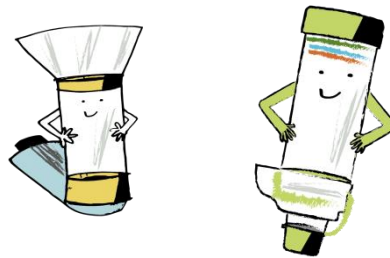


Going home from a hospital admission with a salbutamol inhaler and spacer



This plan belongs to:.....

Day of discharge






Once your doctor or nurse is happy that your child's breathing is getting better and they can manage on 4 puffs of their blue (salbutamol) inhaler every 4 hours, they can go home. You should continue to use the blue inhaler every 4 hours on the day of discharge, providing a final dose at your child's bedtime. You do not need to give the blue inhaler overnight unless you hear your child coughing/wheezing or if your child tells you they need it.

Days after discharge

Although your child should be recovering well from their admission, they may still have an occasional cough or a slight wheeze. You should use 2 puffs of the blue inhaler as needed. This should last for 4 hours. Your child does not need to use the blue inhaler regularly unless you feel they need it. Your child can return to their normal activities (e.g. nursery/school) when you feel they are well enough. Your GP will receive information about your child's admission. All children who have had an asthma attack should have a post attack review, usually within 2 working days, with a member of the team at the GP surgery. Your surgery may decide this should be with a GP, Advanced Nurse Practitioner, Practice Nurse or Pharmacist. You will need to arrange this. Children who do not have asthma but have had a viral wheeze admission will only have a review in the GP surgery if you request this from your practice.

For advice on how to manage future wheezy episodes please follow the plan below.

Future action plan if your child gets breathless and/or wheezy

| Symptoms  | | Action  |
|---|---|---|
| No symptoms |  | No blue inhaler required |
| Getting a cold/contact with a trigger |  | Take up to 4 puffs of the blue inhaler, 4 times a day, for 4 days. This is not a course and can be used less frequently or stopped depending on symptoms. |
| Your child is coughing and wheezing. They are breathing faster and making more effort with their breathing. They are finding it difficult to talk, eat and drink or lie down to sleep. You are worried about their breathing. |  | Take 10 puffs of the blue inhaler over 10 minutes. This is called an emergency dose . This should last for 4 hours. |
| All inhalers should be given through the spacer | | |

If you need to repeat the emergency dose within 24 hours at home you need to get urgent medical advice, day or night. **If your child does not get better after the emergency dose, can only speak single words or cannot talk, is gasping for breath or has colour change they need urgent help - you must phone 999 for an ambulance.**

While you are waiting for help to arrive, continue to give 1 puff of their blue inhaler each minute.

Remember: if you are worried about your child, get medical advice straight away

Contact telephone numbers

GP surgery:

NHS 24: 111

Hospital:

Useful web links

Links and further information available at:

Asthma + Lung UK - www.asthma.org.uk

