ACTION PLAN 3 – For Children with Intermittent Wheeze + Interval Symptoms

Paediatric Innovation, Education and Research Network

Name: …… DOB: ……

Date completed: …… GP Contact details: ……

Completed by: …… ……

- Your brown preventer inhaler should be taken every day even when well.
- Treat acute wheeze with the blue Salbutamol inhaler.
- If still wheezy after 7 days seek medical advice.

Blue Reliever Inhaler

Salbutamol (Salamol)

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

Brown Preventer Inhaler

Clenil or Soprobec

Take 100mcg twice daily every day

2 puffs twice daily of 50mcg inhaler or 1 puff twice daily of 100mcg inhaler

My spacer is (please tick):

☐ ☐ ☐ ☐ ☐

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.
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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Symptoms are under control if

- ❑ There are no symptoms during the day or night such as wheezing, shortness of breath, chest tightness or persistent dry cough
- ❑ All activities can be done normally
- ❑ There is very little need for any additional doses of your blue inhaler

Contact your GP or Nurse for any of the following

- ❑ The blue inhaler is needed 3 or more times a week
- ❑ The treatment plan has not been reviewed for more than 1 year
- ❑ Wheeze is occurring after exercise
- ❑ There is a persistent night-time cough

Further information

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

With a facemask

With a mouthpiece

Wessex Healthier Together

Please bring your plan to all appointments

Please dispose of empty or unwanted inhalers responsibly