



Post COVID-19 Recovery:

Guidance for contacting
Asthma medium and high-risk
groups

The following slides provide a guide for clinicians – e.g. GPs, nurses, clinical pharmacists - to review patients identified within the **medium or high-risk groups** for asthma.

Review of patients with asthma by a clinician can be augmented by remote consultation with **Healthcare Assistants & non-clinical staff** with appropriate training. For example, these staff can:

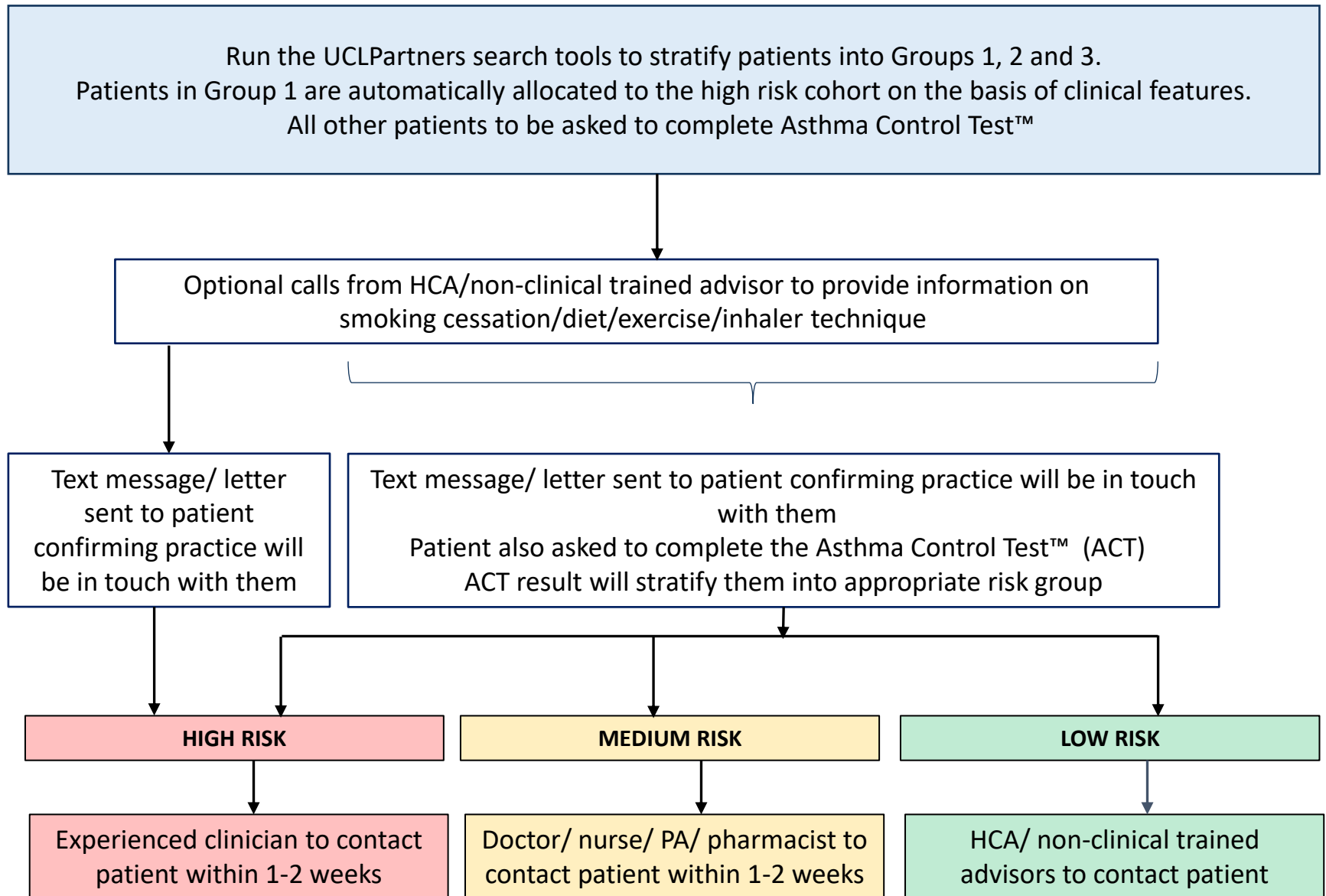
- Send a link for the Asthma Control Test
- Use online resources to teach inhaler and peak flow technique
- Support patient education and self management
- Support lifestyle change (e.g. smoking cessation, physical activity, alcohol etc).

This will help ensure holistic care for the patient while saving clinician time. UCLPartners is providing training and a range of resources to support these non-clinical roles.

Content

- Asthma Pathway for medium and high-risk patients
- Protocols to support conversations
- Resource links accessible to patients and their carers

Training and development support is available from UCLPartners



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
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

The Primary Care Respiratory Society has published a helpful guide to the [Good Asthma Review](#).

Primary Care Respiratory Update

The building blocks of a good asthma review in adults

Assess

Assess control, severity and risk of exacerbations using a validated or endorsed tool

Review

Review diagnosis and management including the following:

- Confirmation that the diagnosis is correct
- Clinical examination/history
- Check inhaler technique
- Managing tobacco addiction
- Drug therapy
- Compliance/adherence
- Lifestyle and social issues
- Co-morbidities

Collaborate

Work with the patient to develop, maintain and review a self-management/action plan specific to the patient's needs to encompass:

- Information on regular treatment/maintenance therapy as well as any relevant notes on technique and any repeat prescription advice
- What to do if symptoms become worse
- What to do in an emergency/defining an emergency (including information on rescue pack if appropriate) who to contact, when and how
- Information on staying well/avoiding triggers
- Other advice and information on who to contact with questions





Resources to send to patient

Asthma management (Asthma UK website)

- Inhaler technique: www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers
www.asthma.org.uk/advice/inhaler-videos/
- Manage your asthma: www.asthma.org.uk/advice/manage-your-asthma/adults/
- Asthma deterioration: www.asthma.org.uk/advice/manage-your-asthma/getting-worse/

Diet:

- NHS 'One You' website www.nhs.uk/oneyou/for-your-body/eat-better/

Exercise:

- 'One You' website www.nhs.uk/oneyou/for-your-body/move-more/
- Asthma UK website www.asthma.org.uk/advice/triggers/exercise/

Smoking cessation:

- NHS 'One You' website www.nhs.uk/oneyou/for-your-body/quit-smoking/

Mental Health

- NHS 'One You' website www.nhs.uk/oneyou/every-mind-matters/