

After leaving Hospital

Remember you can always contact your GP or Health Visitor for advice if you become worried about your baby

Consent- What does this mean?

Before any doctor, nurse or therapist examines or treats you they **must have your consent** or permission.

Consent ranges from allowing a doctor to take your blood pressure (rolling up your sleeve and presenting your arm is implied consent) to signing a form saying you agree to the treatment or operation.

It is important **before giving permission that you understand** what you are agreeing to. If you do not understand – ask.

Information we hold about you and your rights under the Data Protection Act

Please refer to the booklet 'Your Healthcare Information – Your Rights! Our Responsibilities!' for further guidance.

How to comment on your treatment

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail PALS@porthosp.nhs.uk

Other sources of information:

NHS Direct online:

www.nhsdirect.nhs.uk
Helpline: Tel: 0845 4647

NHS Smoking helpline:

Tel: 0800 022 4332
www.gosmokefree.nhs.uk

NHS Choices info

www.nhs.uk

Bronchiolitis



The Paediatric Unit
Queen Alexandra Hospital, Cosham
Tel: (023) 9228 3344

Specialist Support

If you require this leaflet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.

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Scottish Intercollegiate Guidelines Network

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What is Bronchiolitis?

Bronchiolitis is an inflammation (swelling) of the smaller breathing passages in the lungs called the bronchioles. The bronchioles become inflamed and are more swollen and stickier with secretions.

What causes Bronchiolitis?

Usually bronchiolitis is caused by a virus called Respiratory Syncytial Virus (known as RSV). It is most common in the winter months and causes cold like symptoms. Some babies can have difficulty with breathing or feeding and need to go to hospital.

What are the symptoms?

Bronchiolitis starts like a simple cold. Your baby may have a runny nose with a worsening cough and a high temperature. Their breathing might become faster than normal and noisier. Sometimes the skin between the ribs can look like it is being sucked inwards and this is a sign of difficult breathing.

As breathing becomes more difficult your baby may not be able to take the usual amount of feeds and can become irritable and sleepy.

How is Bronchiolitis diagnosed?

Bronchiolitis is suspected when the symptoms of cough, wheeze (noisy breathing) and fever are seen in a baby. Secretions from a baby's nose can be tested for RSV and other viruses. This test is known as a naso-pharyngeal aspirate, or NPA.

How is Bronchiolitis treated?

Like most viral infections there is no specific treatment however it is important you let your baby rest as much as possible.

If oxygen levels in the blood fall to below 92%, additional oxygen can be given.

Some babies have trouble feeding, so small, frequent feeds are best. If feeding becomes too difficult a small tube (a naso-gastric tube) can be passed through the nose and into the stomach, through which milk is given. If they are less well it may be necessary to stop all feeds and give intra-venous fluids.

Will my baby get worse?

Although every baby is different, it's not unusual for babies with Bronchiolitis to get a bit worse before they start getting better.

Occasionally some babies become so ill that they require special care in a Children's Intensive Care Unit, if this is necessary your Doctor will discuss this with you at the time.

How long does it take to get better?

Most babies with bronchiolitis get better within 2 weeks, with the average length of illness lasting 10 days. Even after leaving hospital it may take a few more days for your baby to get totally back to normal and they may still cough and wheeze for some time after this.

Are there any long term effects?

Bronchiolitis does not usually cause long term breathing problems. There is a 50% chance your baby may become wheezy the next time they have a cold. A small number of babies may continue wheezing, although most will grow out of it by the time they start school.

Any long term effects can be made worse if babies are exposed to tobacco smoke.

Will it happen again?

Your baby is not likely to get bronchiolitis again, although this can occasionally happen.

Preventing the spread of Bronchiolitis in Hospital

RSV Bronchiolitis is very infectious and is easily transmitted from person to person.

To prevent the spread of the virus it is essential you and anyone visiting your baby washes their hands on entering, and when leaving the room. It is also important that you and your baby stay in your cubicle as much as is possible to help stop the spread of RSV to other babies on the ward.

Passive smoking can seriously damage your child's health

Why not let us help you give up?

For advice and information about stopping smoking ask your nurse, Health Visitor or GP

More Information

Call your GP if:

- You are worried about your baby
- Your baby is breathing faster than usual
- Your baby has taken less than half his usual feed for the last two feeds
- Has not had a wet nappy for 12 hours
- Your baby has a fever
- Your baby seems very tired or irritable

DIAL 999 for an ambulance

- If your baby is having a lot of difficulty breathing
- If your baby is pale and sweaty
- If your baby's lips are blue
- If there are long pauses in your babies breathing