

Respiratory medicine and emergency department

Acute asthma attack

Information for patients

Introduction

You have just been discharged from the emergency department. This leaflet explains how to manage your asthma at home and who to contact with any questions. It is vital that you take your medications and monitor your symptoms.

Your medications

Name	Dose / frequency	Duration (days)
Prednisolone (oral steroid tablets)		
Maintenance inhaler (take every day)		Use every day. Make sure you have enough medication at home
Salbutamol (rescue inhaler) (take when unwell)		Use when needed. Make sure you have enough medication at home

Do you know how to use your inhalers? If unsure, please ask your GP.

It's good to get your inhaler(s) technique checked even if you've been using them for a long time. You can also find video instructions for various inhalers at: www.rightbreathe.com

Usual best / expected peak flow:

What to do next:

1. Make an appointment with your GP (within 48 hours).
2. Take your medications as instructed.
3. Monitor you peak flow at home.

If you feel unwell even after taking your medications

- Sit up straight. Stay calm
- Take 1 puff of your rescue inhaler every 30 to 60 seconds – up to 10 puffs
- If you are no better or your peak flow is less than 50 per cent best / expected – call **999** or go back to the emergency department

Information and support

Asthma nurse specialist at St Mary's Hospital: 020 3312 1542 (09.00 to 17.00, Monday to Friday, non-urgent advice only).

Asthma UK – lots of useful information about asthma and how to manage it:

www.asthma.org.uk

Telephone: 0300 222 5800

If you smoke, have you considered quitting?

Smokefree – support and advice for those looking to stop smoking: www.nhs.uk/smokefree

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at **imperial.pals@nhs.net** The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to express your concerns in **writing** to:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street, London W2 1NY.

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille, or in alternative languages. Please email the communications team:

imperial.patient.information@nhs.net

Wi-fi

We have a free wi-fi service for basic filtered browsing and a premium wi-fi service (requiring payment) at each of our five hospitals. Look for WiFiSPARK_FREE or WiFiSPARK_PREMIUM