

# Emergency asthma/wheeze action plan

## THINK

- Is the child coughing or wheezing?
- Do they find it hard to breathe or do they have a tight chest?
- Are they unable to walk or talk?
- Do they need their inhaler?
- Remember to stay with the child at all times.



**Under 5**

## INTERVENE

- Keep calm and reassure child.
- Sit them up and slightly forward.
- Ask someone to get blue inhaler and spacer which is located (write in box)
- 
- Administer inhaler and note the time (see medicine steps).



**Over 5**

## MEDICINE

- Shake the blue inhaler and place in spacer, spray 1 puff and take 10 breaths.
- Give 2nd puff of blue inhaler if there is no improvement after 10 minutes repeat. If needing 6 puffs, please contact the family to get a GP review.
- For frequent wheeze episodes causing pupils to miss a lot of time off school, contact the Community Children Specialist Asthma Nurse at [th.paedasthmanurse@nhs.net](mailto:th.paedasthmanurse@nhs.net).
- If they need 10 puffs of the Blue inhaler then they require a medical review immediately.
- The Blue inhaler is no longer prescribed on a "weaning" plan - and should be given when needed after an asthma attack.



**Teens**

## EMERGENCY

# 999

- If no improvement and the child cannot talk in sentences, or they are coughing and wheezing a lot more, you can give a total of 10 puffs of blue inhaler.
- If you are worried or unsure, call 999 and request an ambulance.
- Note time of 999 call and the school's postcode
- If ambulance takes longer than 15 minutes and there is no improvement, give a further 10 puffs of blue inhaler.

## ANAPHYLAXIS

- Do they have an adrenaline pen? If there is no improvement, they could be having an anaphylactic reaction causing inflammation in the lungs.
- **If in doubt, follow their allergy management plan and inject.**
- Call an ambulance stating anaphylaxis 'ANA-Fil-AX-IS'.



Child's Name

Child's Date of Birth

# Understand your triggers

Parent/carer/young person, please tick triggers that impact wheeze symptoms and follow the advice.

- |  |   |   |  |
|--|---|---|--|
| <input type="checkbox"/> Air pollution | <input type="checkbox"/> Coughs and colds | <input type="checkbox"/> Feelings         | <input type="checkbox"/> Moulds and spores       |
| <input type="checkbox"/> Cigarettes    | <input type="checkbox"/> Dust             | <input type="checkbox"/> Fur and feathers | <input type="checkbox"/> Pollen, grass and trees |
| <input type="checkbox"/> Cold weather  | <input type="checkbox"/> Exercise         | <input type="checkbox"/> Other            | <input type="text"/>                             |

## SYMPTOMS

- Sneezing, blocked or runny nose all the time
  - Not being able to do sports
  - Needing blue inhaler more than 3 times a week
  - Increased cough and wheeze
- Contact your GP practice for an asthma review you may need antihistamines

## CAUSES AND ADVICE

Indoor and outdoor air pollution can be a big trigger for wheeze

- Reduce exposure to car fumes and cigarette smoke
- Reduce exposure to mould by reporting to housing provider and cleaning appropriately
- Avoid busy roads when walking, cycling and scooting to school
- Turn car engines off when you're not moving
- Opening windows when cooking to ventilate your home and prevent condensation

## EXERCISE

Exercise is important in managing your asthma. It helps to keep your lung fit and healthy and working properly. When asthma is well controlled everyone should be able to do as much exercise as they like.

## MORE INFO...

Scan the following QR code with your phone for more information on the following topics

Allergies



Air Pollution



Damp and mould



Exercise



\_\_\_\_\_  
Child's name/Child's signature

**Parent/carer/young person over 11 consent:** I give the school permission to give my child their inhalers and/or adrenaline pen, or to use the school's emergency supply if my child's own supply is out of date or unavailable.

\_\_\_\_\_  
Parent/carer's name

\_\_\_\_\_  
Parent/carer's signature and date