

# Wheezy Child Discharge

Emergency Department

## Introduction

This leaflet will help you manage your child's condition after they have been discharged from the emergency department where the clinician has diagnosed viral induced wheeze or possible asthma.

## What treatment might my child need?

### Oral steroids:

Some children are prescribed steroids to help them get better. We try to only give steroids if we feel the benefits outweigh the risks. This tends to be children who have other illnesses such as eczema, hay fever, allergies and if there is a strong family history of asthma. Some children are prescribed a 3 day course of prednisolone and others are given a single dose of dexamethasone. The clinician will discuss which option is best for your child.

If your child has been prescribed steroids, please take ..... tablets for a total of 3 days. If your child cannot swallow tablets, soluble steroids can be provided. This should be dissolved in a very small amount of water.

## Inhalers

Your child will need to take their blue reliever inhaler (usually salbutamol) via a spacer for the next few days. The table below shows you how to reduce the inhaler. If your child needs to repeat a day on the table, before continuing to reduce the number of puffs, that is okay.

**Day 1:** Give 8-10 puffs every 4 hours

**Day 2:** Give 6-8 puffs every 6 hours

**Day 3:** Give 4-6 puffs every 8 hours

**Day 4:** Give 2-4 puffs every 12 hours

**Day 5 and beyond:** 2 puffs as needed

If your child takes a regular 'preventer' inhaler, please continue this as usual. Please arrange to see your child's own GP in the next 2-3 days for a review of their usual asthma medicines and to ensure their symptoms are settling.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## What are the side effects of steroids?

Long term effects of regular steroid use include weight gain, high blood pressure, reduced growth in height, skin thinning and other metabolic problems. However, there are fewer side effects when short courses are needed.

## What should I do when my child is wheezy or short of breath?

If your child is:



- Too breathless to speak in sentences or feed
- Tired, pale, grey, or blue around the lips or their blue inhaler is not working.

Give 10 puffs of blue inhaler via spacer.

**YOU MUST SEEK MEDICAL ADVICE IMMEDIATELY – CALL AMBULANCE 999**

Whilst waiting for the ambulance, give your child 1 puff of their blue inhaler every minute.



- Coughing or wheezing more than usual
- Using their tummy muscles to breathe or not taking normal feeds
- Needs to use more of their blue inhaler within 4 hours.

Give 8-10 puffs of blue inhaler via spacer.

Give up to 10 puffs via spacer every 4 hours.

Go to your GP or return to the Emergency Department if your child is getting worse.



- Has a cough / cold and is mucousy
- Coughing at night
- Coughing with exercise.

Use blue inhaler via spacer.

2-6 puffs if needed, no more than every 4 hours.

Continue preventer inhaler as prescribed by doctor.

## Emergency Contacts

Contact NHS 111 or 999 in an emergency.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。