

What is wheeze?

Wheeze is a whistling sound caused by narrowing of the airways. This can sometimes only be heard through a stethoscope. It has many causes including viral infections.

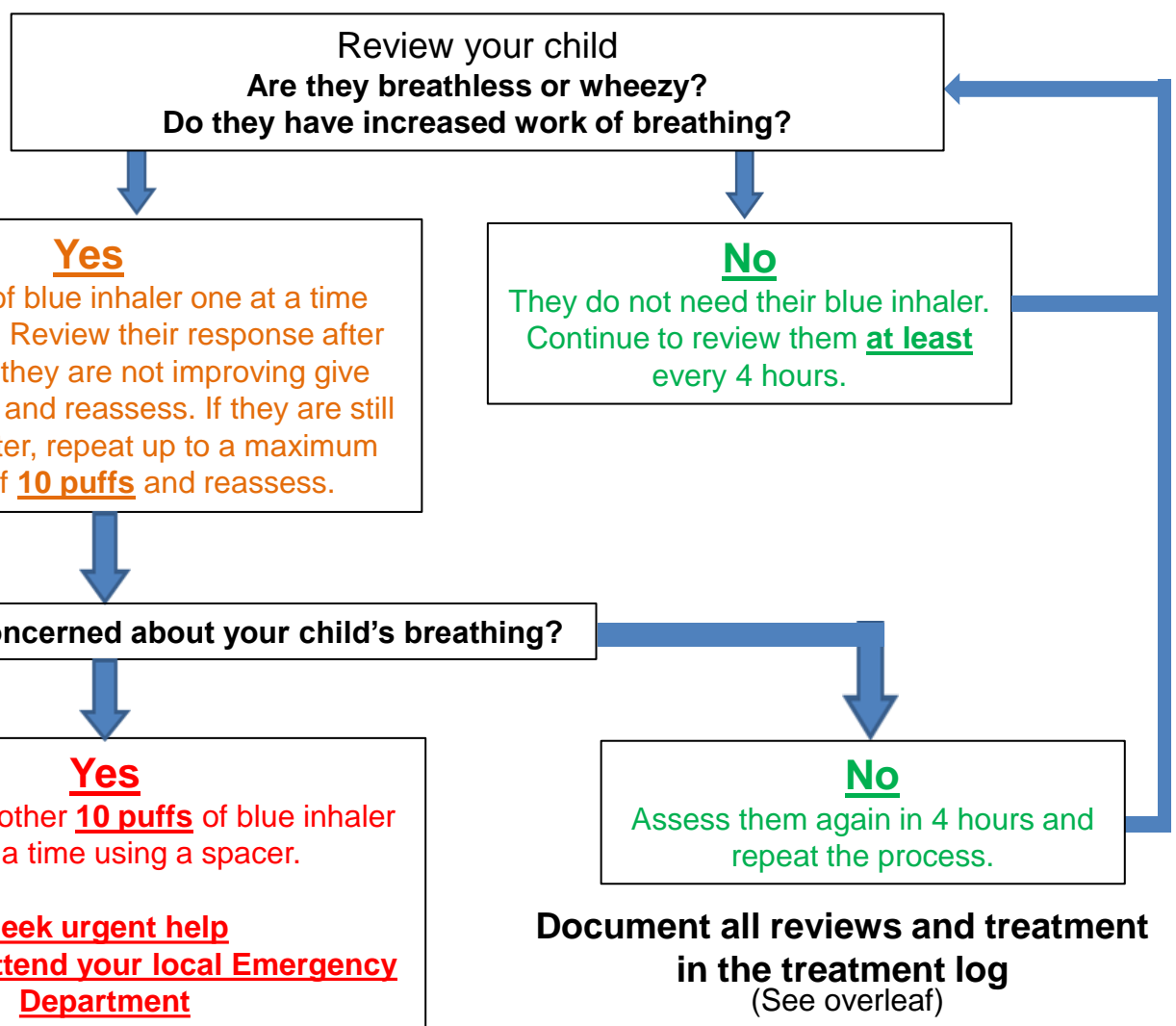
If you cannot hear a wheeze, an increase in your child or young person's work of breathing can also be a useful sign of airway narrowing (see video link overleaf).

Treating wheeze at home with Salbutamol (blue inhaler)

Over the next few days you should assess your child at least every 4 hours to make sure that they are recovering from their attack of wheezing.

This is particularly important at night and first thing in the morning.

Please follow this flow chart:



- You might need to give some blue inhaler every 4 hours initially. Your child should need less as they recover.
- If you are concerned about your child or they need more than 10 puffs within 4 hours, get urgent medical help via 111, your GP or by going straight to your local Emergency Department or Childrens Assessment unit.
- Call 999 if your child has severe symptoms.



Wheeze Discharge Advice

Advice for parents/carers



How to use an inhaler with a spacer.



- 1 Remove the canister and shake to check that it still contains medicine.
 - 2 Put it back into its plastic container and remove the cap.
 - 3 Fit the inhaler into the opening at the end of the spacer.
 - 4 Place the mask over your child's face or mouthpiece in their mouth ensuring a good seal (most children aged over 3 years should be able to manage without a mask).
 - 5 Press the inhaler **once** and allow your child to take 5 slow breaths or count slowly to 10 whilst they breath through the spacer.
- Shake the inhaler and repeat steps 3 to 5 if more puffs are needed



Scan the codes below with your smartphone camera to see a video showing how to use a spacer.



Scan this code with your smartphone camera to see a video showing increased work of breathing.



Salbutamol (Blue inhaler) treatment log

If your child needs further medical attention please bring this with you.

Date	Time	Symptoms	Number of Puffs given
It's been 1 day since discharge from hospital—the number of puffs you giving should be less. If you are giving 10 puffs 4 hourly, please return to the Childrens assessment unit or the Emergency department			
It's been 2 days since discharge from hospital—the number of puffs and how often you are giving them should be less. If not, contact your GP, 111 or go to the Emergency department.			
Are you happy that your child / young person is getting back to normal, or they are still needing a lot of blue inhaler? Please contact your GP or 111.			

