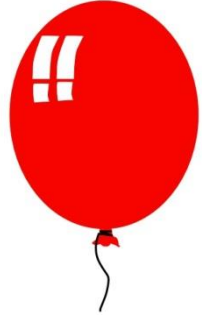


INFORMATION FOR PATIENTS

ABOUT

Paediatric Wheeze Management

Paediatric Department
Harrogate District Hospital
Lancaster Park Road
Harrogate HG2 7SX
01423 885959
Direct line: 01423 553670
www.hdft.nhs.uk



Wheeze Treatment Plan

NAME:

DOB:

HOSPITAL NUMBER:

CONSULTANT:

Normal peak flow:

CONTACTS:

HDFT: (01423) 885959

ASTHMA NURSE: 01423 553670

NHS DIRECT: 111

ASTHMA UK ADVICE LINE: 0800 121 62 44

Wheeze:

Episodes of wheeze are common in children and many will grow out of these symptoms.

What is it?:

A whistling noise caused by breathing out against airways that are narrowed, often due to a virus. This makes breathing harder. Your child may also have more mucus and coughing.

Triggers:

Colds

Bronchiolitis

Cigarette smoke

Children with allergies are more likely to wheeze and be sensitive to triggers.

Reduce triggers where possible!

Asthma:

Having episodes of wheeze does not mean your child has asthma. However, some children that have wheeze do develop asthma. Other children grow out of their symptoms with age.

Relievers (bronchodilators)

These inhalers help to give immediate relief to:

- Open the airways
- You should always use a spacer

Your inhaler is:

Name:

Dose per puff:

Colour of inhaler:

Mild/occasional symptoms:

_____ puffs every four hours

Recovery period:

_____ puffs every four hours

Acute/severe attack:

_____ puffs every four hours

If more than four hourly needed, give up to 10 puffs per dose and seek medical help!

You should always use a spacer when using an inhaler.

How to use a spacer:

- 1) Seat your child
- 2) Shake inhaler
- 3) Put inhaler in the end of the spacer
- 4) Put the mouthpiece in the child's lips and teeth or mask over their nose/mouth
- 5) Give one puff of inhaler
- 6) Count 4-6 normal breaths in and out
- 7) Remove device and shake inhaler
- 8) Repeat the process until the doses are given

Leave 30 seconds between each dose

A spacer is essential to make sure the treatment reaches your child's lungs properly. If you are unsure or if you need help ask for assistance from your GP surgery or Asthma Nurse.



If your child becomes very wheezy or short of breath experiencing an asthma attack you should follow the four step plan below.

- 1) Sit your child down and try to remain calm

- 2) Shake the reliever inhaler (**blue**) and give **through a spacer**.

Give one puff a minute up to ten puffs.

- 3) If no improvement, repeat step two and stay calm.

- 4) If no improvement you should call an ambulance on **999** and tell them your child is having an asthma attack.

Keep repeating steps 2) and 3) until help arrives.

The reliever inhaler (usually blue) is very safe - in an emergency you don't have to worry about giving too much

Discharge check:

Inhaler technique checked: Y/N

Measuring peak flow: Y/N

Wheeze leaflet: Y/N

Medicine received: Y/N

Lifestyle changes: Y/N

Follow Up

Appointment with:

where:

when:

Always ensure your child has their inhaler and spacer with them and that whoever is caring for them knows their treatment plan

This information is available in other formats on request. Please ask your nursing staff to arrange this

Version: 1

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