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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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Hospital Number

Name

Date of birth

## Discharge Wheeze Management Plan

Date:

### Your child has had a wheezing episode

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

#### Your treatment is:

Reliever (Blue) SALBUTAMOL with Spacer.

- DAY 1: 5-10 puffs 6 times a day (4 hourly) for 1 day
- DAY 2: 4-6 puffs 4 times a day (5-6 hourly) for 1 day
- DAY 3: 4-6 puffs 3 times a day (6-8 hourly) for 1 day
- DAY 4: 2-4 puffs 2 times a day (12 hourly) for 1 day
- Stop when symptoms have resolved

Prednisolone \_\_\_\_\_ mg ( \_\_\_\_\_ tablets) once daily  
for a further \_\_\_\_\_ days

Other medication \_\_\_\_\_

We would suggest you see your asthma nurse or GP if your child's symptoms are not improving within 48 hours, or, if when fully recovered it is felt they are having some wheeze symptoms.

Although your child may not have been diagnosed with asthma your GP or asthma nurse will usually be happy to review your child if they have further episodes of viral induced wheeze.

As a guide – a regular night-time cough or needing to use the reliever more than three times a week could suggest that further medication is needed, and your child should be reviewed.

If your child's condition gets worse or does not seem to be improving, contact the Children's Unit (if discharged in the last 48 hours) or see your GP.

We recommend that your child is reviewed by your GP following this admission. Please arrange for your child to see your GP to review ongoing care.

## Future Wheeze Management Plan

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