Discharge Plan 1 - Intermittent Pre-School Wheeze Mostly Managed in Primary Care

Paediatric Innovation, Education and Research Network

Name: …… DOB: ……

Date completed: …… GP Contact details: ……

Completed by: …… ……

- This Discharge Plan is for children with mild episodes of wheeze who have not required admission to hospital and/or have not attended the ED more than once.
- Treat acute wheeze with the blue Salbutamol inhaler as advised below.

Blue Reliever Inhaler

Salbutamol (Salamol)

Your reliever inhaler has a maximum of 200 doses but will continue to fire when empty

My spacer is (please tick):

☐ ☐ ☐ ☐ ☐

Treating Acute Wheeze

Review your child at least every 4 hours. Are they wheezy or breathless? Are they working hard to breathe?

Yes

Sit them upright and reassure them. Give 2 puffs of blue inhaler one at a time using a spacer. Reassess after a few minutes.

Are you still concerned about your child's breathing?

Yes

Give **2 more puffs** of blue inhaler. Reassess and repeat salbutamol if needed using up to **6 puffs in total.** If improved reassess in 4 hours

No

No need to do anything. Reassess within 4 hours.

If still wheezy after 6 puffs give up to 10 puffs in total using a spacer one puff at a time and arrange an urgent review.

If your child continues to need 10 puffs of blue inhaler or if they are not improving call 999 or go straight to your local Emergency Department.
Give up to 10 puffs more of blue inhaler one at a time whilst awaiting urgent help.

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How to use an inhaler with a spacer

1. Check the inhaler contains medicine and shake. Reliever inhalers have a maximum of 200 doses but will continue to fire when empty.
2. Remove the cap.
3. Fit the inhaler into the end of the spacer.
4. For spacer with mask, place the mask over the nose and mouth and ensure a good seal.
   For spacer and mouthpiece, place teeth around the mouthpiece and seal with lips.
   Most children over 3 years can use a mouthpiece.
5. Press the inhaler once and encourage the child to take 5 slow breaths or count to 10 slowly whilst they breath normally through the spacer.
6. Shake the inhaler and repeat steps 4 and 5 if more puffs are needed.

With a facemask

With a mouthpiece

Scan the codes for videos about how to use an inhaler and spacer

Salbutamol (Blue inhaler) treatment log

Date	Time	Symptoms	Number of Puffs
It's been 1 day since discharge - the number of puffs needed should be less. If your child is not improving, return to hospital using your open access or go to the Emergency Department.			
It's been 2 days since discharge – the number of puffs needed should be considerably less. If this hasn't happened contact your GP, call 111 or return to hospital using your open access or go to the Emergency Department.			
Things should be getting back to normal. If you are still needing to give a lot of blue inhaler, contact your GP or call 111.			