

Action Plan For child with Asthma/Multitrigger wheeze



How do I manage my asthma based on my symptoms?

This plan will help you to adjust your treatment according to you symptoms or peak flow measurements. **These instructions are only a guide** and may be altered with your doctor.

Symptom Chart

Action Plan

How do I recognise that I need urgent medical care?

- If your symptoms continue to get worse and / or if you are too breathless to speak in sentences and/or if your blue inhaler is not helping

Zone 4

Give **reliever** one puff every 30 seconds, via a spacer, up to 10 doses.

If you have a reserve supply of prednisolone, take mgs (tablets) immediately

If no better within 5-10 minutes - get help

How do I know my asthma is getting severe?

- If you are getting increasingly breathless
- If you are needing to use your (reliever inhaler) every 2-3 hours

Zone 3

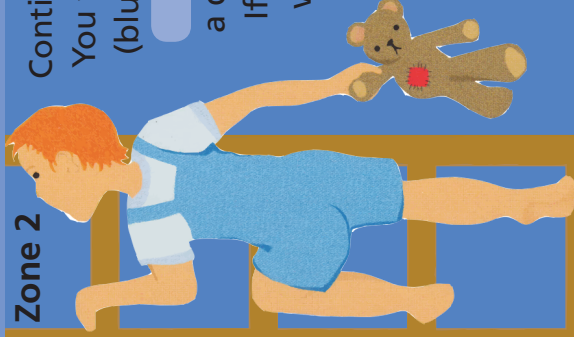
Take 2 puffs of your reliever inhaler (blue), if no better after 5 minutes give a further 2 puffs. If still no improvement, give 1 puff of reliever inhaler (blue), every 30 seconds, up to 10 doses can be given. Contact your GP or Practice Nurse now, as your child may need prednisolone tablets, mgs once a day

for either 3 or 5 days. If your Dr's is closed, please ring the emergency GP number. Continue your normal preventer medicines.

How do I know my asthma is getting worse?

Zone 2

- You are needing to use your (reliever inhaler)
- If you have any (or all) of the following symptoms;
 - Increased cough
 - Increased wheeze
 - Increased breathlessness
 - Waking at night with asthma symptoms
- If you have a cold



Continue your normal preventer medicines. You will need to take your reliever inhaler (blue) regularly 2 puffs (reliever inhaler) 4 times a day for one week.

If your asthma gets worse during the week or you are no better after one week, see your GP.

How do I know my asthma is under control?

Zone 1

- You are not waking up at night coughing and you are able to take part in all your normal activities

Continue your normal preventer medicines

Name

D.O.B.:

Hospital Number

Consultant

Your preventer inhaler (brown / orange / purple) is called

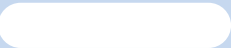
You should normally take **puffs/doses (** **mcgs) twice a day, every day, even if you are well.**

Your reliever inhaler (blue) is called

You should normally take 2 puffs when you are short of breath, coughing or wheezing 10-15 minutes before exercise.

You may need to take other asthma medicines;

What to do when you have a cold

- Continue to take your normal asthma treatments
- In addition take your RELIEVER inhaler (blue)  two puffs, four times a day for one week

Parents, if at the end of the week your child is well, reduce the medications back to normal. If however, your child is still unwell, please arrange to see your GP to have the symptoms reviewed.

Remember!

Always shake the canister before every puff and always give puffs separately.

Who do I contact if I want to talk to someone about my asthma?

If you are worried about your asthma or would like further advice or information you can contact the Children's Community Nurses on **01244 365254** or your GP or Practice Nurse.

Further information can be obtained from:

National asthma campaign helpline:

0845 7010203 or

at **www.asthma.org.uk**, they have a range of useful leaflets available.

If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on compact disk and in other languages on request. Please contact the Patient Advice and Liaison Service (PALS) on:

Telephone: 01244 366066

or email: coch.patientexperience@nhs.net

إذا ترغب في الحصول على النسخة باللغة العربية ، فضلاً اتصل بمركز معلومات المرضى أو تحدث مع أحد الموظفين

若是你想索取這份傳單的中文譯本，請聯絡「病人預約中心」或向其中一名職員查詢。

Si vous voulez cette brochure en français, contactez le bureau des rendez-vous ou demandez à un membre du personnel.

यदि आप यह परचा हिन्दी में लेना चाहते हैं तो कृपया पेशेन्ट अँपाइन्टमेन्ट सेन्टर से संपर्क करें या किसी स्टाफ से पूछें।

Haddii aad jeclaan laheyd buug-yarahan oo af-Soomaali ku qoran la soo xiriir xarruunta bukaan ballaminta ama wax weydii xubin shaqaalaha ka tirsan.

Si desea recibir este folleto en español, sírvase contactar al Centro de Citas para Pacientes o solicitarlo al personal.

اگر آپ کو یہ کتابچہ اردو میں درکار ہے تو پشہنت اپوائنٹمنٹ سینٹر یا عملے کے کسی رکن سے رابطہ قائم کریں۔

Mae'r daflen hon ar gael (ar gais), mewn print bras, ar dâp sain neu ar ddisg, ac efallai mewn ieithoedd eraill ar gais. Cysylltwch â chanolfan apwyntiadau cleifion i ofyn am gopi.

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