

Useful contacts

Information on how to use your
inhalers, ACT, and management plans
www.myasthmaproject.co.uk/barts-health-asthma-control-test/

Patient resources, sticker charts and books

www.monkeywellbeing.com/

Asthma UK helpline

Helpline 0845 701 0203

www.asthma.org.uk

The British Lung Foundation

0207 8315 831

www.lunguk.org

The National Eczema Society

Help Line: 0870 241 3604

020 7281 3553

www.eczema.org

Medical tags

0121 233 7455

www.medicaltags.co.uk

Yellow cross (storage for Epipens)

01252 820321

www.yellowcross.co.uk

Anaphylaxis campaign

01252542029

www.anaphylaxis.org.uk

Allergy UK

01322619898

www.allergyuk.org

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Barts and The London NHS Trust

Switchboard: 020 7377 7000

www.bartshealth.nhs.uk

Patient information

Asthma/wheeze information leaflet for children

Name:

Date of birth:

Hospital number:

Hospital consultant:

To be completed by the hospital:

Issued by:

Date:

ACT:

Peakflow:



My Triggers

Fur and Feathers



Cigarettes



Cold weather



Coughs and Colds



Dust



Pollution



Exercise



Mould and Spores



Pollen, Grass and Trees

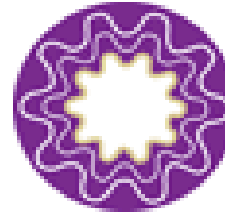


Foods

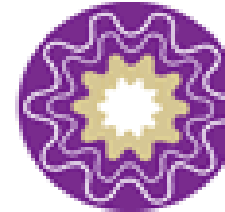


What is Asthma and Viral Induced Wheeze?

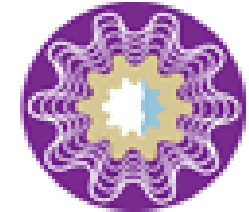
- It affects the small airways (small tubes) in the lungs.
- The airways are sensitive and become inflamed, swollen and narrow when they come into contact with a trigger (such as a cold) or an allergen.
- The airways become blocked with mucus; this makes it very difficult for air to get in and out of the lungs.
- Make sure you use your salbutamol regularly with colds and exacerbations.
- If you are using your salbutamol 4 hourly you must get a review as you may need steroid tablets or admission



People without Asthma have airways like this



People with Asthma have swollen airways



In an Asthma attack the airway lining starts to swell, the muscles tighten and the mucus is secreted.

Preventer inhaler (usually brown, purple, orange)- This helps to reduce any inflammation.

Reliever inhaler (usually blue)- This helps to open up the airway.

What is the difference between Asthma and Viral-induced wheeze?

Asthma is when your wheeze which is triggered by things such as, exercise, colds, dust, pollen, animals and food.

Viral-induced wheeze (VIW) is when you become wheezy with a cold or virus and are wheeze free the rest of the time.

Cleaning your spacer



It is very important to keep your spacer clean. When you take your medicine it sticks to the sides of the spacer and it will not work as well! Follow the step by step guide below to keep your spacer clean! **(Your spacer should be cleaned a minimum of once a month)**

1. Take your spacer apart.



2. Wash in warm soapy water and leave to soak for 15 minutes (without scrubbing or wiping)



3. Rinse the mask and spacer with clean water.



4. Leave to drip dry on a clean surface, never use a cloth.



5. Put the spacer back together.



How to use your spacer

- Shake the inhaler and then attach it to the spacer.
- Place spacer in the mouth or place the mask over the nose and mouth. Make sure there is a tight seal. A mask should only be used in children under five or a child with special needs.
- Tilt the volumatic spacer to 45 degrees in children who are too young to activate the valve.
- Press the inhaler once then the child needs to take 10 normal breaths/or cause 10 clicks of the spacer.
- Once this is finished remove the inhaler, shake again and repeat this cycle.



Weaning plan for inhaled salbutamol

Day	Number of puffs	Length of time	Times of the day
1	5/10	4 hourly	
2	5/10	6 hourly	
3	5/10	8 hourly	
4	5/10	Twice a day	
5	5/10	When needed	

Steroids

GiveSteroid tablets for.....days, after breakfast.