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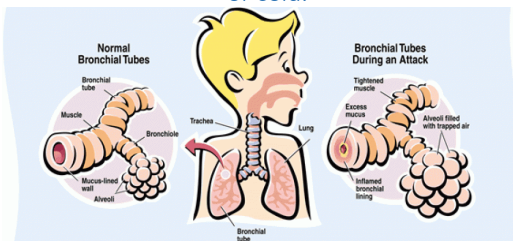
Plan by:



DOB:

Hospital Number:

Asthma - When you wheeze with triggers like dust, pollen, furry animals, and exercise as well as with a virus or cold.



What do my inhalers do?

Salbutamol ('the blue inhaler') is a medication used to **relieve the symptoms** of asthma. It only helps once the symptoms of asthma are present, it **doesn't stop them happening**.

Preventor' inhalers are prescribed for some children to **prevent the symptoms** of asthma. They generally contain a steroid.

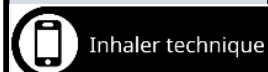
Combination inhalers are usually red/ white (Symbicort) or purple (Seretide) and they contain an inhaled steroid and a long-acting reliever medication and are to be taken every day, as prescribed.

Peak Flow Diary:



Children 5 years and older should be using a mouthpiece.

1. Remove inhaler cap, shake, and attach to the end of the spacer,
2. Place lips around the mouthpiece,
3. Press down firmly on the inhaler once
4. Breathe slowly 5 times
5. Repeat above steps for every extra puff you need to take



Turbohaler

1. Unscrew and lift off cover
2. Hold Turbohaler upright and twist backwards and forwards until you hear a click
3. Breathe out gently
4. Place mouthpiece gently between teeth and breathe in deeply
5. Hold breath for 10 seconds before slowly breathing out
6. Repeat steps 2 – 5 for further doses

mouthpiece

twist



Asthma Team Contact Details:

Dr John Moreiras,
Nurses: Charlotte and Maria

- whittpaedasthma@nhs.net
- 0207288 EXT: 5017/ 5059
- CNS Mobile: 07435264332



My Asthma Care Plan (Over 5 years Old)

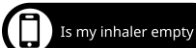
Triggers:

Pollen	Dust
Fumes	Weather
Exercise	Mould/ Damp
Animal Fur (Cat, Dog etc)	Tobacco smoke/ Vape
House Dust Mite	Medication
Food	Stress/ Emotion
Environmental	Respiratory infections
Other:	



How can I tell if my inhaler is empty?

Salbutamol Inhaler Dose Counter:
Use this table to tick off every puff of your Salbutamol that is used.



					10
					20
					30
					40
					50
					60
					70
					80
					90
					100
					110
					120
					130
					140
					150
					160
					170
					180
					190
					200

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I need to take my preventer inhaler everyday:

My PREVENTOR Medication is called:

Its colour is _____

I take _____ Puffs EVERY morning and _____ Puffs EVERY night. I do this every day even if my asthma is OK.

• My best peak flow measure is:

Rescue Inhaler:

My rescue inhaler helps when I am wheezy or coughing, finding it harder to breathe, or my chest hurts. I should NOT need it regularly.

My RELIEVER Medication is called: **Salbutamol**. And its colour is BLUE.

I can take **1-2 puff/s** of my reliever inhaler.

NAME and STRENGTH	DOSE

My Asthma is not controlled if ...

- I wheeze, cough, my chest is hurting, It's hard to breathe **OR**
- I am waking up at night because of my breathing symptoms (This is an important sign, and I WILL book a next day appointment with my GP or Nurse) **OR**
- I regularly need my rescue inhaler once or more per week **OR**
- If my breathing is stopping me doing sport or other activity **OR**
- My peak flow is **less than 80%** _____

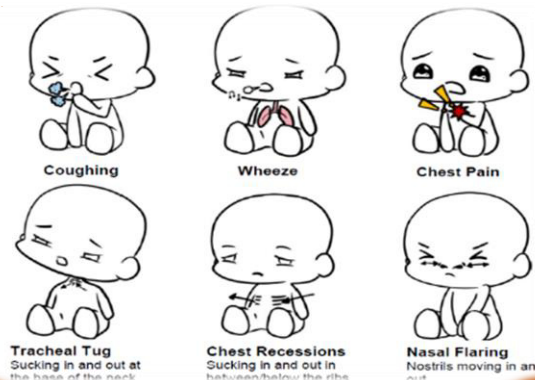
So I need to ...

Keep taking your regular medications,

- Take 2 Puffs of your **Salbutamol**, 1 puff at a time.
- After 5-10 minutes, if I still have symptoms repeat this until I have had **up to 6 puffs**.

I should feel much better:

- This should last at least 4-hours.
- I will call my GP to arrange an appointment



I need to see my GP **NOW** or go to A&E if ...

- My symptoms aren't completely better after 6 Puffs of my rescue inhaler **OR**
- I need my rescue inhaler again in less than 4-Hours **OR**
- **My peak flow is less than 60%** _____

... Because I am having an asthma attack!

I also need to take up to 10 Puffs of my rescue inhaler, 1 puff at a time.



At any point, they look unusually exhausted, scared, have blue lips or mouth, or they are unable to talk in full sentences.

What do I need to do:

1. Get help and stay with a grown up!
2. **Call 999 for an ambulance!**
3. Try to keep calm, sit up straight, and don't lie down,
4. Take one puff of your RESCUE/ RELIEVER inhaler via the spacer every 30 to 60 seconds.
5. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2 ...