

Paediatric Asthma/Wheeze

What is Asthma?

Asthma is a long-term condition where the small airways in your lungs become **inflamed, swollen and narrow** when they meet a trigger. An asthma **trigger** is anything that makes your asthma worse by irritating your **sensitive airways**, such as colds, exercise or allergies.

Asthma symptoms include **coughing, wheezing and difficulty in breathing**. Asthma tends to be diagnosed in **school-aged children**. It is a common condition affecting **1 in 11 children**.

What is Viral Induced Wheeze?

Wheeze is the high-pitched, whistling sound made when the **small airways (breathing tubes)** in your lungs become inflamed and swollen. **Your lungs** are the balloon-like structures that sit underneath your ribs and move air in and out.

Viral wheeze is a common condition where infants and toddlers become wheezy when they have a cough or a cold. The wheezing makes it difficult to breathe which can be **serious or life-threatening** if not treated properly.

How to use your spacer

- Ensure you have the correct spacer for the child's age.
- Ensure you have assessed if a face mask is necessary or not.
- Shake the inhaler and attach it to the end of the spacer.
- Place the spacer mouth piece into your mouth (or face-mask over nose and mouth).
- Tilt the spacer upwards to create a 45 degree angle.
- Press the inhaler once and take in 10 normal breaths. Count the breaths out loud if this helps.
- Repeat steps 1-4 for each puff prescribed.

How do I clean my spacer?

Clean your spacer once a month to help you get the full benefits of your medication.

Follow the steps below:

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 spacer and/or face-mask with clean water.



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



5. Put the spacer back together and it's ready to use.



Don't forget the management plans!!

All asthma/wheeze patients must have a personalised plan for home, the GP and school.

Information leaflet must be given out and explained to the patient/parent/carer. Appropriate education should be provided including inhaler technique.

Discharge checklist MUST be completed and follow up arranged appropriately.



What to do in an asthma attack!

Are they...

- ▶ Coughing, wheezing, finding it hard to breath, have a tight chest, unable to walk or talk?
- ▶ Do they need their inhaler? ▶ Do you need to call for an ambulance?
- ▶ REMEMBER; stay with the child at all times.



Think Intervene

- ▶ Keep calm and reassure child. ▶ Sit them up and slightly forward.
- ▶ Ask someone to get blue inhaler and spacer; administer inhaler and note the time (see medicine steps).
- ▶ Do you need to call for an ambulance?



Medicine

- ▶ Shake blue inhaler and place in spacer; spray one puff and take 10 breaths.
- ▶ Repeat up to 10 times if needed.
- ▶ If no improvement, it is safe to repeat a further 10 times.
- ▶ Do you need to call an ambulance?



Emergency Anaphylaxis?

- ▶ If no improvement or you are worried or unsure, call 999
- ▶ Note time of calling 999, school's postcode
- ▶ If ambulance takes longer than 15 minutes repeat medicine steps.

999

Co-Created with



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- ▶ Do they have an adrenaline pen?
- ▶ If there is no improvement they could be having an anaphylactic reaction causing inflammation in the lungs.
- ▶ If in doubt follow their allergy management plan and inject.
- ▶ Call an ambulance stating anaphylaxis 'ANA-FIL-AX-IS'.



Anaphylaxis

If you require an adrenaline pen, make sure you have one with you at all time. Ensure that the pens are in date. Also ensure you have antihistamines with you at all times.

