

Discharge Advice following an Asthma Attack

You have been discharged from hospital after treatment for your asthma. We have assessed, treated and observed you for a period of time to make sure that your asthma is under control and it is safe for you to go home. Now you can continue treatment for your asthma at home.

What is asthma?

Asthma is a condition which affects the airways that carry air in and out of your lungs. It cannot be cured but for the majority of people who receive appropriate treatment and take it correctly, asthma should not interfere with their daily life.

During an acute asthma attack, the lining of the airways becomes inflamed and the muscles around the airways become tighter – both of which make it more difficult to breathe and can lead to coughing, wheezing and chest tightness. When this happens, these symptoms can be treated at home, by your GP or, if severe, in the Emergency Department.

Not everyone has to stay in hospital after an asthma attack and if you are discharged home and continue to improve, you should see your GP or asthma nurse within 48 hours for follow up.

If your symptoms get worse

It is important to be aware of the signs of your asthma getting worse which may need emergency treatment.

- Severe shortness of breath not relieved by your inhalers
- Breathlessness, wheeze, chest tightness or coughing that is getting worse
- Too breathless to speak in full sentences

If you experience any of these symptoms, take 2 puffs of your salbutamol or reliever inhaler every 2 minutes (you can take up to 10 puffs).

If there is no improvement in your symptoms, call 999 and continue to take 2 puffs every 2 minutes.

Your Attendance at the Emergency Department

You attended the Emergency Department today with symptoms relating to your asthma.

One of the things we use to judge the severity of your asthma flare-up is your 'peak flow' – a reading we obtain by having you blow as hard as you can into a peak flow meter.

Your normal peak flow	Your peak flow on arrival to the Emergency Department	Your peak flow on discharge from the Emergency Department

We discharged you with the following medications:

i) _____

ii) _____

Please take this information sheet to your GP and, or respiratory nurse for follow up as they may find it useful.

