

## Paediatric Asthma Discharge Advice Sheet

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Further advice/Follow-up: Please make an appointment to see your GP/Practice Nurse/Asthma Nurse 48 hours after your discharge. You may have been given Prednisolone, take this as prescribed. If your child takes a brown, orange or purple inhaler continue this twice a day even when well.

How much of your blue inhaler to give for the next few days:

Day	Number of puff of salbutamol (blue inhaler)	Times per day
One		
Two		
Three		
Four		
Five		

Name of Professional: \_\_\_\_\_ Signature of Professional: \_\_\_\_\_

### Asthma Discharge Guidance (Please use this with your "My Asthma Plan")

**Red/Danger:** Your Asthma is getting worse if:

- Your blue inhaler is not helping
- Your breathing is hard and fast
- You can't talk or walk properly
- You are getting tired

**You need urgent help**  
Please phone 999  
Or go to the nearest  
Accident and Emergency  
Department

**Amber:**

If your child is using more of their blue reliever inhaler than stated in your Asthma Plan and you are concerned

**You need to see or speak to a doctor or a nurse today.**  
Please ring your GP surgery,  
Out of Hours GP or call 111

**Green:**

Your child is using the "My Asthma Plan" but you have concerns, they may be having some time off school or be unable to take part in normal levels of activity

**You need to see or speak to a doctor or a nurse today.**  
Please ring your GP surgery,  
Out of Hours GP or call 111



Shake your inhaler



Attach your inhaler as shown



Place your child in an up-right and comfortable position. Place the mask securely over their mouth and nose. Press inhaler once to give one puff and count to ten.

#### GIVING YOUR INHALER

Steps 1-3 needs to be followed for **each puff** e.g. if asked to give 2 puffs; repeat the whole process twice. You may be given different coloured inhalers or chambers. The process is the same for all colours and chambers.