

Three-month treatment trial with a therapeutic asthma drug

- In small children, a treatment trial will be initiated based on asthma-related risk factors and a symptoms profile.
- The purpose of a therapeutic asthma medicine is to treat the bronchial mucosa asthma inflammation.

Administering a therapeutic medicine at home (e.g. Flixotide[®])

Always give the medicine as prescribed by your doctor. Usually a maintenance dose is given, i.e. 1 dose in the morning and evening

When your child is symptomatic, you should also give them enough bronchodilating medication as directed by your doctor.

Give the child with symptoms the bronchodilator before administering the therapeutic medicine to make the therapeutic medicine more effective. It is good to give the dilating medicine about 10 minutes before giving the therapeutic medicine.

Administering a bronchodilating asthma medicine at home (e.g. Ventoline[®])

- If needed, the medicine will be given for respiratory symptoms (e.g. cough, shortness of breath).
- The medicine takes effect in just a few minutes and lasts for about 4 to 6 hours.

Always give the medicine as prescribed by your doctor. Usually 2–4 puffs (doses) of medicine are given at a time. You can administer the next medical dose after 4 hours. If the medication does not help, the child must be taken to an emergency clinic or their own health care centre.

Instructions for administering medication:

Short spacer (AeroChamber etc.)

Dispense **1** puff (dose) of medicine into the spacer.

The child inhales the medicine:

- with a mask -- > 5 times back and forth with the mask fitting tight to the face covering the nose and mouth
- without a mask -- > 3 times back and forth with the mouthpiece sealed between the lips and teeth
- Make sure that the valve in the spacer moves at the same pace of the breathing. Repeat the administration of the dose as instructed by your doctor.

Oral health care of a child with asthma at home

Home care of the child's mouth is based on regular tooth brushing in the morning and evening as well as the use of xylitol products after meals. Preventive dental care includes regular mealtimes and a limit on sugary foods and drinks. The use of therapeutic asthma medication includes factors that may cause specific problems for the health of the teeth, gums and the mucous membranes of the mouth. Therefore, it is important to remember a few additional tips related to dental care:

When you take your therapeutic asthma medication

- Brushing your teeth with fluoride paste before taking the medicine
- Rinse your mouth and throat with water after taking the medicine – no brushing!

The child's dental clinic should know that the child is taking asthma medication.

Symptom monitoring is important during the treatment trial and during the pause in medication!

- Typical symptoms of asthma include cough and secretion of mucus associated with inflammation. Shortness of breath and wheezing are symptoms caused by the constriction of the bronchi. In asthma, breathing difficulty and wheezing usually occur when exhaling.
- Most symptoms usually start with respiratory viral infection, physical exertion, breathing cold air or allergen exposure. Asthma symptoms are characterised by fluctuations and episodic intensity. Symptoms are more frequent at night and in the mornings.
- It is easy to keep a diary of symptoms, for example in a notebook.
- Remember to record the start and end dates of the treatment trial of the treatment in the notebook tracking symptoms! For example, like this:

DATE	TIME	SITUATION / SYMPTOMS	DILATING MEDICINE	Did it relieve the situation?
	8:00	Woke up congested and coughing	2 puffs	Relieved
	5:30pm	Outdoor activities in freezing temperatures - > coughing, breathing hard	2 puffs	No relief, new dose 2 puffs > relieved
	14:00	When playing, fit of coughing, sputum	No medication	Relieved by itself

- If you have any questions, you can call the Paediatric Outpatient Clinic tel. 014 269 1224 (Mon-Fri 8 am to 1 pm)