What is the difference between Asthma and VIRAL-INDUCED WHEEZE?

**VIRAL-INDUCED WHEEZE (VIW)** - If you only wheeze with a virus or cold but are well in between.

**Asthma** - When you wheeze with triggers like dust, pollen, furry animals, and exercise as well as with a virus or cold.

What is the treatment?

Most children will only get one or two episodes of VIW. Usually VIW treatment will be with SALBUTAMOL (blue) inhaler and spacer; please see your wheeze plan.

Asthma treatment is usually with a brown preventer inhaler, which needs to be taken daily, and a blue reliever inhaler to be taken when unwell; please see your wheeze plan.

For some children who get repeated episodes of VIW, they may benefit from a drug called MONTELUKAST. This works by decreasing the inflammation in the airways. It needs to be given at the very beginning of the cold symptoms, once a day for 7 days. In more severe VIW, it may be given daily.

Is my asthma well controlled?

We recommend you complete the Asthma Control Test (ACT), which can be found on the Asthma UK website or on www.monkeywellbeing.com

Where can I go for more information?

www.asthma.org.uk

Tick which triggers affect your asthma:

- Fur and Feathers
- Coughs and Colds
- Dust
- Pollen, Grass, and Trees
- Cigarettes
- Cold Weather
- Feelings
- Moulds and Spores
- Exercise
- Air Pollution

What to do next?

If you have attended the EMERGENCY DEPARTMENT (ED) following an episode of ASThma or VIRAL-INDUCED WHEEZE you should make an appointment to see your General Practitioner (GP) within 2 working days for a review (National Institute for Health and Care Excellence (NICE) quality standard for asthma 2013).

**What is a preventer inhaler?**

I’m usually brown. Take me EVERY DAY with your super spacer as your asthma nurse prescribed EVEN WHEN YOU FEEL WELL.

**What is a reliever inhaler?**

I’m usually blue. Only take me with your super spacer as it says on your plan. If you often need me more than 3 times a week, then book an ASTHMA REVIEW.

Your feedback is invaluable in helping us to update and continually improve our Monkey Wellbeing literature.

Please e-mail feedback@monkeywellbeing.com with any suggestions or comments you have.
**My Asthma/Wheeze Plan for Home, School, and Nursery**

**Name:**

**DOB:**

**Hospital No:**

**Plan By:**

**Date:**

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<thead>
<tr>
<th>Symptom Description</th>
<th>Action</th>
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<tr>
<td>I am well.</td>
<td></td>
</tr>
<tr>
<td>I have no cough/wheeze.</td>
<td></td>
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<tr>
<td>I am doing normal activities.</td>
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**1**

- I am well.
- I have no cough/wheeze.
- I am doing normal activities.

**2**

- I am unwell.
- I am getting a cold.
- I am coughing/wheezing day and/or night.
- My blue inhaler is working via a spacer with/without a mask.

**3**

- My coughing/wheezing is getting worse, especially at night.
- My blue inhaler is not lasting four hours and not working within 15 minutes.

**4**

- I am very unwell.
- My blue inhaler is not helping at all.
- I am using my tummy or neck muscles to breathe.
- My breathing rate is more than 30 per minute.
- I am too breathless to talk or eat.

**Weaning Plan:**

When I am feeling better, I can reduce my blue inhaler as follows:

<table>
<thead>
<tr>
<th>Day</th>
<th>Action</th>
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<tr>
<td>1</td>
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**Based on the wheeze plan developed by Whittington Hospital**