

ASTHMA CONVERSATIONS TO IMPROVE CARE AND REDUCE CARBON

This guide is written for healthcare professionals and intended to support asthma reviews in adults and children over 12 years old.



"How is your asthma affecting you?"

Scores, impact on life, triggers and risks.

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

Review PAAP. Do they have a peak flow meter?

"How often are you using your inhalers?"

Check record for how many preventer and rescue inhalers issued.

REVIEW

Patient Empowerment

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

Airways diagram

"Let's talk through how to manage your asthma and what to do if it gets worse"

Triggers (inc. air quality, housing), smoking, breathing techniques, Personalised Asthma Action Plan (PAAP)

Control & Adherence

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

"Some people find it more convenient to use just one inhaler that contains both the preventer and rescue medicine" (ICS/LABA)

"Show me how you use your inhalers"

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Pressurised Metered Dose Inhaler (pMDI +/- spacer)

No ...

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

"Do you know when your inhaler is empty?"

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

Yes

Check that can use DPI effectively Placebo devices. Consider In-Check Dial

Continue pMDI with spacer

No

Offer DPI

Yes

Consider reducing carbon footprint by brand or halving number of preventer inhalers by changing from "two puffs" to "one puff" of double strength inhaler

If concerns regarding inhaler technique, use placebo devices and/ or In-Check Dial to consider alternatives.

Dry powder inhaler (DPI)

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



"Remember to take used or unwanted inhalers to the pharmacy."

