



5 Getting ready to go home

- An "Asthma Booklet" is available for further information.
- A health care provider will make sure that you and your child/youth know **why, when and how** to use the medications and inhaler/device(s) prescribed.
- More information about the devices is provided in pamphlets available in the emergency department.

Feel free to ask any questions!

If your child/youth needs to be admitted to the hospital for asthma, more education will be provided prior to discharge.

Resources

CHEO Childhood Asthma website
<http://www.cheo.on.ca/asthma/>

Asthma Parent Session at CHEO
To register: (613) 737-7600 (x2344)

CHEO's Kaitlin Atkinson
Family Resource Library
(613) 738-3942

Ottawa Lung Association
Asthma Education Centre
3 Raymond St., Ottawa
(613) 230-4200

Asthma Action Line
1-800-668-7682

Allergy/Asthma Information Association
National Office
1-800-611-7011
<http://www.aaia.ca/aaia>

The Asthma Society of Canada
1-800-787-3880

Allergy Asthma Immunology Society
(Ont)
(416) 633-2215

Telehealth Ontario
1-866-797-0000

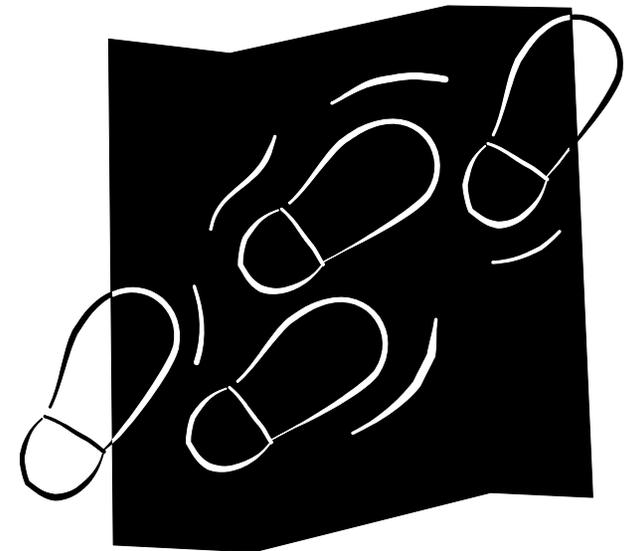
Form No. P5323E, Revised May '04

Available in French

5 Steps Away from Home

Asthma Care Pathway

A roadmap for you and your child



CHEO

Children's Hospital of Eastern Ontario
Centre hospitalier pour enfants de l'est de l'Ontario

401 Smyth Road, Ottawa
K1H 8L1
www.cheo.on.ca



1 Assessment

At the Emergency Department...

A nurse will:

- ask you and your child/youth a few questions;
- observe for these following **signs and symptoms** of asthma: wheezing, coughing and difficulty breathing. Pulling in of the skin between the ribs and bluish color of skin are signs of more severe asthma;
- listen to his/her chest with a stethoscope;
- measure the oxygen level with a sensor that looks like a special band-aid;
- weigh your child/youth;
- talk to you about the next step in care.



2 Treatment

- After assessment: the physician(s) and nurse will decide the treatment that is best for your child/youth
- Different kinds of medication help with different kinds of asthma symptoms. Your child/youth may receive:

OXYGEN

This helps your child/youth to breathe more comfortably, and improve oxygen level.

BRONCHODILATOR

(RELIEVER) (example: Ventolin)

This opens the airways to make breathing easier. It begins to work in 5 to 15 minutes. Occasionally symptoms may worsen before it starts to help.

ANTI-INFLAMMATORY MEDICATION

(PREVENTER) (example: PediaPred)

Decreases swelling and mucus in the airway.

3 Diet and Activity



- Your child/youth is free to **eat, drink, and play** if he or she feels up to it.

4 Education

- A doctor will prescribe the appropriate asthma medications and inhaler/ device(s) required to treat your child/youth's asthma symptoms.
- We will provide you with an **Action Plan**. Discuss this plan with your community physician at your next follow-up appointment.

