

# Asthma / Viral Induced Wheeze Management Plan

Name	
Date of Birth (D.O.B)	
Hospital / GP surgery	
Hospital or NHS number	
Date of issue	

This Asthma and Viral Induced Wheeze Management Plan explains your child's asthma medications, how to recognise when their asthma or wheeze is getting worse and what to do. Take this plan with you and discuss any concerns you have when you meet your child's nurse, GP or hospital doctor. It is important that asthma treatment is reviewed at least every twelve months and this plan is kept up-to-date.

## Regular treatment

Name of inhaler and strength	Dose - morning	Dose - evening
Preventer:  Brown / orange / purple / red		
Rinse mouth or brush teeth after use		
Other asthma medications		

## Take as needed

Reliever: Salbutamol (blue)	Please follow flowchart or as directed by respiratory team.
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**Remember to use the spacer! - only one puff at a time**

### Your child's asthma is under control if:

- The blue inhaler or salbutamol is needed three times a week or less
- They have very few/no asthma symptoms, for example, wheezing, coughing, or shortness of breath
- They can do all their normal activities without symptoms

### Action

- Do not stop your child's regular asthma medicines unless discussed with your GP / asthma nurse

### What do I do when my child is?...

- Coughing or wheezing more than usual
  - Waking up at night with asthma symptoms
  - Needing to use their blue inhaler more than usual
  - Has a cold
  - Has additional symptoms
- .....

### Action - asthma flare/wheeze attack

- Follow the discharge / escalation flow chart
- If your child is requiring up to six puffs of the blue inhaler every four hours or their asthma symptoms are getting worse, please contact your GP or Practice Nurse today for advice.

### It is an emergency if your child is...

- Breathing very fast and are using their neck or stomach muscles to breathe
- Too breathless to talk, eat or drink
- Tired, pale or blue around the lips

### Action - You must seek medical advice immediately - Dial 999

Whilst you are waiting for the ambulance, give your child 10 puffs (one puff at a time) of the blue inhaler using the spacer. Continue to give one puff every minute until help arrives.

## Discharge / Escalation advice

**Review your child.  
Are they breathless or wheezy?  
Do they have increased work of breathing?**



**YES**

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



**Are you still concerned about your child's breathing?**

**YES**

Give up to **10 puffs** of blue inhaler one at a time using a spacer.  
Seek urgent help – Call 999 or attend your local emergency department

**NO**

Assess again regularly at least every 4 hours and repeat the process

**If requiring 10 puffs on two separate occasions within 24 hours seek medical advice**



You might need to give some blue inhaler every 4 hours initially. Your child should need less as they recover. You should see an improvement within 48 hours. If your child is regularly requiring the blue inhaler 5 days after discharge, please see your GP for review. If you are concerned about your child or they need more than 10 puffs within 4 hours you must seek urgent medical help via 111, your GP or by going straight to your local emergency department.

**Call 999 if your child has severe symptoms**

## Useful contact details

	Name	Telephone
GP		
Practice nurse		
Asthma nurse		
Other healthcare		

## Information and support

Asthma and Lung UK

Advice Line: 0300 222 5800

Open Monday–Friday, 9am–5pm

Web: [www.asthmaandlung.org.uk](http://www.asthmaandlung.org.uk)

Email: [helpline@asthmaandlunguk.org.uk](mailto:helpline@asthmaandlunguk.org.uk)

Contact your GP or your asthma nurse

NHS Direct: 111

Smoking cessation advice: [www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)



Inhaler technique  
with mask



Inhaler technique  
with mouthpiece



Spacer care



Breathing difficulty

Video or  
codes



Discharge /  
escalation advice