Discharge Plan 2 – Recurrent Pre-School Wheeze that has been Managed in Hospital

Paediatric Innovation, Education and Research Network

Name: …… DOB: ……

Date completed: …… GP Contact details: ……

Completed by: …… ……

- This Discharge Plan is for children with intermittent wheezing who have been admitted to hospital and/or have attended the ED more than once.
- Treat acute wheeze with the blue Salbutamol inhaler. If repeated doses are needed on the same day start your brown preventer inhaler 200mcg twice daily until wheezing has improved.
- *If still wheezy after 7 days, stop the brown inhaler and seek medical advice.*

Blue Reliever Inhaler

Salbutamol (Salamol)

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

My spacer is (please tick):

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Brown Preventer Inhaler

If needing repeated doses of reliever start Clenil or Soprobec 200mcg twice daily

4 puffs twice daily of 50mcg inhaler or 2 puffs twice daily of 100mcg inhaler

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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 and start taking your brown inhaler twice daily.
Reassess and repeat salbutamol if needed using up to **6 puffs in total.**
If improved reassess in 4 hours

If still wheezy after 6 puffs of blue inhaler 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.

No

No need to do anything. Reassess within 4 hours.

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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.			