



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Asthma Discharge Plan

Information for patients, relatives and carers

① For more information, please contact:

Paediatric Respiratory Specialist Nurses

(Not for urgent advice, phone line not manned 24/7)

Tel: 07929744406

Ward 17/18

York Hospital

Wigginton Road, York, YO31 8HE

Tel: 01904 726017/726018

Rainbow Ward

Scarborough Hospital

Woodlands Drive, Scarborough, YO12 6QL

Tel: 01723 342336

Discharge Plan

Name:
Date of Birth:
Consultant:
This is your discharge management plan for the next one to two weeks. Please follow the plan and seek medical advice if you are concerned.
<ul style="list-style-type: none">• Please make an appointment with your GP/Practice Nurse within two working days of your discharge to check you are continuing to improve from this asthma admission.
You may have been prescribed an oral steroid – please continue this as directed and complete the course. Take..... mg (.....tablets)times a day fordays.
If you are prescribed a preventer inhaler (usually brown, orange or purple coloured) and/or oral medication for your asthma - continue to give this every day even when you are well. Please use the inhaler device as directed – your inhaler technique will be checked before you are discharged home. There is a step-by-step guide on page 5 If you need a refresher or please visit https://www.asthma.org.uk/advice/inhaler-videos/ to watch a video on how to use your inhaler.

Salbutamol Weaning Plan

Salbutamol (Blue reliever inhaler) weaning plan (Please use the inhaler with the spacer provided)
Number of puffs and how often
Day one: eight puffs every four hours
Day two: six puffs every four to six hours
Day three: four puffs every six to eight hours
Day four: two to four puffs every eight to 12 hours
Day five onward: two to four puffs as required
<p>If your asthma symptoms worsen or you are needing your reliever inhaler more than four hourly Seek medical advice</p> <p>Follow the traffic light action plan on pages 6-8 in this leaflet for further advice.</p>

Discharge Checklist

Discharging Clinician to complete and sign.

Admission peak flow:	
Discharge peak flow:	

Discharge Checklist	Yes/No or N/A
Inhaler and spacer technique checked and correct	
Discharge weaning plan explained	
Discharge medications supplied and explained (including spacer device)	
Asthma Triggers Discussed	
Importance of adherence to preventer medications discussed	
Management of future exacerbations discussed	
Traffic light action plan explained to patient and family (see page 6-8)	
Patient/family advised to make an appointment with own GP within 48 hours of discharge.	
Follow-up appointment at hospital requested for 4-6 weeks-time.	

Name of discharging clinician

Signature

How to give the inhaler via a spacer

There are different types of spacer devices that are different sizes and colours. Depending on your age and ability you may have a face mask or mouthpiece.

Correct inhaler technique should be taught and directed by a health professional.

1. Shake the inhaler well and remove the cap – check the mouthpiece of the inhaler has nothing in it.
2. Put the inhaler into end of the spacer – this is the opening at the opposite end to the mouthpiece/face mask.
3. Put the mouthpiece of the spacer between your teeth and close your lips around the mouthpiece. If using a face mask place, it securely over the nose and mouth, ensuring a good seal.
4. If you are able, tilt the chin upwards slightly - this helps the medication in the inhaler to reach the lungs.
5. Press the canister of the inhaler down once to give one dose or 'puff'.
6. Take five slow and steady breaths in and out through the spacer.
7. Remove the spacer from your mouth or face.
8. If more than one dose or 'puff' is required repeat the process as above leaving 30 seconds between each dose or 'puff'. **Remember to always shake the inhaler between each dose/'puff'.**



Traffic Light Action Plan-

What to do if your asthma symptoms worsen:

Red Light



- The blue reliever inhaler is not helping or is needed more than every four hours
or
 - You cannot talk, walk or eat easily
or
 - You are finding it hard to breath
or
 - You are coughing or wheezing a lot, or your chest is tight/hurts.
 - Peak flow is less than.....
- **Call for Help**
 - **Sit up** – don't lie down. Try to be calm
 - Take one puff of the blue reliever inhaler (with a spacer if available) **every 30 - 60 seconds** up to a total of **ten puffs**.
 - **If you do not have a blue inhaler or it is not helping. Call 999 straightaway.**
 - Whilst waiting for an ambulance the blue reliever inhaler can be given again, every 30-60 seconds (up to ten puffs) if needed.
 - **Even if you start to feel better**, you don't want this to happen again, so you need to see your doctor or asthma nurse today.

Amber Light



- You are using more of your blue reliever inhaler than is stated in the discharge management plan (see page 4 and discharge letter) **or**
- You have concerns

- Contact your GP today for advice (if out of hours or at the weekend call 111)

If you have been given open access to the ward you were discharged from – call the ward for advice (contact numbers are on the front of this booklet.

Green Light



- You are using the discharge management plan, but you have concerns

or

- You have been home from hospital for 48 hours **or**

You need an updated Personalised Asthma Action Plan.

- Call and arrange an appointment with your GP.
- Continue to follow the discharge management plan on page 4.
- Continue to give regular preventer inhalers and other prescribed medications.
- Once discharge management plan completed, please follow your personalised asthma action plan – If you do not have one of these contact your GP or asthma nurse.

Useful Information

Asthma UK – for detailed information about asthma, its causes, how to keep it under control and excellent video clips on how to use inhalers and much more.

- Website - www.asthma.org.uk

Asthma UK also have a help line open Mon-Fri 9am-5pm for advice and support.

- Helpline - **0300 222 5800**
- WhatsApp - **07378 606728**

NHS Smokefree – Exposure to cigarette smoke by smoking or breathing in someone else's smoke increases your risk of asthma symptoms and an asthma attack.

Help to stop smoking can be obtained from:

- Website - www.nhs.uk/smokefree
- The free Smokefree National Helpline - **0300 123 1044**

or

- **Download the Free NHS Smokefree App** on your iPhone/Smart Phone.

Mental Health support – If you are struggling with your mental health there is help and support out there and you are not alone.

- Talk to a trusted adult
- Contact your GP
- www.youngminds.org.uk has lots of helpful advice on mental health and support.
- If you just need to talk, any time of day or night, **Samaritans** offer a free, confidential listening service, **call 116 123**.

If you are in crisis and need urgent support right now:

- You can find your **local NHS urgent mental health helpline** at www.nhs.uk/mental-health
- **The YoungMinds Crisis Messenger text service** provide free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, **you can text YM to 85258**

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Sophie Ackerley, Paediatric Respiratory Specialist Nurse, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 07929744406

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: access@york.nhs.uk

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