

Dr MMs **PAEDIATRIC ASTHMA** Crib sheet

Breathless baby- Bronchiolitis or wheezy baby, usually with URTI [Cough, coryza, temperature].

Check Temp Resp Rate Heart Rate Refill and Sats. Wait several seconds for Sat to stabilise.

If difficulty feeding, going blue while coughing, sats low –admit. Otherwise salbutamol with face mask, 2-10 puffs 4h sos.

Recurring Breathlessness/ cough episodes- consider adding clenil, monteleukast as for asthma especially if eczema present.

Some may go on to Paediatric Asthma [Wait till 2y before diagnosing].

Some Pre School children just cough with no other symptoms or signs and respond to salbutamol.

Paediatric Asthma Monitoring

Inhaler technique- will be MDI with spacer +- mask. Older child may use breath actuated inhaler.

Flu immunisation. Pneumo if very severe asthma.

Monitor Use of Salbutamol [or Terbutaline if used instead]. How often used?

Ask about Sleep disturbance and Breathlessness or cough on exertion.

Ask about Hay Fever and if treated [Antihistamine, Steroid Nose Spray].

Ask about Smoking in the home and a damp house [Fungal spores provoke Asthma].

Treatment Steps

Treat Rhinitis with Antihistamine +- steroid nose spray if present.

Step 1- 1 thing Salbutamol

Step 2- 2 things add Clenil

Step 3- 3 things add Monteleukast. After this refer to Peadiatricians.

Long Acting Bronchodilator/steroid combination inhalers from age 6 may be tried along with referral. Refer asthma that has resulted in a hospital admission. Or asthma that seems to be provoked by foods or pets or during an eczema flare up.

Asthma Action Plan For Children

<http://www.asthma.org.uk/resources>

Issue PF Meter if can use one.