



Post COVID-19 Recovery:

Primary Care Support for
Asthma management

UCLPartners
July 2020

UCLPartners has developed [a series of frameworks](#) for local adaptation to support proactive management of long-term conditions in post-COVID primary care.

- Led by clinical team of GPs and pharmacists
- Supported by patient and public insight
- Working with local clinicians and training hubs to adapt and deliver

Core principles:

1. Virtual by default



2. Mobilising and supporting the wider workforce
(including pharmacists, HCAs, other non-clinical staff)



3. Step change in support for self-management



4. Digital innovation including apps for self management
and technology for remote monitoring



Principles:

- Virtual first
- Wider 1^o care workforce
- Step change in self management
- Digital technologies

Stratify (clinical, ethnicity, social factors)

Low risk
Medium risk
High risk

1. Prioritise – highest risk first
2. Use wider workforce to share delivery of care
3. Innovation to support remote care and self care

High Risk –early specialist review

GP/ spec nurse/ spec pharmacist

Med Risk – phased review

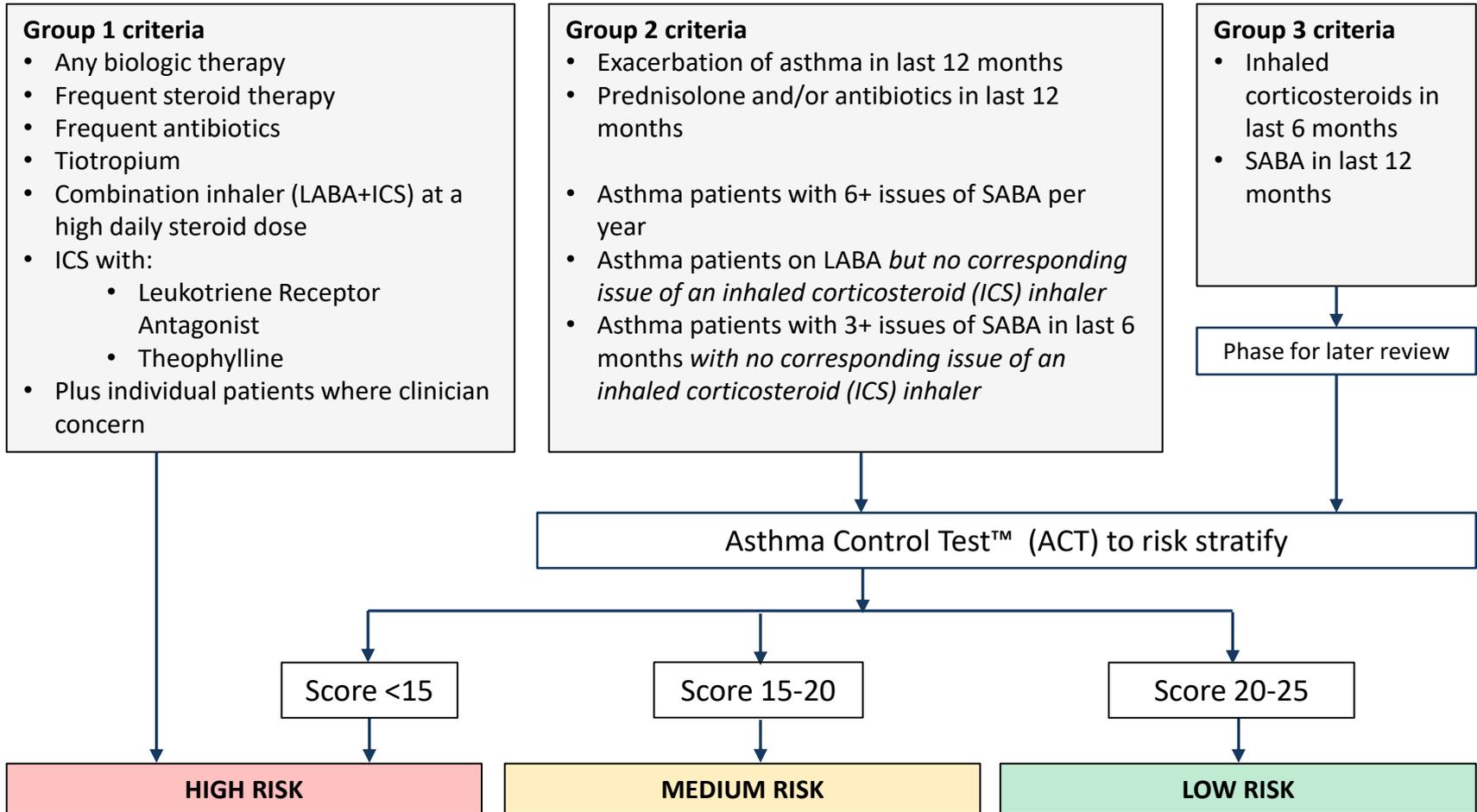
Nurse/ pharmacist

Low Risk – holistic proactive care
(Education, self management, behaviour change support etc)

Eg HCA, nursing associate, social prescriber

1 Identify & 2 Stratify

Search tool identifies patients with asthma. These patients are stratified into 3 groups depending on clinical characteristics, and then further stratified into high, medium and low risk using the Asthma Control Test™ score.



