

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Wheeze Plan

For Children with Asthma Or Viral Induced Wheeze



Please always use me with a spacer.

A spacer helps me to travel to your lungs



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What to do next?

If you have attended the Emergency Department following an episode of Asthma or Viral Induced Wheeze you should make an appointment to see your GP within two working days for a review. (NICE quality standard for asthma 2013):

What is the difference between Asthma & Viral Induced Wheeze (VIW)?

Some children only wheeze with a virus/cold but are well in between. **This is VIW.**

Other children wheeze, not only with a cold/virus but wheeze at other times also and can be affected by other triggers e.g. exercise, dust, pollen, furry animals. **This is asthma.**

What is the treatment?

Most children will only get one or two episodes of VIW. Usually **VIW treatment** will be with a Salbutamol (Blue) Inhaler and spacer, please see your Wheeze plan.

Asthma treatment is usually with a brown

Preventer inhaler, which needs to be taken daily and blue Reliever inhaler to be taken when unwell, please see your Wheeze plan.

For some children who get repeated episodes of VIW, They may benefit from a drug called **Montelukast**. This works by decreasing the inflammation in the airways. It needs to be given at the very beginning of the cold symptoms, once a day for seven days. In more severe VIW it may be given daily.

Is my child's Asthma well controlled?

We would recommend you complete the Asthma Control Test (ACT), which can be found on the Asthma UK Website.

What is a reliever inhaler?

These are usually blue and are given as needed as per your wheeze plan for the immediate relief of symptoms. If you are having to take your blue inhaler more than three times a week on a regular basis, you will need an asthma review.

What is a preventer inhaler?

These are usually brown (although some children may have other coloured inhalers), and must be taken *every day* as prescribed, even when your child is well.

Where can I go for more information?

If you would like more information you can contact Asthma UK on 0300 222 5800 or view their website at www.asthma.org.uk

Contact details

The Whittington paediatric asthma nurse can be contacted directly on 020 7288 5527.



Wheeze Plan for children with Asthma or Viral Induced Wheeze (VIW)

NAME _____ HOSPITAL NO _____ DOB _____ PLAN BY _____ DATE _____

SYMPTOMS

PEAK FLOW

ACTION

1



- I am well
- I have no cough/ wheeze
- I am doing normal activities

1 Best peak flow

My peak flow is above _____ (80%+)

I need to take my normal medication of:

Preventer:

Reliever:

take _____ puffs every morning and evening

take _____ puffs as needed and before exercise

Other Therapy: _____

2



- I am unwell
- I am getting a cold
- I am coughing/ wheezing day and/or night
- My blue inhaler is working via spacer with/without mask

2 My peak flow is between _____ and _____ (70-80%+)

I need to take my normal medication of:

Preventer:

Reliever:

take _____ puffs every morning and evening

take _____ puffs every 4 hours

Other Therapy: _____

3



- My coughing/wheezing is getting worse especially at night
- My blue inhaler is not lasting four hours and not working within 15 minutes

3 My peak flow is between _____ and _____ (60-70%+)

I need to take my medication as in step 2 and also see my GP urgently or come to the Emergency Department (ED)/or ring the Community Children's Nurses or the Hospital Asthma Nurse.

I also need to increase my reliever medication to:

- 10 puffs of SALBUTAMOL. Give inhaler via the spacer.
- Repeat 10 puffs of SALBUTAMOL inhaler every 4 hours.

4



- I am very unwell
- My blue inhaler is not helping at all
- I am using my tummy or neck muscles to breathe
- My breathing rate is more than 30 per minute
- I am too breathless to talk or eat

4 My peak flow is below _____ (less than 50%)

Call 999 Or come to ED urgently

I need to take my medication as in step 2 and also:

- 10 puffs of SALBUTAMOL inhaler via the spacer.
- Keep giving 10 puffs of SALBUTAMOL inhaler via the spacer every 10 mins whilst seeking medical assistance.