

Asthma Exacerbation in Adults/Children

What to do in the next few days

- Take your preventer inhaler (_____) _____ puffs morning and evening.
- Take your reliever inhaler (_____) _____ puffs _____ times a day.
- We have prescribed Prednisolone tablets for you/your child and you should give them mg per day, as a single dose. (..... tablets).
- If you become wheezy, breathless or tight in the chest, take 2-10 puffs of your reliever inhaler. Wait 10-15 minutes and, if you do not feel better, take another 10 puffs.
- If this is not helping, or if you are needing to take your reliever inhaler more than once per hours, you should return to the hospital.
- Make an appointment to see your GP in the next week.

Reliever Inhalers

Reliever inhalers can be taken whenever you need them for wheeze, cough, breathlessness or tightness in your chest. If you are needing to use your reliever inhaler every single day or your sleep is disturbed at night because you are wheezing or coughing, you should see your GP as you might need more preventative medicine.

If you are needing to use your reliever every 3-4 hours, you should see your doctor as soon as possible.

Preventer Inhalers

Preventer inhalers should be used at all times, even when you are well. If you have been very well for several months and you wonder if you could stop using a preventer, you should see your GP to discuss this.

Preventer inhalers are taken morning and evening, usually through a spacer device. It is a good idea to use your reliever inhaler just before taking the preventer as it opens up the airways to make sure the preventer medicine gets down to where it is needed.

Using a spacer device

Take the puffs of medicine one at a time, allowing ten breaths between each puff. The valve in the spacer should click with each breath. If you or your child are struggling to make the valve click, tip the spacer up so the valve remains open while they breathe.

Care of spacer devices

Spacer devices should be cleaned about once a fortnight with warm, soapy water, rinsed well and then left to dry without using a cloth on them. This reduces the amount of medicine that sticks to the side of the spacer.

The peak flow readings for today were:

..... (pre treatment)

..... (post treatment)

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>
www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743