*This is a copy of the plan a member of the practice team will have given you to help with your child’s viral wheeze. The numbers in the table below will have been agreed with practitioner.*

A Viral Induced Wheeze is a condition that can occur in children under 3 years old when they have a cough or cold. It causes a whistling noise in the chest due to narrowing of the airway from the cold/cough symptoms.

Your child has been diagnosed with this condition and prescribed an inhaler for a brief period. [This diagnosis does not mean that your child has Asthma](https://www.plymouthhospitals.nhs.uk/paediatrics-information-leaflets/viral-induced-wheeze-5277/).

**Inhaler and Spacer technique**

To administer the inhaler, you will have been prescribed an aero chamber which will help. If your child is under 5, this will have a soft mask attached and will depend on their age to the size given. Please follow the steps below:

1. Ensure you have everything available before starting, sometimes it can take two people to administer the inhaler.
2. Attach the inhaler to the aero chamber and shake.
3. Place the mask over the nose and mouth.
4. Squirt one puff into the chamber and hold in place for either 10 breaths or a slow count to 10, then remove from the child’s face.
5. Shake the aero chamber and inhaler again, repeat steps 3 & 4 for each puff required.

Shaking between every squirt is important as the medication settles quickly within the chamber and if you do not shake well, you will not give the full dose.

Infants may often become upset, and it is good to try distraction techniques or reward charts to encourage compliance.

**Wheeze Plan**

Initially, your child will need a higher number of puffs which will gradually decrease as your child’s symptoms improve.

Here is a wheeze plan for your child (number of puffs will be advised by the practitioner):

|  |
| --- |
| Day 1: Take…. puffs 4 hourlies.  Day 2: Take…puffs 4 hourlies.  Day 3: Take…puffs 4-6 hourly and gradually stretch the time between inhaler use once 2 puffs are tolerated. |

If required, you can give up to ten puffs 4 hourly.

However, if your child is still wheezy or working harder at breathing, then you need to seek medical advice. [Out of hours, please attend the Emergency Department](https://www.plymouthhospitals.nhs.uk/paediatrics-information-leaflets/viral-induced-wheeze-5277/)

|  |
| --- |
| **If your child is**   * **Too breathless to talk or eat.** * **Has blue lips.** * **Worsening symptoms despite treatment** * **Confused or drowsy**   **Give 10 puffs of inhaler and call 999 for immediate help** |

Rachel Smith ACP/RSCN

Urgent Care team

Beacon Medical Group

April 2023