DISCHARGE PLAN: Regular inhaled corticosteroid preventer plus as needed Salbutamol reliever

What is wheeze and how is it treated?

- Wheeze is a whistling sound caused by narrowing of the airways. This can sometimes only be heard through a stethoscope. Regular low dose inhaled steroids can prevent these symptoms.
- If you cannot hear wheezing, look for signs of working harder to breath as this can also be due to airway narrowing.
- Salbutamol eases breathing by relaxing muscles wrapped around your airways.
- You might need to give some blue inhaler every 4 hours initially and then less as they recover.
- Record your treatment on the next page.

Treating wheeze at home with Salbutamol (blue inhaler)

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

Yes

Give **2 puffs** of blue inhaler one at a time using a spacer. Review the response after a few minutes.
If not improving give another **2 puffs** and reassess. If still not getting better, repeat up to a maximum of **10 puffs** and reassess.

Are you still concerned about breathing?

Yes

GET URGENT HELP.
Call 999 or go straight to your local Emergency Department.
Give more blue inhaler if needed.

No

Assess again in 4 hours and repeat the process.

No

No need for any blue inhaler. Continue to review at least every 4 hours.

Call 999 or go straight to your local Emergency Department if you are concerned about your child or they need more than 10 puffs within 4 hours.

Please dispose of empty or unwanted inhalers responsibly

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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 10 puffs every 4 hours is still needed, return to hospital using your open access or go to 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.			