

## How to reduce the blue inhaler safely after an asthma attack

**Step 1**

- Give your child their preventer medication as prescribed
- Once trained, encourage your child to do regular peak flows (morning and night)

**Step 2**

- Look out for asthma symptoms that show your child needs their blue inhaler. This could be wheeze, difficulty breathing, cough, chest tightness or the peak flow number getting lower.

**Step 3**

- If your child has asthma symptoms, give them 2 puffs of the blue inhaler via a spacer, one at a time.
- After 5-10 minutes, if your child still has symptoms, repeat this until you have given up to 6 puffs.

**Step 4**

- Your child should feel much better and this should last at least 4 hours.
- Your child should be needing their blue inhaler less and less
- If not, move into the red box

**Step 5**

- Your child should now be back in the green zone of their asthma management plan.

**step 6**

- Your child should have :
  - a post-attack review with either their GP or asthma nurse within 48 hours.
  - a full asthma review arranged either with their GP or asthma team within the next 4 weeks

**If your child:**

- still has symptoms after 6 puffs of the blue inhaler OR
- needs the blue inhaler more than every four hours

they are not getting better, and you need to take emergency action now.

1. Take up to 10 puffs of the blue inhaler, 1 puff at a time

AND

2. Arrange an urgent review with your doctor, or if this is not possible, go to A and E.

If your child is having difficulty breathing not relieved by 10 puffs of salbutamol or is requiring repeated doses of 10 puffs **you should call 999**

# How to use a peak flow meter



- Stand up or sit up straight
- Check that the red arrow on the peak flow meter is on zero
- Take a deep breath in filling the lungs with air
- Place the mouthpiece between your teeth and lips and blow hard and fast into the device (a single blow) – like blowing out candles on a birthday cake
- Note the number next to the arrow – this is your peak flow
- Push the arrow back to zero and take a few normal breaths
- Repeat twice more
- Record your highest blow
- The 3 blows should be about the same



Peak flow readings are usually reliable from the age of 8 years

Scan here to see a video on how to take a peak flow reading:



## Average Expected Peak Flow Readings

Patient Height (cm)	Expected PEF (litres/min)
110	150
120	200
130	250
140	300
150	350
160	400
170	450