

# VISUAL AID FOR OPTIMISING ASTHMA REVIEWS



This guide is to support healthcare professionals with asthma reviews in adults and children >12 years



"How is your asthma affecting you?"

Disease control scores, impact on life, triggers and risks.

"What do you do when your asthma gets worse?"

Review personalised asthma action plan (PAAP). Do they have a peak flow meter?

"How often are you using your inhalers?"

Addresss any concerns. Check record for number of preventer and reliever inhalers issued.

## **Education**

"Has anyone explained what asthma is and how your inhalers work?" Airways diagram

#### **Control & Adherence**

"What will help you remember to take your preventer inhaler regularly?"

"Many people benefit from using just one inhaler that contains both the preventer and rescue medicine" (ICS-formoterol)

### **Self-management**

"Let's talk through how to manage your asthma and what to do if it gets worse"
Triggers (inc. <u>air quality</u>, housing), <u>smoking</u>, <u>breathing techniques</u>, <u>PAAP</u>.

# "Show me how you use your inhalers"

Pressurised Metered Dose Inhaler (pMDI +/- spacer)

Yes

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If incorrect technique with quick and deep inhalation

If correct
technique with
slow and steady
inhalation

"A DPI may suit you better."

Quick and deep inhalation technique

No need to carry a spacer device

Dose counter

Better for the environment

know when your inhaler is empty?"

"Would a counter help you

"Are you interested in changing to a more environmentally-friendly inhaler?"

Check DPI can be used effectively
Placebo devices. Consider inhaler training device

Reinforce <u>pMDI technique</u>

with spacer use

· No

Offer DPI Review 4-6 weeks Consider <u>reducing pMDI carbon footprint</u> through change in brand or dosing regime

If there are concerns regarding inhaler technique, use placebo devices and/or inhaler training device to consider alternatives

Dry powder inhaler (DPI)

Based on assessment consider if a different DPI is needed or pMDI +/spacer



"Remember to take used or unwanted inhalers to the pharmacy for environmentally friendly disposal"

Yes







