	If your child is:	
Severe/ Emergency	• Drowsy or unable to respond • Frightened • Is unable to speak in sentences • Breathless, with heaving of the chest	**Ring 999** - you need help immediately. If you have a blue inhaler use it now, 10 puff per using spacer until the ambulance arrives.
Moderate	**If your child is:** • Wheezing and breathless and not responding to usual reliever treatment	Immediately contact your GP to make an appointment for your child to be seen that day face to face or contact **111** for 24 hour advice if you are unable to contact your GP.
Mild	**If your child is:** • Requiring to use their reliever regularly throughout the day for cough or wheeze but is not breathing quickly and is able to continue day to day activities.	Phone your practice to make an appointment to be seen the next day. Alternatively, phone **111** for 24 hour advice if you are unable to contact your GP.

Children and young people asthma/wheeze management plan

Aero chamber Spacer

Volumatic spacer

Please Print Details Below

Name of patient _____

Date of Birth ___ /___ /___ /   NHS Number_____

Date form Completed ___ /___ /___ /   Date for Review ___ /___ /___ /

Name of Professional _____

Signature of Professional _____

Asthma/Wheeze Management Plan.
Only completed sections apply to the above person.

Preventer Inhalers

Used to control the symptoms and reduce the risk of an attack.
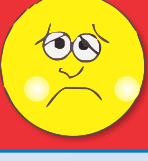These are only taken when you wake up each morning and before going to bed.

Name _____ Colour _____

Device _____ Dose _____

Reliever Inhalers

Used to relieve the wheeze/cough. e.g. can be used before exercise if exercise causes these symptoms

Mild

Name _____ How much _____

Device _____ How often _____

Moderate

Name _____ How much _____

Device _____ How often _____

Severe/Emergency

Name _____ How much _____

Device _____ How often _____

After using the reliever inhaler if symptoms persist refer to traffic lights on the back page.

Other Related Medications

1. Name _____ Dose _____ How often _____

2. Name _____ Dose _____ How often _____

Occasionally your doctor or nurse may prescribe antibiotics or prednisolone which will need to taken as advised.

Using your MDI inhaler

Spacer/Aero chamber prescribed?   Yes ☐   No ☐   (☑ Tick as appropriate)

Simple tips on how to use the spacer/inhaler

- remove cap   ● shake inhaler   ● connect inhaler to spacer (see pictures overleaf)
- place mouthpiece/mask over mouth - ensure a good seal
- spray once, count five normal breaths then repeat as above
- Wash your spacer monthly with soapy water and leave to air dry

Advice given - asthma triggers i.e smoking within home

Yes ☐   No ☐   (☑ Tick as appropriate)