

Asthma **Action** Plan For Children

When Well

- No wheeze, cough or chest tightness
- Can play and exercise without wheeze, cough or chest tightness
- Need reliever puffer less than 2 days a week (not including before exercise)
- Not waking at night due to asthma

What should I do?

Preventer/Combined Medication:

..... puffs/tablets

..... times a day **everyday**

Reliever:

..... puffs

when needed

When Unwell

- Starting to get a tight cough, wheeze or chest tightness
- Increased asthma with a cold
- Waking at night with asthma

What should I do?

Give
(reliever)

Up to 3 - 4 hourly as needed:

- 2 – 6 puffs via spacer
(under 6 years old)
- 2 – 12 puffs via spacer
(6 years or older)

If on daily preventer medication, continue same dose as usual, **OR** follow your doctors' advice:

..... puffs

..... times a day until better

Severe

- Needing reliever **every 3 hours or more often** for one or more of the following:
- Wheeze
- Chest tightness
- Sucking in around tummy, ribs or neck with breathing

What should I do?

Keep giving
(reliever)

as needed.

Start Oral Steroid if prescribed:

..... mg (.....ml)

And see a doctor or come into hospital AS SOON AS POSSIBLE

Danger Signs

- Needing reliever **more than every ½ hour**, OR
- **Blue lips**, OR
- **Difficulty speaking or feeding** due to breathlessness OR
- **Frightened** OR
- **Exhausted**

What should I do?

CALL AN AMBULANCE on 000

While waiting stay calm and give:

.....
(reliever)

4 puffs every 4 minutes

Use a spacer if available

Dr name:..... Ph:.....

Signature:

Patient name:.....

Next Dr's Appointment:.....

EXTRA MEDICINE TO TAKE AFTER GOING HOME:

Date:.....

Prednisolone:mg (.....ml) once a day for days

Reliever:

..... puffs times a day for days

Other:

.....

.....

FOLLOW-UP (please tick which)

GP follow up in days/weeks

Outpatient Clinic weeks

Asthma Liaison Nurse weeks

Consultant rooms weeks

RETURN to hospital or see a doctor as soon as possible if your child:

- Starts **working harder to breath** (sucking in around tummy, ribs or neck with breathing) **OR**
- Starts needing their reliever puffer **more than every 3 hours**

Call an AMBULANCE if your child has any one of the following:

- Needs their reliever puffer more than every ½ hour, **OR**
- Is blue at the lips, **OR**
- Has difficult speaking or feeding due to breathlessness, **OR**
- Is frightened or exhausted

While waiting for the ambulance give your child their **Reliever puffer 4 puffs every 4 minutes** (use a spacer if available)

IS YOUR CHILDS' ASTHMA UNDER CONTROL?

Does your child have any of the following symptoms when they seem well?

- **NIGHT TIME** or **EARLY MORNING** wheeze, chest tightness or cough?
- Wheeze, chest tightness or cough with **EXERCISE**?
- Using their **RELIEVER** 2 days a week, or more, to relieve asthma symptoms (not including before sport)?
- **MISSING SCHOOL** because of their asthma?

Answer yes, to any one of these? Then your child should see their **family doctor**, to look at ways to get their asthma under better control.