



# Key to Symptoms

SYMPTOMS	WELL =0	ASTHMA MILD -1	ASTHMA WORSE =2	ASTHMA EMERGENCY =3
Day time cough, wheezing or breathlessness	None	Mild	Moderate	Severe &/or sudden onset
Night time cough, wheezing	Good night, slept well	Coughed occasionally	Sleep disturbed by regular cough or wheeze	Coughed or wheezed all night
Activity or behaviour altered	Same as other children	Symptoms when excited or running	Cannot play like other children	Child... Distressed Gasping for breath Pale Quiet Finding it hard to speak 'Not with it' Not responding Reliever not working

**DIAL 111 FOR AN AMBULANCE. KEEP CHILD CALM AND SITTING UPRIGHT. KEEP USING RELIEVER.**

## OTHER IMPORTANT INFORMATION FOR YOUR SYMPTOM DIARY

**Reliever doses  
Preventer doses** Record the number of times you give the child their medication each day

**Other medicines given** Record any other medications you give the child  
e.g. antibiotics, paracetamol

**Comments**  
e.g. developing a cold, blocked or runny nose or possible triggers

Record events that may be important, such as triggers (cigarette smoke, animals etc.) or other health problems (e.g. tummy ache, unusual foods eaten)

## Using a Spacer

Spacers are needed to help get the medication into the lungs. Ask your doctor about them if you don't already have one.



- 1 Fit the mask (for under 2 year olds or if necessary).
- 2 Shake the inhaler well (holding it upright).
- 3 Fit the inhaler into the opening at the end of the spacer.
- 4 Seal lips firmly round the mouthpiece, or place the mask so it seals around the nose and mouth.
- 5 Press the inhaler **once only**.
- 6 Hold in place until 6 slow normal breaths have been taken (watch or listen for valve movement).
- 7 Repeat these steps (1–6) for further doses.
- 8 Wash the spacer once a week with warm water and dishwashing liquid. **Don't rinse. Drip dry.** This reduces the electrostatic charge so that the medicine does not stick to the spacer sides.

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# Child Asthma Plan Symptom Diary

## Your guide to scoring symptoms.

Use the diary to keep a record of your child's symptoms. Symptoms can be things like a cough or a wheezing sound. Take the diary with you when you see your doctor, nurse or asthma educator. It will help them to know how your child has been and how to manage their asthma better.

### Score in the first three columns:

- **No symptoms will score** 0
- **Mild symptoms will score** 1
- **Moderate symptoms that distress the child will score** 2
- **Severe and/or sudden onset of symptoms will score** 3

Getting these scores absolutely correct isn't essential – the day-to-day trends are often more important. Recording changes of reliever medication given can help to show if asthma is worsening. The remaining columns on the diary allow you to fill in other details that will be helpful. Things that may have caused symptoms are important:

- triggers such as cigarette smoke, cats or cold air
- minor behaviour changes can be an early sign of illness.

Record your child's symptoms on the diary every day (put the chart on the fridge door to help you remember). You can use the key in the inside page as a guide. Match your scores to the colours on the Child Asthma Plan. This will help you to change your child's treatment as symptoms change, as shown on the Asthma Plan. Children with well-controlled asthma should have few or no symptoms. Turn over to fill in the diary.



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