

Pediatric Bronchiolitis Education Plan

Getting Ready to Learn About Your Baby's Bronchiolitis

Learning something new can be hard. It is even harder if your baby is not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who else do you want to learn this information?
- What is the best way for you to learn? Reading, listening, or by doing things yourself?
- Tell staff if you cannot focus on learning right now.

This information is important to your baby's health. We may explain something more than once. We will be giving you information in small bits at a time. If there is something you don't understand it's ok to ask us to explain again.

What I Need to Learn about Treating My Baby's Bronchiolitis:

1. I will be able to tell the staff the signs and symptoms of bronchiolitis.
2. I will tell the staff of any changes in my baby's condition.
3. I will understand what can be done to help manage my baby's bronchiolitis.
4. I will be able to tell staff when immediate medical care is necessary.

The staff will use three questions to teach me about managing my baby's bronchiolitis.

1. What is my baby's main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know how to manage my baby's pain and prepare them for procedures.

What is My Baby's Main Problem?

My baby has bronchiolitis.

- It is a breathing illness and is most often caused by the Respiratory Syncytial Virus (RSV).
- Bronchiolitis is one of the most common breathing problems for babies and young children in the winter months. More than one third of all children will be sick with bronchiolitis by the time they are 2 years old.

What do I need to do?

I will tell staff the signs and symptoms of bronchiolitis.

Signs & symptoms:

- Stuffy nose
- Runny nose
- Cough
- Fast breathing
- Breathing hard (flaring nostrils, grunting, fatigue, seeing the outline of ribs during breathing)
- Irritable or fussy
- Not eating well

I will tell the staff of any changes in my baby's condition.

- I will listen and watch my baby for signs of having a hard time breathing. I will tell the nurse.

I will tell what can be done to help treat my baby's bronchiolitis.

- Suctioning the nose helps my baby feel more comfortable and helps make feedings easier.
- I will learn how and when to suction my baby's nose to keep it clear.
- Breathing fast, a runny nose, fever, and drinking less can cause dehydration (dryness). Fluids may be given in an I.V.
- Breathing fast may make it hard for my baby to suck. Feedings may be given through a feeding tube placed in my baby's nose to the stomach.

- Oxygen may be given to my baby through a nasal cannula (tiny tube placed in the nose).
- Keep my baby's follow up appointment with the doctor.

I will tell staff when I need to call my baby's doctor.

- My baby is having more problems with breathing
 - I can see my baby's ribs when he/she is breathing
 - I see my baby's nostrils flaring when my baby is breathing
 - My baby has problems with feeding
 - My baby's mouth seems dry or there is less urine

I will tell the staff when I need to call 911.

- My baby's color appears blue
- I hear my baby grunting while breathing

Why is this important to me?

I want my baby to be safe and healthy. I want to know what to do if my baby is having a hard time breathing. I want to know what illness my baby has and what will be done to help. It is important for me to know signs and symptoms. I want to know how I can care for my baby during this illness in the hospital and when I take my baby home.

As part of my baby's care, I have received this education plan on bronchiolitis.

Pediatric Bronchiolitis Management Education Plan

Resources for Staff

- [Bronchiolitis Management Preferences](#)
- [Bronchiolitis: Recent Evidence on Diagnosis and Management](#)
- [Bronchiolitis](#) – Nursing Reference Center Plus

Teaching Tools (Items given to the Patient)

- Pediatric Bronchiolitis Management Education Plan
- [Bronchiolitis for Parents](#) – KidsHealth from Nemours
- [Bronchiolitis](#) – Medline Plus

References:

- [Bronchiolitis](#)- Nursing Reference Center Plus
- [Bronchiolitis](#)- MedlinePlus
- [Bronchiolitis for Parents](#)- KidsHealth from Nemours
- Mallory, M., Shay, D., Garrett, J., & Bordley, W. (2003). Bronchiolitis management preferences and the influence of pulse oximetry and respiratory rate on the decision to admit. *Pediatrics*, *111*(1), e45-51.
- Wagner, T. (2009). Bronchiolitis. *Pediatrics In Review*, *30*(10), 386-395.
- Zorc, J., & Hall, C. (2010). Bronchiolitis: recent evidence on diagnosis and management. *Pediatrics*, *125*(2), 342-349.
- Zorc, J., & Phelan, K. (2008). What's new for seasonal wheezing: an update on the AAP's bronchiolitis guidelines and the latest evidence on assessment and treatment. *Contemporary Pediatrics*, *25*(2), 54-62.

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**Always close each teaching session with the question,
“What questions do you have for me?”**