

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 3 times 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.

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
.....puffs (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:.....Date compiled.....

Patient Name:
Next Dr's Appointment:.....

Take your plan when you next visit a doctor

Developed by the Acute Respiratory (paediatric) Working Group of the WA Child and Youth Health Network and Respiratory Health Network. Aug 2007 Revised: Nov 2011, Aug 2012



Asthma Discharge Plan for Children

Extra medicine to take after going home:

Date:

Prednisolone:mg (.....ml) once a day fordays

Reliever:
.....puffs times a daydays

Other:
.....
.....

Follow –up (please tick which)

GP follow up in days/weeks

Outpatient clinic 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 difficulty 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 spacer if available)

Is your child's 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** 3 times 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 control

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