Viral induced wheeze management plan

Information for families

No Symptoms
Continue with regular medications

Mild Symptoms
Take Regular Reliever (Blue)
Give 5-10 puffs every four hours via spacer.

If you have a Preventer it should be every day as prescribed.

Getting a cold or waking/coughing at night with Asthma

Very breathless or poor response to reliever
Give 10 puffs of reliever via spacer
A large dose of the blue inhaler should last for 4 hours. If needed more frequently:
Seek Medical Advice

Emergency: 999

It is safe to give another ten puffs while waiting.
If your child has any of these symptoms, you must call an ambulance:
• Too breathless to speak a full sentence
• Pale and grey or blue
• Floppy or unresponsive
• Very rapid breathing rate
• Severe tugging in at the neck or between the ribs.

Date of publication: September 2012
Ref: RUH PAE/07 Ver 2
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Wheeze management plan

Name: 
Date: 
Date of Birth: 
GP: 

Discharge home following an episode of wheeze.

When your child is discharged home following an episode of wheeze, they will require more reliever medication than when they are well. This should be gradually reduced using the following guideline:

Dose of Reliever (Blue Salbutamol inhaler) via Spacer:

Today 
DAY 1: 8-10 puffs 
6 times a day (4 hourly) for 1 day 
DAY 2: 4-6 puffs 
4 times a day (5-6 hourly) for 1 day 
DAY 3: 4-6 puff 
3 times a day (6-8 hourly) for 1 day 
DAY 4: 2-4 puffs 
2 times a day (12 hourly) for 1 day 

Other Treatments:

Follow up:

Although your child has not been diagnosed with asthma your GP asthma nurse will usually be happy to review children with viral induced wheeze. We would suggest you see your asthma nurse or GP if your child’s symptoms are not improving within 48 hours, or, if when fully recovered it is felt they are having a lot of problems with wheeze.

Wheeze control:

As a guide – a regular night-time cough or needing to use the reliever more than three times a week could suggest that further medication is needed, and your child should be reviewed.

Acceptable doses of reliever medication:

- Your child has very mild symptoms, two puffs should be sufficient
- If not, try five puffs, and check inhaler technique
- If this is not helpful, give them ten puffs.

If ten puffs does not work, or your child is needing more than ten puffs in four hours, then they need to see a doctor urgently.

Other useful information:

NHS Direct: 0845 46 47
www.asthma.org.uk