How is your asthma / wheeze? (traffic light advice)

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Your Action:</th>
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</table>
| **Mild**                        | If you / your child is:  
|                                 | • Requiring to use 2-6 puffs of their reliever less than 4 hourly             | Phone your GP to make an appointment to be seen the next day. Alternatively phone 111 for 24 hour advice if you are unable to contact your GP. |
|                                 | throughout the day for cough or wheeze but is not breathing quickly and is  | Give 2-10 puffs of reliever. **Immediately contact your GP and make an appointment for your child to be seen that day face to face.** Alternatively phone 111 for 24 hour advice if you are unable to contact your GP. |
|                                 | able to continue day to day activities and is able to talk in full sentences. | Give 10 puffs of reliever and repeat every 10 minutes until ambulance arrives. Start Oral Prednisolone if you have a supply at home. **Ring 999 or 112 (from a mobile) – for immediate help** |
| **Moderate**                    | If you / your child is:  
|                                 | • Wheezing and breathless and the usual reliever treatment is not lasting    |                                                                                       |
|                                 | 4 hours  
|                                 | • Having day-time and night-time symptoms of cough or wheeze                   |                                                                                       |
| **Severe**                      | If you / your child is too breathless to:  
|                                 | • Talk / eat or drink  
|                                 | • Run and play  
|                                 | • Having symptoms of cough/wheeze or breathlessness which are getting worse | Give 10 puffs of reliever and repeat every 10 minutes until ambulance arrives. Start Oral Prednisolone if you have a supply at home. **Ring 999 or 112 (from a mobile) – for immediate help** |
|                                 | • Or reliever not lasting 4 hours or does not help                           |                                                                                       |
| **Life Threatening**            | If you / your child is:  
|                                 | • Having severe and persistent symptoms of cough / wheeze or breathlessness  | Give 10 puffs of reliever and repeat every 10 minutes until ambulance arrives. Start Oral Prednisolone if you have a supply at home. **Ring 999 or 112 (from a mobile) – for immediate help** |
|                                 | • Confused or drowsy  
|                                 | • Is not responding to their reliever (blue) inhaler                        |                                                                                       |

If you need language support or translation please inform the member of staff to whom you are speaking.

To feedback or for further information including how to obtain more copies of this document we have one mailbox for these queries on behalf of the South East Coast Strategic Clinical Networks area (Kent, Surrey and Sussex). Please email: CWSCCG.cypSECpathways@nhs.net

Useful Websites - Asthma UK: www.asthma.org.uk  Asthma UK Advice Line: 0800 121 6244  Teenage Health Freak: www.teenagehealthfreak.com; National smoking helpline is 0800 022 4332  Website: http://smokefree.nhs.uk  Quit Smoking Charity Website www.quit.org.uk
**Acute Asthma / Wheeze Personal Asthma Action Plan**

Advice to achieve and maintain good control for Children and Young People over 1 year old

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**This is the Asthma / Wheeze Personal Asthma Action Plan for**

[Only completed sections apply to the above child / young person.]

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### Treatment

#### RELIEVER TREATMENT

**Name:**

**COLOUR OF INHALER:**

**NAME of INHALER DEVICE / SPACER:**

*What does it do? Relievers help to relax and open the airways during a wheezy episode.*

To be used when needed – can be taken and repeated *every 4 hours when symptoms occur.* Dose should be no more than *4 puffs 4 hourly unless your child is experiencing a severe Asthma / Wheeze attack when 10 puffs can be given.* *Seek medical help if you need to increase to 10 puffs.*

Start using this inhaler as soon as a cold starts or before anything that triggers your cough, wheeziness or breathlessness.

Routinely use through a spacer: YES / NO

*If you need more than 1 inhaler in any 1 month see your doctor or asthma nurse*

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#### PREVENTER TREATMENT

**Name:**

**STRENGTH:**

**COLOUR OF INHALER:**

*What does it do? Preventer inhalers are steroids which are anti-inflammatory and help to reduce swelling and inflammation in you or your child’s airways. This is why they need to be taken regularly even when there are no symptoms.*

......................... puffs to be taken regularly twice a day, even when there are no symptoms, take this inhaler in the morning and evening.

As this medicine is a steroid, clean your teeth or rinse your mouth afterwards.

Do NOT stop your preventer treatment even when you are well – UNLESS advised by a doctor or nurse.

Routinely use through a spacer: YES / NO

*Always ensure you have a spare inhaler and request a new one when you start using this one.*

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#### ADDITIONAL PREVENTER TREATMENT

**Name and Dose:**

**Name and Dose:**

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**LOOKING AFTER YOU OR YOUR CHILD WITH WHEEZE/ASTHMA**

- Ensure your child always has access to their reliever (blue) inhaler and spacer
- Remember to leave a spare reliever inhaler (with/without spacer) at school for your child and ensure that it is kept in date
- Remember to take inhaler with you or your child on any trips away from home
- Always use the correct inhaler device as prescribed for you or your child
- Remember a spacer is the best way to deliver reliever treatment in an emergency
- Remember to keep any follow up appointments

**PEAK FLOW** (Children over 6 years) – If symptoms getting worse, the best of 3 peak flow readings can be measured in the morning and in the evening before any blue inhaler (reliever treatment) is given:

- *Best ever peak flow ............... l/min (100%)*
- *Predicted peak flow ............... l/min*

*Your asthma is out of control if your peak flow is below ...............(80% of best or predicted)*

**My triggers are:**

- Coughs and colds ............
- Cigarette smoke .............
- Exercise ....................
- Cold weather ................
- Pet fur or feathers ..........
- Dust ..........................
- Pollen ........................
- Pollution ......................
- Feelings ......................
- Moulds & spores ............
- Other ........................

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