

## **Adult Asthma – Hospital Admission Guidance (Plain Text)**

### **Overview**

Being admitted to hospital with an asthma flare-up can feel frightening or overwhelming. This guidance explains what care you should expect during your hospital stay and after discharge.

### **When you are admitted to hospital**

When you arrive at hospital with an asthma flare-up, the healthcare team should:

- Assess your condition, including:
  - Heart rate
  - Breathing rate
  - Oxygen levels
  - Blood pressure
  - Blood tests
  - Chest X-ray
- Assess and record how severe your asthma flare-up is
- Give treatments to help your breathing, such as:
  - Steroid tablets
  - Oxygen therapy
  - Nebulisers (medication delivered as a mist)
- Provide antibiotics if there are signs of infection
- Arrange a review by a respiratory specialist (doctor, nurse, or physiotherapist) within 24 hours

These steps are important because:

- Steroids help reduce inflammation and improve recovery
- Assessing severity allows the team to tailor your treatment appropriately

### **Questions you may wish to ask**

- Have I been treated with steroids?
- How severe is my asthma flare-up?
- Have I been reviewed by a respiratory specialist?

## **During your stay**

Additional treatment may be provided depending on your needs.

## **Before you leave hospital (discharge)**

Before discharge, your healthcare team should:

- Check your inhaler type and technique
- Review your regular asthma medications
- Ensure you understand:
  - What medicines to take
  - How to take them
- Provide or review a personalised asthma action plan
- Discuss your asthma triggers
- Offer support to stop smoking (if relevant)

## **After you go home**

You should receive:

- A follow-up appointment within 4 weeks with a healthcare professional trained in asthma care