- Always use inhalers with the spacer you have been given
- Cigarette smoke is always a problem for children with asthma. If you smoke, your child is more likely to be admitted to hospital. Please ask us for a STOP SMOKING leaflet, or call 0800 022 4 332. Your GP can help support you, while you are trying to give up smoking.

If your child becomes unwell

- Waking up at night coughing or wheezing
- Coughing or wheezing during exercise
- Needing the reliever inhaler more than usual
- Use the reliever inhaler in a dose of 4-6 puffs every 4 to 6 hours with a spacer
- Continue preventers in usual dose (If you are on SMART therapy, increase your Symbicort dose as advised)
- Make an appointment to see your GP within a few days.

If your child is getting worse

- Worsening cough and wheeze
- Shortness of breath
- Younger children may find it difficult to feed, with increased movements of tummy muscles
- Increase the reliever inhaler to 10 puffs every 4 hours through the spacer
- Continue preventers in usual dose (If you are on SMART therapy, increase your Symbicort dose as advised)
- Give steroid tablets if you have been advised to use them.
- Make an appointment to see your GP on the same day.

If your child is very unwell

- Reliever medication does not last long
- Short of breath
- Too breathless to talk or play
- Younger children may be pale or floppy with rapid movements of tummy muscles
- Use 10 puffs of the reliever through a spacer, as often as needed.
- Seek **urgent** medical advice. **Do not** hesitate to ring the GP or call an ambulance, even in the middle of the night.
- Whilst waiting, continue to take 10 puffs with the spacer and repeat every 15-20 minutes, if required
- Continue preventers in usual dose (If you are on SMART therapy, increase your Symbicort dose as advised)
- Give steroid tablets if you have been advised to use them.

Useful Websites/Phone Numbers:

- www.asthma.org.uk 0800 121 62 44
- www.medicalert.org.uk 020 7833 3034
- www.smokefree.nhs.uk 0800 022 4 332