

### What is the difference between Asthma and VIRAL-INDUCED WHEEZE?

**VIRAL-INDUCED WHEEZE (VIW)** - If you only wheeze with a virus or cold but are well in between.

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

### What is the treatment?

Most children will only get one or two episodes of VIW. Usually VIW treatment will be with 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 a 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 7 days. In more severe VIW, it may be given daily.

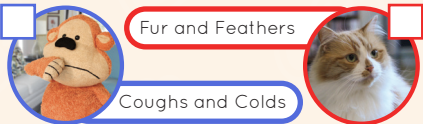
### Is my asthma well controlled?

We recommend you complete the Asthma Control Test (ACT), which can be found on the Asthma UK website or on [www.monkeywellbeing.com](http://www.monkeywellbeing.com)

Where can I go for more information?  [www.asthma.org.uk](http://www.asthma.org.uk)



### Tick which triggers affect your asthma:



Fur and Feathers

Coughs and Colds



Dust

Pollen, Grass, and Trees



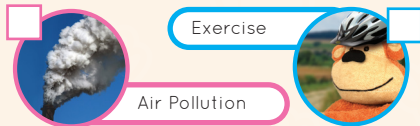
Cigarettes

Cold Weather



Feelings

Moulds and Spores



Exercise

Air Pollution

[www.monkeywellbeing.com](http://www.monkeywellbeing.com)

Your feedback is invaluable in helping us to update and continually improve our Monkey Wellbeing literature.

Please e-mail [feedback@monkeywellbeing.com](mailto:feedback@monkeywellbeing.com) with any suggestions or comments you have.

Name:

DOB:



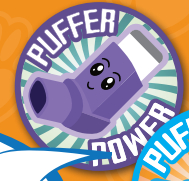
# My Asthma/Wheeze Plan

### What to do next?

If you have attended the EMERGENCY DEPARTMENT (ED) following an episode of ASTHMA or VIRAL-INDUCED WHEEZE you should make an appointment to see your General Practitioner (GP) within 2 working days for a review (National Institute for Health and Care Excellence (NICE) quality standard for asthma 2013).



Please use us with a spacer.



A spacer helps the medicine to travel to your lungs.



### What is a preventer inhaler?

I'm usually brown. Take me EVERY DAY with your super spacer as your asthma nurse prescribed EVEN WHEN YOU FEEL WELL.

### What is a reliever inhaler?

I'm usually blue. Only take me with your super spacer as it says on your plan. If you often need me more than 3 times a week, then book an ASTHMA REVIEW.

### My asthma nurse:



I'm a plastic tube that your puffer fits into to help the medicine get to your lungs.

Your Asthma Plan is inside!

# My Asthma/Wheeze Plan for Home, School, and Nursery

Name:  DOB:  Hospital No:  Plan By:  Date:

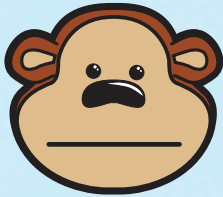
## SYMPTOMS

1



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

2



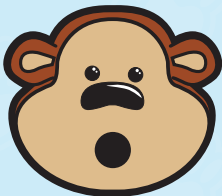
- I am unwell.
- I am getting a cold.
- I am coughing/wheezing day and/or night.
- My blue inhaler is working via a spacer with/without a mask.

3



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

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.

## ACTION

I need to take my normal medication of:

**Preventer:**

Take  puffs every morning and evening.

Other Therapy:

**Reliever:**

Take  puffs as needed and before exercise.

I need to take my normal medication of:

**Preventer:**

Take  puffs every morning and evening.

Other Therapy:

**Reliever:**

Take  puffs every 4 hours.

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 Nurse or the Hospital Asthma Nurse.

I also need to increase my reliever medication to:

- 10 puffs of SALBUTAMOL (one at a time 30-60 seconds in between). Give inhaler via spacer.
- Repeat 10 puffs of salbutamol inhaler (one at a time 30-60 seconds in between), every 4 hours.

Call 999 or come to the EMERGENCY DEPARTMENT (ED ) urgently.

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

- 10 puffs of SALBUTAMOL inhaler via the spacer (one at a time 30-60 seconds in between).
- Keep giving 10 puffs of the SALBUTAMOL inhaler via the spacer every 10 minutes (one at a time 30-60 seconds in between) whilst seeking medical assistance.

## Weaning Plan:

When I am feeling better, I can reduce my blue inhaler as follows:

Day 1:

Day 2:

Day 3:

Based on the wheeze plan developed by Whittington Hospital

