

Paediatric Asthma Rescue Medication Stickers

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In response to variable management of acute asthma and as a technique to promote best practice and move staff away from routine nebuliser use and encourage the use of metered dose inhaler (MDI) and spacers, the authors designed, developed and introduced medication stickers to standardise medication deliverance and dosages within the Emergency Department for paediatric patients presenting with acute asthma.

Four stickers with pre-printed medication doses were developed that encompass 2 age/dosage groups (over 6 and under 6) and two different severities of asthma (mild-moderate and severe). These stickers were attached to the regular medication chart.

Following introduction of stickers, an audit of 132 asthma presentations showed a 59% uptake of sticker usage. Puffer MDI and spacer usage increased from 65% to 98% of patients, with no significant change in pattern of asthma severity on presentation. There was concomitantly a decrease in admission rate from 70% to 43 %, which is also attributable to other asthma education processes occurring at a similar time. Conclusion: Asthma Rescue Puffer Medication Stickers are recommended as a tool to standardise and improve acute asthma management.