



Dr. Fitch's Asthma / Reactive Airway Disease Protocol

Proper Use of an Inhaler:

- 1) **ALWAYS** use a spacer (helps medicine get to the smallest part of the lungs).
- 2) After pressing one puff into the spacer, take a big breath and hold for **10 seconds** (have child count on his/her fingers).
- 3) **Wait 60 seconds** before next puff.

Acute Onset of Symptoms:

- Your child may take **4-8 puffs** of his/her **rescue Albuterol Inhaler** every **20 minutes** or **3 nebulizer treatments** (of Albuterol) back to back to back (**3 times**) at the **onset of SEVERE** coughing/wheezing/shortness of breath.
- After the above rescue treatments for acute symptoms, if your child **can't go 2 hours** before the next treatment, **call us IMMEDIATELY at: 210-826-1891**.
- You may give **2-8 puffs every 2 hours for the first 24 hours** of symptoms (see comments below). **Please call** if your child still needs every **2 hour treatments after 24 hours**.
- If **oral steroids** are part of your child's Yellow Zone on his/her action plan, you may administer if symptoms **have not completely resolved after the above rescue treatments**.

Tapering of Rescue Albuterol Treatments:

- In the **1st 24 hours** of wheezing that doesn't resolve after a couple of treatments, it may be appropriate (if you have talked to Dr. Fitch about this in the office before) to give a rescue treatment **every 2 hours** (as described above in Acute Onset). **If at any point you are WORRIED about your child's breathing, please call us right away: 210-826-1891**.
- **After the first 24 hours**, decrease treatments (2-4 puffs of an inhaler /or a nebulized treatment) to **4 times a day** (every 3-4 hours) for **2 days**.
- **Then**, decrease treatments (2 puffs /or nebulized tx) to **3 times a day** (every 6-8 hours) for **2 days**.
- **Then**, decrease treatments (2 puffs /or nebulized tx) to **2 times a day** (~ every 12 hours) **until better** (cough resolved or very infrequent).
- **If your child responds rapidly** with improving symptoms, you may taper more rapidly than the above protocol. However, **tapering too rapidly** may result in a **rebound or flare** of wheezing.
- **If your child cannot taper the treatments** at the appropriate time (per the above schedule/protocol), please call our office during office hours.
- **If your child is still symptomatic** (sleep, energy, appetite, fever) **after 3-5 days** or is still **coughing after 3 weeks**, **call our office** for your child to be seen.