



Treatment of Acute Asthma in Children

FIRST 24 HOURS

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

DAYS 2 TO 3

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

DAY 4

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

IF YOUR ASTHMA SYMPTOMS ARE VERY SEVERE

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

Once you have recovered, please make an appointment at your GP practice for a review:

- Do you need a different inhaler?
- Can you use your inhaler properly?
- Does your asthma plan need to be updated?
- What other changes can you make to reduce your risk of asthma attacks?

There have been some major improvements to the way that asthma is diagnosed and treated; this is a good time to review your treatment.

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 or share your story at: www.careopinion.org.uk or 0800 122 31 35
- Tel. 01851 704704 (ext 2236) Monday-Friday between 10am-4pm.

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