

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

Asthma introduction and discharge checklist

This resource pack has been designed, using current and best practice asthma information, to help you manage your child's asthma. The information is for educational purposes only and does not replace individual medical advice.

***Your feedback is valued – if you would like to comment on this pack or would like further information please email Christine.Burns@sesiahs.health.nsw.gov.au**

It is recommended that you read the information in this resource pack, and also talk to your child's Asthma Educator and Doctor for further information or explanation.
Do not be afraid to ask questions if you do not understand.

DISCHARGE CHECKLIST

Before your child goes home make sure you have received the following:

- a discharge letter for your child's doctor
- a short term reducing medication plan ***Read the note below**
- asthma medications and/or prescription
- a written Asthma Action Plan
- instruction on how to use a spacer device with a puffer
- asthma education from a health professional.

It is recommended that you make an appointment with your child's family doctor within a week following discharge from hospital and take with you your child's:

- discharge letter
- short term reducing medication plan ***Read the note below**
- Asthma Action Plan
- spacer device & puffer.

*** NOTE:** Not all hospitals use a short term reducing medication plan – check with medical and nursing staff. Read [page 15](#) for further explanation.