

| |
|-----------------------|
| Hospital No..... |
| Surname |
| First name |
| D.O.B. Sex |

Asthma discharge plan

Going home after a severe asthma attack

For children aged 1–11 years

This asthma discharge plan was prepared on: _____ day _____ month _____ year 20____

You have been given this plan because your child has been treated for asthma in the emergency department or hospital.

This plan explains what to do until you visit your usual doctor for an asthma check-up.

You will be given inhalers and medicines for your child to take and you will be shown how to use them.

Important safety information

Follow these instructions carefully.

If your child uses a preventer every day (inhaler or tablets), **keep using it** as well as taking any new medicines we give you.

Your medicines

| [Strike out any that do not apply] | Name of medicine [Write brand name and strength, if known] | When and how to take it [Strike out instructions that do not apply] |
|------------------------------------|--|--|
| Reliever (salbutamol) | [[space for free text]] | Use the reliever inhaler when the child has asthma symptoms (breathing problems or a tight feeling in the chest). Take 2 puffs (1 puff at a time), using a spacer. If the child needs to use the reliever again within 4 hours, see your GP or go to the emergency department. |
| Prednisolone | [[space for free text]] | Take __ tablets every morning with food for __ days. Take __ mL every morning with food for __ days. [[space for free text]] |
| Preventer | [[space for free text]] | Take __ puffs __ times each day [[space for free text]] |
| Other | [[space for free text]] | [[space for free text]] |
| Other | [[space for free text]] | [[space for free text]] |

When to see your doctor

Your child will need 2 separate visits to your GP.

Make an appointment for your child to see your GP within the next 3 days. Tell them it is for an asthma check-up after a severe asthma attack. This visit is important for your child's safety **now**.

Make a second appointment 3–4 weeks later. Tell them it is for a full asthma check-up. This visit is important for your child's safety in **future**.

What to do if your child asthma symptoms or breathing problems

Use the reliever inhaler (puffer) with a spacer.

Assemble the spacer (if in separate pieces). Attach mask if child is under 4 years old.

1. Remove puffer cap and shake the puffer.
2. Hold puffer upright and insert it into the spacer.
3. Put the mouthpiece between child's teeth (or gums) and seal lips around it OR place mask over child's mouth and nose and press gently to make sure no air can get in or out
4. Press the puffer once firmly to fire one puff into the spacer.
5. Get the child to take 4–6 breaths in and out of the spacer.

Repeat the steps to take a second puff (remember to shake the puffer again.)

If your child's breathing is no better after a few minutes, repeat the steps to give 2 more puffs.

If your child still can't breathe normally after taking 4 puffs, follow the instructions for **what to do if a child is having an asthma attack**.

What to do if a child is having an asthma attack

Follow these instructions if any of these happen:

- You think the child is having a severe asthma attack
- The child is frightened by breathing problems
- The child cannot talk normally because of breathing problems (e.g. can only say a few words at a time)
- The child still has breathing problems after taking 6 puffs of reliever
- The child needs to take reliever again after less than 4 hours and still doesn't feel completely better.

Keep calm.

Keep giving reliever. Give 4 puffs using a spacer (1 puff at a time, with 4 normal breaths between each puff).

Sit the child upright and calm them down – ask them to try to breathe slowly.

Get help – call your GP or call 000 and ask for an ambulance.

Keep giving reliever if needed: 4 puffs (one at a time) every 4 minutes.