

MODERATE SEVERITY ASTHMA

Date _____ Time _____ ED admitting consultant _____

Inclusion Criteria

Tick / Cross

- Bronchospasm / wheeze
- AND
- PEFR > 50-75% of predicted or best
- Likely to be discharged within 12 hrs
- CDU transfer form filled out

Exclusion Criteria

- NO signs of severe asthma (BTS 2003 guidelines)
 - PEFR < 50% predicted or best
 - RR \geq 25 / min
 - HR \geq 110 / min
 - Cannot complete sentence in 1 breath
- Oxygen saturation < 92% on room air
- Previous ITU admission for asthma
- GCS < 15
- History of sudden deterioration
- Major co-morbidity requiring in-patient admission

Investigations (only if clinically indicated)

- CXR (to be organised before going to CDU)
- ABG
- FBC

Management:

- Observations every _____ min / hr
- Nebulisers as prescribed
- Oral steroids as prescribed
- PEFR to be documented and repeated post-neb
- To be reviewed by Dr _____ at _____ hrs

- Notify Medical Staff if:
 - Worsening vital signs
 - Temp > 38
 - HR < 60 or > 120
 - RR < 10 or > 20
 - Systolic BP < 100 or > 160mmHg

- Oxygen sats < 92% on room air
- GCS drop of 1 point
- No improvement in symptoms / PEF trend post-nebuliser

Discharge only if:

- Normal vital signs
- Clinical improvement / stabilisation
- PEFR > 75% predicted or best
- No need for supplemental oxygen
- Can eat / drink normally
- Normal mobility
- Adequate home supports
- Patient understanding / education adequate
 - Check inhaler technique (consider spacer)
 - Asthma Action Plan
- Discharge medications arranged
 - Prednisolone 40mg for 5 days
- Discharge letter completed

Referral / Consultation

In-patient team:

Team _____ Bleep _____

Time referred _____ Time seen _____

Reason for referral:

Fast Response Team:

- Social Work
- Physiotherapy
- Occupational Therapy

Time referred _____ Time seen _____

**ROYAL LONDON HOSPITAL
CLINICAL DECISION UNIT**

ASTHMA DISCHARGE SUMMARY

Pt Sticker

Date _____

Dear Dr _____

Your patient was admitted into the Clinical Decision Unit following a presentation to the Emergency Department with mild / moderate severity asthma.

Tick as appropriate:

Your patient had the following investigations (if any):

Your patient had the following management:

- Nebulised salbutamol
- Nebulised atrovent
- Steroids (Prednisolone / Hydrocortisone)

Your patient was observed in the CDU and discharged with the following:

- TTA medications:
 - Prednisolone 40mg/d for total 5 days
 - Ventolin inhaler prn
- A review of your patient's understanding about asthma & its management
- Inhaler technique reviewed
- To be reviewed by yourself in _____
- Out-patient referral to the General Medical / Respiratory team
(Your patient will be contacted by the Out-Patient Department)
- Advice to contact yourself or the Emergency Department should there be any further problems

Thank you

Signed _____ Name _____ Grade _____