*The Asthma Control Test™ provides a snapshot as to how well a person's asthma has been controlled over the last four weeks and is applicable to ages 12 years or older. Available here: www.asthma.com/additional-resources/asthma-control-test.html

3 Manage

Healthcare Assistants undertake initial contact for all risk groups to provide smoking cessation advice, inhaler technique, check medication supplies and signpost to resources

	High risk	Medium risk	Low risk
Staff type to contact	GP/ Nurse specialist/ Specialist Respiratory Pharmacist	Clinical Pharmacist/ Practice nurse/ physician associate	Health Care Assistant/ other appropriately trained staff
Intervention	<ul style="list-style-type: none"> • Titrate therapy, if appropriate • Ensure action plan in place • Check adherence, inhaler technique (video) , spacer advice • Rescue packs prescribed if necessary • Review of triggers, e.g. hay fever • Exacerbation safety netting • Follow up and referral as indicated 	<ul style="list-style-type: none"> • Check optimal therapy; Titrate, if appropriate • Review triggers, e.g. hayfever • Check adherence, inhaler technique (video), spacer advice • Exacerbation management advice • Repeat ACT as per recommendation from ACT test result and escalate to GP/Nurse if red or amber 	<ul style="list-style-type: none"> • Check inhaler usage & technique; signpost to education; spacer advice • Exacerbation management advice inc. mild hayfever symptoms • Signpost to appropriate information for: Lifestyle information/management of stress • Smoking cessation support • Exercise • Appropriate resources



Digital Support Tools to support patient self-management

Inhaler Technique: www.asthma.org.uk/advice/inhaler-videos/ www.rightbreathe.com

Asthma deterioration: www.asthma.org.uk/advice/manage-your-asthma/getting-worse/

General Health Advice www.asthma.org.uk/advice/manage-your-asthma/adults/

Smoking Cessation: www.nhs.uk/oneyou/for-your-body/quit-smoking/personal-quit-plan/ www.nhs.uk/smokefree/help-and-advice



Asthma

- Understanding asthma – www.asthma.org.uk/advice/understanding-asthma/
- What to do in an asthma attack – www.asthma.org.uk/advice/asthma-attacks/
- Help to manage your asthma – www.asthma.org.uk/advice/manage-your-asthma/
- How to use your inhaler – www.asthma.org.uk/advice/inhaler-videos/

Diet

Providing information and recipes for easy ways to eat better from the 'One You' website - www.nhs.uk/oneyou/for-your-body/eat-better/

Exercise

- 'One You' - www.nhs.uk/oneyou/for-your-body/move-more/
- Asthma UK - www.asthma.org.uk/advice/triggers/exercise/
- iPrescribe app offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user. It then sets the duration and intensity of the exercise based on this information, please see free download - www.nhs.uk/apps-library/iprescribe-exercise/
- Getting active around the home: tips, advice and guidance on how to keep or get active in and around the home from Sport England, access for free using link here <https://weareundefeatable.co.uk/>
- Dance to health: Online dance programme especially tailored to people over 55 years old – www.dancetohealth.org/Online_Session/Online_Sessions

Smoking cessation

Support, stop smoking aids, tools and practical tips – www.nhs.uk/oneyou/for-your-body/quit-smoking/

Mental Health

Tips and suggestions for looking after your mental health – www.nhs.uk/oneyou/every-mind-matters

Peer support

Communities of people living with asthma – www.healthunlocked.com/asthmauk

UCLPartners is working with local systems to offer the following support to ensure sustainable and consistent spread:

Search/ stratification

Tools to identify and stratify patients available. These can be downloaded from:
<https://uclpartners.com/long-term-condition-support/>

Training & education

Workforce training includes:

- **Virtual training** in how to use the protocols, support patient self management and covering motivational interviewing developed by UCLP in partnership with Care City
- **Practical training:** Video training links, e.g. correct inhaler technique; correct BP technique, Very Brief Advice for smoking cessation, physical activity etc
- **Specialist briefings** on the long term conditions

Digital tools

Digital Support Tools: identified innovations to support patient self management that can be embedded into these pathways

Evaluation

Via a partnership with City University to evaluate the acceptability and feasibility of this framework and the impact it has on raising workforce competence and confidence

Thank you

For more information please contact:

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