

Paediatric Wheeze Discharge Plan

Patient Information Sheet

Reducing plan for Salbutamol (blue) inhaler with Spacer and for using oral Prednisolone

Day	Date (dd/mm/yy)	No. of puffs of Salbutamol	Frequency	Prednisolone (5mg/tablet)
1			Every 4 hours	mg
2			Every 6 hours	mg
3			Every 8-12 hours	mg
4			As needed	-
5 and after			As needed	-

What to do if your child becomes unwell again:

Green zone- no concerns

- No symptoms
- Sleeping and feeding well



Use preventer inhalers (brown/purple inhalers) and other regular medicines as prescribed. Use Salbutamol up to 2-4 puffs as needed and before exercise.

Amber zone - be alert and beware!

- Night-time cough
- Wheezy on exercise
- Increased work of breathing
- Older child complains of tightness of chest

Continue preventer inhalers and other regular meds as prescribed. Increase Salbutamol up to 5 puffs every 4 hours.

If not improving, go to GP OOH Clinic or call 111.

Red zone- emergency!

- Severe difficulty in breathing
- Lips or fingernails turning blueish
- Inability to talk more than a word at a time
- Severe distress

Call an ambulance immediately. Give 5-10 puffs of the Salbutamol inhaler immediately as you wait for the ambulance.



SAMPLE



Blackpool Teaching Hospitals
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For more information, please visit www.asthma.org.uk
Check out www.nhs.uk or www.nice.org.uk for guidance on bronchiolitis/childhood asthma

Your Consultant for this episode is Dr

Your named Consultant is Dr

Contact 01253 953778 if your child/ward has any problems or if you need advice.this service is always available 24 hours a day, 7 days a week, 365 days of the year.

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Reference No: PL/1419 Version: v1.1
Date of Publication: 20/10/2022
Review Date: 01/08/2025



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