



HRN: _____ Site: _____ DOB: yyyy/mon/dd

Last Name: _____ First and Additional Names: _____

PHN: _____ Gender: _____ Age in Years: _____

Admitting Physician: _____ Encounter #: _____

Address: Street, City, Province, Postal Code

Telephone Number: _____

Date of Admission: yyyy/mon/dd Family Physician: _____

Pediatric Asthma Discharge Prescription and Short-Term Plan

The doctor will fill out this form before your child is discharged. Please follow this plan until you see your usual doctor in 3 to 7 days.

Hospital Name: _____ Phone: _____
 Address: _____

Preventer (Controller) Puffer (orange, brown, or burgundy): * (MDI – Metered Dose Inhaler / DPI – Dry Powder Inhaler)*****

- Reduces swelling in the airways.
- Must be used **regularly** to help heal and prevent swelling in airways.
- Must use a spacer with all MDIs: **Spacer with mask** **Spacer with mouthpiece**

Inhale

Beclomethasone (Qvar®) MDI	<input type="checkbox"/> 50 mcg	<input type="checkbox"/> 100 mcg	<ul style="list-style-type: none"> _____ puff(s) two times a day (in the morning and at night) until your child is seen by your usual doctor in 3 to 7 days.
Fluticasone (Flovent®) MDI	<input type="checkbox"/> 125 mcg	<input type="checkbox"/> 250 mcg	
Fluticasone (Flovent®) DPI	<input type="checkbox"/> 100 mcg	<input type="checkbox"/> 250 mcg	<ul style="list-style-type: none"> Drink or rinse mouth with water after inhalation.
Budesonide (Pulmicort®) DPI	<input type="checkbox"/> 100 mcg	<input type="checkbox"/> 200 mcg	
Ciclesonide (Alvesco®) MDI	<input type="checkbox"/> 100 mcg	<input type="checkbox"/> 200 mcg	
Mometasone (Asmanex®) DPI	<input type="checkbox"/> 200 mcg	<input type="checkbox"/> 400 mcg	

Reliever (Rescue) Puffer (blue):

- Quick, short-acting medicine that **temporarily** relaxes the muscles around the airways.
- Gives quick relief for symptoms such as coughing, wheezing, shortness of breath.
- Must use a spacer with all MDIs: **Spacer with mask** **Spacer with mouthpiece**

Inhale

Salbutamol (Ventolin®, Airomir®) MDI	<input type="checkbox"/> 100 mcg	<ul style="list-style-type: none"> _____ puff(s) every 4 hours for 24 hours then _____ puff(s) every 4 hours when needed _____ puff (s) every 4 hours as needed
Salbutamol (Ventolin®) DPI	<input type="checkbox"/> 200 mcg	
Terbutaline (Bricanyl®) DPI	<input type="checkbox"/> 500 mcg	

Oral Steroid:

- Used to bring swelling/inflammation in the airway under control quickly.
- If your child is using oral steroids often, it means your child's asthma is **not** well controlled. Follow-up with your doctor.

Take

<input type="checkbox"/> Prednisone	<ul style="list-style-type: none"> _____ mg by mouth every day for _____ day(s)
<input type="checkbox"/> Dexamethasone	
<input type="checkbox"/> Prednisolone	

Other Medicine:

Medicine	Dose	How long	Directions

- If you are concerned about your child, call your doctor or Health Link Alberta.
- If your child has trouble breathing, blue lips or fingernails, or seems to be getting worse, call 911.
- Bring your child back to the hospital if:
 - your child is not getting better
 - the cough, wheeze, and/or shortness of breath is getting worse
 - your child can't talk in sentences without taking a breath
 - the reliever medicine is not working or doesn't last for at least 3 hours
 - you are worried about your child

For 24/7 nurse advice and general health information, call Health Link at 811.

