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.



Assess your child

Are they breathless or wheezy?

Do they have increased work of breathing?



Yes?

- Give 2 puffs one at a time using a spacer.
- Review their response after 5-10 minutes.
- If not improving give another **2 puffs** and reassess after a further 5-10 minutes.
- If still not improving, repeat up to a total dose of **10 puffs** and reassess in 5-10 minutes.

No?

- They do not need their blue inhaler.
- Continue to review them at least every 4 hours for the next 12 hours.
- Children who are improving and look well should still be checked regularly but don't have to be woken up.



Reassess your child

Are you still concerned about your child's breathing?



Yes?

- Give up to another <u>10 puffs</u> of blue inhaler one at a time using a spacer and then
- SEEK URGENT HELP!
- Call 999 or attend the Emergency Department
- Please document your assessments and salbutamol treatment in the log on the next page.
- Bring the log to any medical review.

- At their most unwell your child might need the blue inhaler as often as every 4 hours.
- Needing it <u>less often</u> is a sign that your child is getting better.
- Needing it <u>more often</u> may mean they need urgent medical help: Call 111, see your GP, or go the emergency department if you are worried.
- Call 999 if you think your child is very unwell.

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 o should be de	day since disc creasing. If y	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	ı are needing to give :urn to the Emergency
		department.	
It's been 2 d	ays since diso	It's been 2 days since discharge from hospital - The number of puffs and how often they are	nd how often they are
needed shoul	d be decreas	needed should be decreasing. If not contact your GP, 111 or go to the Emergency department.	nergency 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