ACTION 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 Action 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 within 1 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):

☐ ☐ ☐ ☐ ☐

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

Treating Acute Wheeze

Is your child wheezy and/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.

Scan the codes below for information about how to use your inhalers using a spacer

With a facemask

With a mouthpiece

Further information – Wessex Healthier Together

Please bring your plan to all appointments

Please dispose of empty or unwanted inhalers responsibly