Physician's Signature: _____ Date: _____ (yyyy/mon/dd) Phone Number: _____

Physician Print Name: _____

Distribution: Original - Pharmacy
 Fax original to community physician

1st Copy - Chart

2nd Copy - Family

SAMPLE



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<ul style="list-style-type: none"> Reduces swelling in the airways. Must be used regularly to help heal and prevent swelling in airways. Must use a spacer with all MDIs: <input type="checkbox"/> Spacer with mask <input type="checkbox"/> Spacer with mouthpiece 			
Inhale Beclomethasone (Qvar®) MDI <input type="checkbox"/> 50 mcg <input type="checkbox"/> 100 mcg Fluticasone (Flovent®) MDI <input type="checkbox"/> 125 mcg <input type="checkbox"/> 250 mcg Fluticasone (Flovent®) DPI <input type="checkbox"/> 100 mcg <input type="checkbox"/> 250 mcg <input type="checkbox"/> 500 mcg Budesonide (Pulmicort®) DPI <input type="checkbox"/> 100 mcg <input type="checkbox"/> 200 mcg <input type="checkbox"/> 400 mcg Ciclesonide (Alvesco®) MDI <input type="checkbox"/> 100 mcg <input type="checkbox"/> 200 mcg Mometasone (Asmanex®) DPI <input type="checkbox"/> 200 mcg <input type="checkbox"/> 400 mcg		<ul style="list-style-type: none"> _____ puff(s) two times a day (in the morning and at night) until your child is seen by your usual doctor in 3 to 7 days. Drink or rinse mouth with water after inhalation. 	
Reliever (Rescue) Puffer (blue):			
<ul style="list-style-type: none"> Quick, short-acting medicine that temporarily relaxes the muscles around the airways. Gives quick relief for symptoms such as coughing, wheezing, shortness of breath. Must use a spacer with all MDIs: <input type="checkbox"/> Spacer with mask <input type="checkbox"/> Spacer with mouthpiece 			
Inhale Salbutamol (Ventolin®, Airomir®) MDI <input type="checkbox"/> 100 mcg Salbutamol (Ventolin®) DPI <input type="checkbox"/> 200 mcg Terbutaline (Bricanyl®) DPI <input type="checkbox"/> 500 mcg		<ul style="list-style-type: none"> _____ puff(s) every 4 hours for 24 hours then _____ puff(s) every 4 hours when needed _____ puff (s) every 4 hours as needed 	
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Take <input type="checkbox"/> Prednisone <input type="checkbox"/> Dexamethasone <input type="checkbox"/> Prednisolone		<ul style="list-style-type: none"> _____ mg by mouth every day for _____ day(s) 	
Other Medicine:			
Medicine	Dose	How long	Directions
<ul style="list-style-type: none"> If you are concerned about your child, call your doctor or Health Link Alberta. If your child has trouble breathing, blue lips or fingernails, or seems to be getting worse, call 911. Bring your child back to the hospital if: <ul style="list-style-type: none"> your child is not getting better the cough, wheeze, and/or shortness of breath is getting worse your child can't talk in sentences without taking a breath the reliever medicine is not working or doesn't last for at least 3 hours you are worried about your child 			
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Budesonide (Pulmicort®) DPI	<input type="checkbox"/> 100 mcg	<input type="checkbox"/> 200 mcg	<input checked="" type="checkbox"/> 400 mcg
Ciclesonide (Alvesco®) MDI	<input type="checkbox"/> 100 mcg	<input type="checkbox"/> 200 mcg	
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Oral Steroid:

- Used to bring swelling/inflammation in the airway under control quickly.
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Take Prednisone Dexamethasone Prednisolone

• _____ mg by mouth every day for _____ day(s)

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Medicine	Dose	How long	Directions

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- If your child has trouble breathing, blue lips or fingernails, or seems to be getting worse, call 911.
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Asthma can be *life threatening*, especially if not treated.

Remember – ASTHMA:

Airways – Asthma affects the airways in your child’s lungs. Three main things happen in your child’s airways: 1) airways swell and make mucous, 2) muscles around the outside of your child’s airways tighten, and 3) your child’s airways become sensitive and twitchy.

Symptoms – Your child will cough more, wheeze, and/or be short of breath. Having more symptoms means your child’s asthma is out of control.

Technique & Triggers – Have your child show a healthcare provider how he or she uses the asthma medicine devices to make sure they are being used properly. Everyone has different asthma triggers; know your child’s triggers and how to avoid them if possible.

Help – Talk to a healthcare provider to learn more about resources that will help you manage your child’s asthma. You can also go to the websites below to learn more.

Medicine – Know what your child’s asthma medicine does. Your child should take his or her preventer/controller medicine every day even when feeling well.

Asthma Action Plan – Make a self-management plan with your child’s doctor. Go to www.ucalgary.ca/icancontrolasthma/actionall to print an Asthma Action Plan.

Checklist to Do at Home

- Go back to the Emergency/Urgent Care Department if:
 - your child’s symptoms get worse
 - your child’s reliever/rescue lasts less than 3 hours
 - your child can’t talk in sentences without taking a breath
 - your child’s nails or the skin around the lips are blue
 - you aren’t sure what to do or feel you are having trouble managing your child’s symptoms
- Make a follow-up appointment with your child’s doctor within 7 days of leaving the hospital.
- If you have been referred for asthma education, contact the educator to make an appointment.

For More Information

iCAN Control Asthma Now
www.ucalgary.ca/icancontrolasthma

Asthma & Allergy Support Line
Toll free: 1-866-787-4050
Email: info@asthma.ca

Asthma Society of Canada
www.asthma.ca

The Lung Association – Alberta and NWT
www.ab.lung.ca