

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

Where can I go for more information?  www.asthma.org.uk



Tick which triggers affect your asthma:



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 with any suggestions or comments you have.

Name:

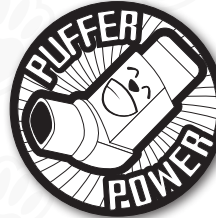
DOB:



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.



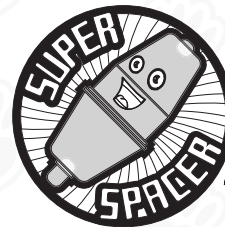
What is a preventer inhaler?

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:

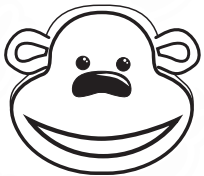


I'm a plastic tube that your puffer fits into to help the medicine get to your lungs.

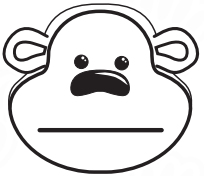
Your Asthma Plan is inside!

My Asthma/wheeze Plan for Home, School, and Nursery


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

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.

I need to take my normal medication of:

Preventer: Take _____ puffs every morning and evening.

Reliever: Take _____ puffs as needed and before exercise.

Other Therapy: _____

I need to take my normal medication of:

Preventer: Take _____ puffs every morning and evening.

Reliever: Take _____ puffs every 4 hours.

Other Therapy: _____

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: Day 1:
 Day 2:
 Day 3:

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

Based on the wheeze plan developed by Whittington Hospital

