

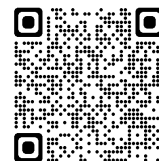
Wheeze Discharge Advice

Advice for parents/carers

What is wheeze?

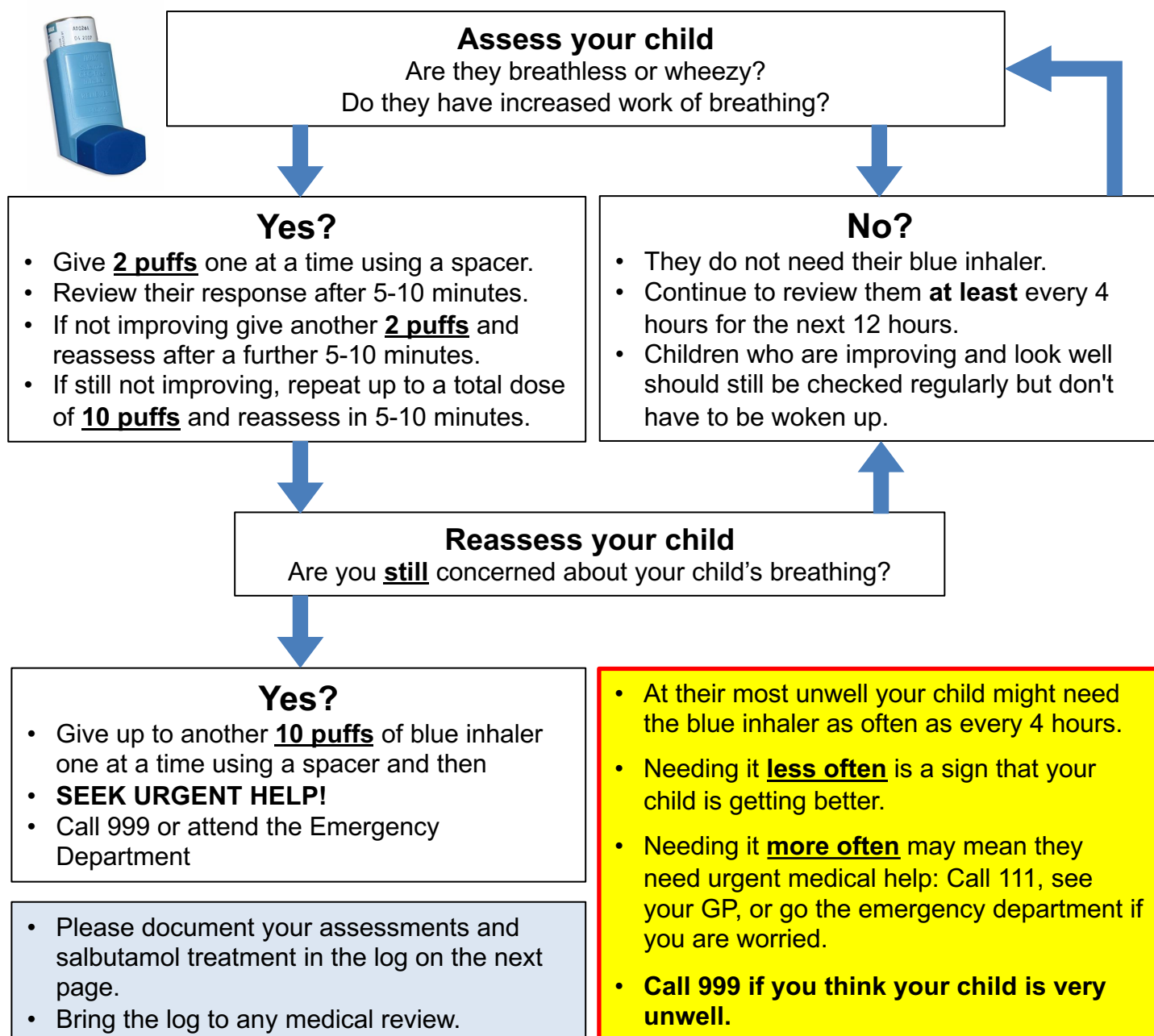
Wheeze is a whistling sound caused by narrowing of the airways. This can sometimes only be heard through a stethoscope. It has many causes including viral infections.

If you cannot hear a wheeze, an increase in your child / young person's work of breathing can also be a useful sign of airway narrowing. **Scan the QR code for an example.** →



Using salbutamol (the blue inhaler) to treat wheeze at home

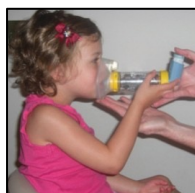
When your child is wheezy it is important to use the blue inhaler to treat their symptoms. This flow chart can guide treatment during an asthma attack, and can help you reduce treatment safely as your child recovers. It is important to assess your child's symptoms regularly and at least four hourly to be sure they are getting better. This is particularly important at night and first thing in the morning.



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How to use an inhaler with a spacer



- 1 Shake the inhaler and remove cap.
 - 2 Fit the inhaler into the opening at the end of the spacer.
 - 3 Place the mask over the child's mouth and nose or the mouthpiece in their mouth ensuring a good seal (many children aged over 3 years can manage without a mask).
 - 4 Press the inhaler **once** and allow the child to take 5 slow breaths or slowly count to 10 whilst they breath through the spacer.
 - 5 Remove the inhaler and shake it. Wait 1 minute before giving a second puff.
 - 6 Repeat steps 1 – 5 if more puffs are needed.
- Plastic spacers should be washed before being used for the first time and every month as per manufacturer's guidelines



Scan the icons below with your smartphone camera to see a video showing how to use a spacer:

With a facemask



With a mouthpiece



Scan this code with your smartphone camera to see a video showing increased work of breathing.



Salbutamol (Blue inhaler) treatment log

Please document assessments and treatment. Show this log to your doctor or nurse treating you for your wheeze attack.

Date	Time	Any symptoms?	Number of puffs given
It's been 1 day since discharge from hospital -the number of puffs you are needing to give should be decreasing. If you are still giving 10 puffs 4 hourly please return to the Emergency department.			
It's been 2 days since discharge from hospital - The number of puffs and how often they are needed should be decreasing. If not contact your GP, 111 or go to the Emergency department.			
Are you happy that your child / young person is getting back to normal or are they still needing a lot of blue inhaler? If you are concerned please contact your GP or 111			