Your child's asthma action plan with preventer and reliever inhalers (aged 5 and over)

Children's Hospital

Information for Patients, Parents & Carers

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Child/Young person: _____

Completed by: _____ Date: _____

Regular preventer inhaler treatment

My inhaler is called: _____ Strength: _____ Colour_____

I must take ___ doses every morning and ___ doses every evening.

My **preventer** inhaler should be taken regularly to prevent asthma symptoms and attacks,

even if I feel well.

As needed reliever (blue) inhaler

- My blue Salbutamol (reliever) inhaler should only be used when I have symptoms of asthma, or before sport or activity that makes me have symptoms of asthma.

Asthma symptoms are:

- wheeze, tight chest, shortness of breath, cough or difficulty in breathing,

Salbutamol (Salamol® / Ventolin®) inhalers contain around 200 doses but will continue to 'fire' when empty. Try to keep track of how many are used and order more from your GP in plenty of time.





My spacer is **blue**. This should be always be used with my Salbutamol (blue) inhaler.

I should also always use this to take my preventer inhaler.

If you are on a 'dry powder inhaler' you will not use the spacer for this one.

How to treat asthma symptoms

You are having symptoms of wheeze, tight chest, shortness of breath, cough or difficulty in breathing.

Sit up and try to stay calm.

- Take the cap off your blue inhaler and shake it.
- Take **2 puffs** of your inhaler, 1 at a time with your spacer
- Wait **2** minutes to see if symptoms have gone.
- If you are still worried about breathing, take a further **1 puff as needed**
- You can have up to a maximum of **10 puffs**.

Review your breathing. Are you **still** having symptoms?

Yes

You are having an asthma attack.

Seek urgent medical attention by calling 999 or 111 right away.

Take 10 puffs of your blue Reliever inhaler. Use the spacer and take 1 puff at a time (every 30 to 60 seconds) while waiting for help.

Try to keep calm.

No

Review breathing at least every 3 to 4 hours.

If symptoms return, after 4 hours, you can take up to another 10 puffs,1 at a time, every 4 to 6 hours if needed.

If you have not improved after 24 hours and you still need up to 10 puffs every 4 to 6 hours you must see your GP or call 111 today.

Have symptoms returned in **less than 4** hours?

Yes

No

If you do not need your blue inhaler for 24 hours and activity levels are back to normal, continue regular preventer treatments.

If your blue inhaler is needed more than 2 times in a week (day or night) for symptoms of asthma, arrange a review with your GP/asthma nurse or other specialist health professional.

My triggers are:

☐ Viruses

☐ House dust mites

☐ Animal fur, feathers and their bedding

☐ Foods

☐ Exercise

☐ Upset, distress and emotions

☐ Smoke – vapes/cigarettes and fires

Any other triggers

_____

_____

_____

Useful links

How to use my inhaler:

https://www.asthmaandlung.org.uk/living-with/inhaler-videos



Advice on managing mould in rented accommodation:

https://www.nhs.uk/common-health-questions/lifestyle/can-damp-and-mould-affect-my-health/



If you have damp or mould in your rented home:

https://www.citizensadvice.org.uk/housing/repairs-and-housing-conditions/repairs-and-housing-conditions/common-problems/repairs-damp/



Stopping smoking:

https://www.nhs.uk/service-search/other-health-services/stop-smoking-support-services



Air quality monitoring:

https://uk-air.defra.gov.uk/forecast



Contact details

Senior Medical Administrator Children's Respiratory

0116 258 5525

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We would love to get some feedback on your visit today.

Use your smart phone to scan the QR code for quick access to our online feedback survey form or visit this link:

https://www.oc-meridian.com/UHLTR/completion/custom/default.aspx?slid=341&did=

Children's Hospital Wards and Outpatients

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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