Managing Asthma or Wheezing in Children and Young People

Is your child able to play and act normally?

Do they sleep well at night?

NO → Is your child waking at night coughing or wheezing?

Are they unable to play or act as they normally do?

Are they getting a cold or virus?

NO → Continue with their asthma medication.

Use preventer even if they are well.

Use the reliever if they have symptoms or before an activity if this normally causes symptoms.

YES → Use the reliever inhaler to give 2-10 puffs every 4 hours until symptoms get better.

Use a spacer if you have one.

If your child is no better within 24 hours then see your GP.

Continue to use all prescribed asthma medication.

→ Has this helped the symptoms?

YES → Continue with their asthma medication.

NO → Is the inhaler not helping much?

Does your child need to take their inhaler more often than every 4 hours?

Are they unable to talk or walk?

Are they struggling to breathe?

Are they frightened by the attack?

YES → Give the reliever inhaler 6-10 puffs every 4 hours with a spacer if you have one.

Contact the GP for an urgent appointment or attend A&E department.

Continue to use all prescribed asthma medications.

→ Is there an improvement in symptoms?

YES → Monitor your child's symptoms closely and repeat steps if required.

NO → Does your childs medication not seem to be working or do they need it again within an hour of their last dose?

Is your child's chest not moving much when they breathe?

Is your child unable to speak in sentences?

Is your child blue around their lips or tongue?

Is your child very sleepy and confused?

YES → CALL 999 for an ambulance or take your child to A&E department.

Continue to use reliever inhaler until help arrives.

References: Trust guidelines for management of Asthma, Wheeze or probable asthma in children and young people. Norfolk and Norwich University Hospital
Action plan for children who wheeze with viruses. Jenny Lind Dept, Norfolk and Norwich University Hospital