

Wheeze Discharge Plan

Patient Information



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Our Values**People at
the Heart****Listen and
Involve****Kind and
Respectful****One
Team**

Patient's name: _____

Discharge checklist

- Inhaler technique checked? ☐
- Referral to community nurse for review (within 2 working days)? ☐
- Maintenance therapy reviewed? ☐
- Appropriate spacer used? ☐



What is a wheeze?

A wheeze is a noise that is produced when the small airways become sticky and inflamed/swollen. When the airways are sticky, the air can get trapped and this causes the wheezy sound. Things that cause our airways to become sticky are most commonly viral infections. Wheeze is also produced in children who have asthma, when they are exposed to certain triggers.

Bacterial chest infections can also sometimes make you wheezy. A wheeze is made worse by exposure to cigarette smoke and other fumes, as these worsen the inflammation in small airways.

Treating the wheeze

To treat the wheeze you will have seen the use of a blue inhaler; this is a medicine called Salbutamol. Salbutamol is a 'reliever' medication. It helps open the small airways of our lungs, which helps the air to pass through more easily.

Importance of a spacer

Using a spacer device is really important. It ensures that the medicine is delivered into your lungs and not into the back of your throat. When using a spacer, the Salbutamol collects in the chamber to ensure you get the most of the medication.

How to give the Inhaler using a Spacer

1. Take off the cap and hold the inhaler upright. Check there is nothing inside the mouthpiece.
2. Shake the inhaler well.
3. Put the inhaler into the end of your spacer, with the indent for your nose pointing upwards.

4. If required, ensure the facemask can make a complete seal around the nose and mouth. If not required, place the mouthpiece between your teeth.
5. Sit or stand up straight. Press the inhaler to release one puff into the spacer. Take 10 breaths in and out of the spacer.
6. Repeat if necessary/instructed.

INHALER / "PUFFER" WITH SPACER & MOUTHPIECE (4+ YEARS)



The weaning process

Whilst in the department, you may have needed Salbutamol on a regular basis. The aim now is to slowly wean the child off the medicine over a matter of days after discharge, to allow the airways to recover from whatever triggered the wheezy episode. If at any point during the weaning process your child appears to be struggling to take 10 puffs of the Salbutamol, please seek medical advice.

Days after discharge	How many puffs of Salbutamol	How often
The day of discharge	10 puffs	Every 4 hours
1	6 puffs	Every 4 hours
2	6 puffs	Every 6 hours
3	4 puffs	Every 6 hours
4	4 puffs	Every 8 hours
5	2-4 puffs	When needed

If you do become worried when at home that your child is deteriorating, please seek medical advice from your GP, Community nursing team, 111 or if required Accident & Emergency.

IN AN EMERGENCY CALL 999 IMMEDIATELY

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



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