

Asthma action plan for children

When well

- No asthma symptoms of cough, wheeze, chest tightness or increased work of breathing
- Can play and exercise without asthma symptoms
- Not waking at night due to asthma symptoms
- Need reliever puffer less than 2 times a week, not including before exercise

What should I do?

Asthma preventer medication (tick applicable)

- Nil
- Preventer inhaler mcg puffs times a day
- Oral Montelukast.....mg once a day

When unwell

- Starting to get asthma symptoms
- Asthma symptoms with a cold
- Waking at night due to asthma symptoms

What should I do?

Give (reliever). **Up to 3 – 4 hourly as needed:**

- 2 – 6 puffs via spacer (less than 6 years old)
- 2 – 12 puffs via spacer (6 years or older)
- continue daily preventer change preventer

Severe

Needing reliever more than every 3 hours for one or more of the following:

- Wheeze
- Chest tightness
- Sucking in around neck, ribs or tummy with breathing

What should I do?

Keep giving puffs of (reliever) as needed and see a doctor or come into hospital **AS SOON AS POSSIBLE**.

If prescribed, start oral steroid as advised by your doctor.

Danger signs

- **Needing reliever more than every half hour**
- **Blue lips**
- **Difficulty speaking or feeding due to breathlessness**
- **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

Patient name: Compiled by: Signature: Date:

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Extra medicine to take after going home

Date:

- Prednisolone/ Redipred:mg (.....ml) once a day for days with food
- Reliever: puffs times a day for days, then as needed for relief of symptoms.
- Take 2 puffs of reliever medication before sport (if applicable).

Follow up

- GP follow up in days/weeks
- Outpatient clinic weeks (this will be posted to you a month before)
- Asthma nurse clinic weeks
- PCH Asthma CNS, Vocera Asthma CNS
Tel: **(08) 6456 2222**

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

- Starts **working harder to breathe**, sucking in around the neck, tummy, or ribs
- 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 half hour
- Is blue at the lips
- Has difficulty speaking or feeding due to breathlessness
- 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 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** more than twice a week for relief of asthma symptoms
- **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.