



# Treatment of Acute Asthma in Children

## FIRST 24 HOURS

<b>RELIEVER:</b> Use spacer to give 1 puff every 30 seconds for 5 minutes (10 puffs). Repeat every 3-4 hours.	<b>WHAT IF MY CHILD NEEDS THEIR INHALER MORE OFTEN?</b> <ul style="list-style-type: none"> <li>• Give the reliever as often as you think needed</li> <li>• Get urgent medical advice</li> </ul>
<b>PREVENTER:</b>	
<b>PREDNISOLONE DOSE:</b>	

## DAYS 2 TO 3

IF IMPROVING	IF NOT IMPROVING
<b>How will I know if my child is improving?</b> <ul style="list-style-type: none"> <li>• Breathing will be easier</li> <li>• Less cough and wheeze</li> <li>• Eating, talking and drinking better</li> </ul>	<b>How will I know if my child is getting worse?</b> <ul style="list-style-type: none"> <li>• Faster breathing, too breathless to play</li> <li>• Cannot talk or feed easily</li> <li>• Skin colour pale</li> <li>• Sats probe &lt; 92% (if available)</li> </ul> <p>Get medical advice and continue treatment.</p>
<b>RELIEVER: REDUCE DOSE</b> Use spacer to give 2-5 puffs every 4-6 hours	<b>RELIEVER:</b> Use spacer to give 1 puff every 30 seconds for 5 minutes (10 puffs). Repeat every 3-4 hours.
<b>PREVENTER:</b>	<b>PREVENTER:</b>
<b>PREDNISOLONE DOSE:</b>	<b>PREDNISOLONE DOSE:</b>

## DAY 4

IF RECOVERED	IF NOT IMPROVING:
<b>How will I know if my child has recovered?</b> <ul style="list-style-type: none"> <li>• Child will have no significant symptoms</li> </ul>	<b>How will I know if my child is getting worse?</b> <ul style="list-style-type: none"> <li>• Faster breathing, too breathless to play</li> <li>• Cannot talk or feed easily</li> <li>• Skin colour pale</li> <li>• Sats probe &lt; 92% (if available)</li> </ul> <p>Get medical advice and continue treatment</p>
<b>RELIEVER: REDUCE DOSE</b> Use spacer to give 2 puffs if required	<b>RELIEVER:</b> Use spacer to give 1 puffs every 30 seconds for 5 minutes (10 puffs). Repeat every 3-4 hours.
<b>PREVENTER:</b>	<b>PREVENTER:</b>
<b>PREDNISOLONE DOSE:</b>	<b>PREDNISOLONE DOSE:</b>

## IF YOUR ASTHMA SYMPTOMS ARE VERY SEVERE

If any of the following occur...	Your action is
<ul style="list-style-type: none"><li>• You are very breathless.</li><li>• You have difficulty speaking because of asthma symptoms.</li><li>• Your lips are blue.</li></ul>	<ul style="list-style-type: none"><li>• This is an emergency.</li><li>• Contact a doctor urgently.</li><li>• If a doctor is not available go straight to hospital Emergency Department. (Call an ambulance if necessary.)</li></ul>
	<b>Whilst waiting for help:</b> <ul style="list-style-type: none"><li>• Sit upright and try to stay calm.</li><li>• Use your reliever with a spacer to give 1 puff every 30 seconds.</li></ul>

## Further help and information

### Western Isles Hospitals

Western Isles Hospital  
Macaulay Road  
Stornoway  
Isle of Lewis HS1 2AF

Tel. 01851 704704

Uist & Barra Hospital  
Balivanich  
Benbecula  
HS7 5LA

Tel. 01870 603603

St. Brendan's Hospital  
Castlebay  
Barra.  
HS9 5XD

Tel. 01871 810465

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website: [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm.

#### Disclaimer

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