Asthma/Wheeze Discharge Sheet

This is your discharge advice for the next week

Patients Name…… Admission PEFR…….

Discharge PEFR…….

Please make an appointment with YOUR GP/Practice Nurse/Asthma Nurse within 48hrs

You have been prescribed Nil mg Prednisolone for No days, please take in the morning

If you use Brown/Orange/Purple inhalers continue to use twice a day even when well

How much of you Salbutamol (Blue inhaler) to use

Day	No. Puffs Blue Inhaler	Frequency
1	6 Puffs	Every 4 hours
2	4 Puffs	Every 4 hours
3	2 Puffs	Every 4 hours
4+	2-6 Puffs	As Needed

If symptoms worsen go back to previous days regime

You can use extra Blue inhaler if needed – Use 4 puffs and then 1 puff per minute until symptoms settle [If you need more than 10 puffs return to the Emergency Department, continue using Blue inhaler until you settle/help arrives].

Inhaler technique checked by Name……

Sign……..

When to return?

Emergency Department/999
Blue Inhaler not helping, Breathing is hard and fast, Can't talk or walk properly, Getting Tired

GP Today
You are using more Blue inhaler than suggested and/or you are concerned

GP/Practice Nurse/Children's Community Nursing Team
Your using the management plan but have some concerns

Remember ANYONE SMOKING in the household will worsen Your Asthma!!