



Healthy London
Partnership

#AskAboutAsthma: *from vision to reality*

Dr David Finch

Interim Clinical Director Healthy London Partnership Children and Young People's Programme
GP and Medical Director (NW London) NHS England

21st November 2017

Supported by and delivering for:



Public Health
England

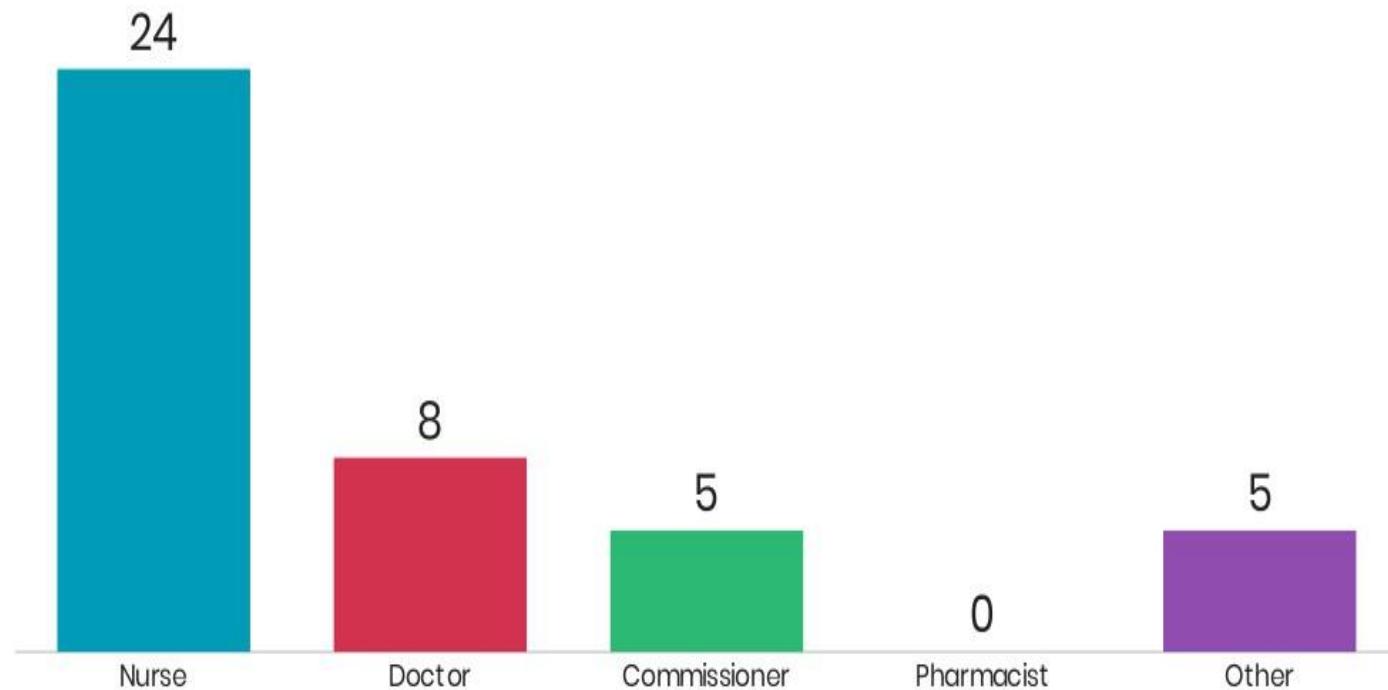
NHS

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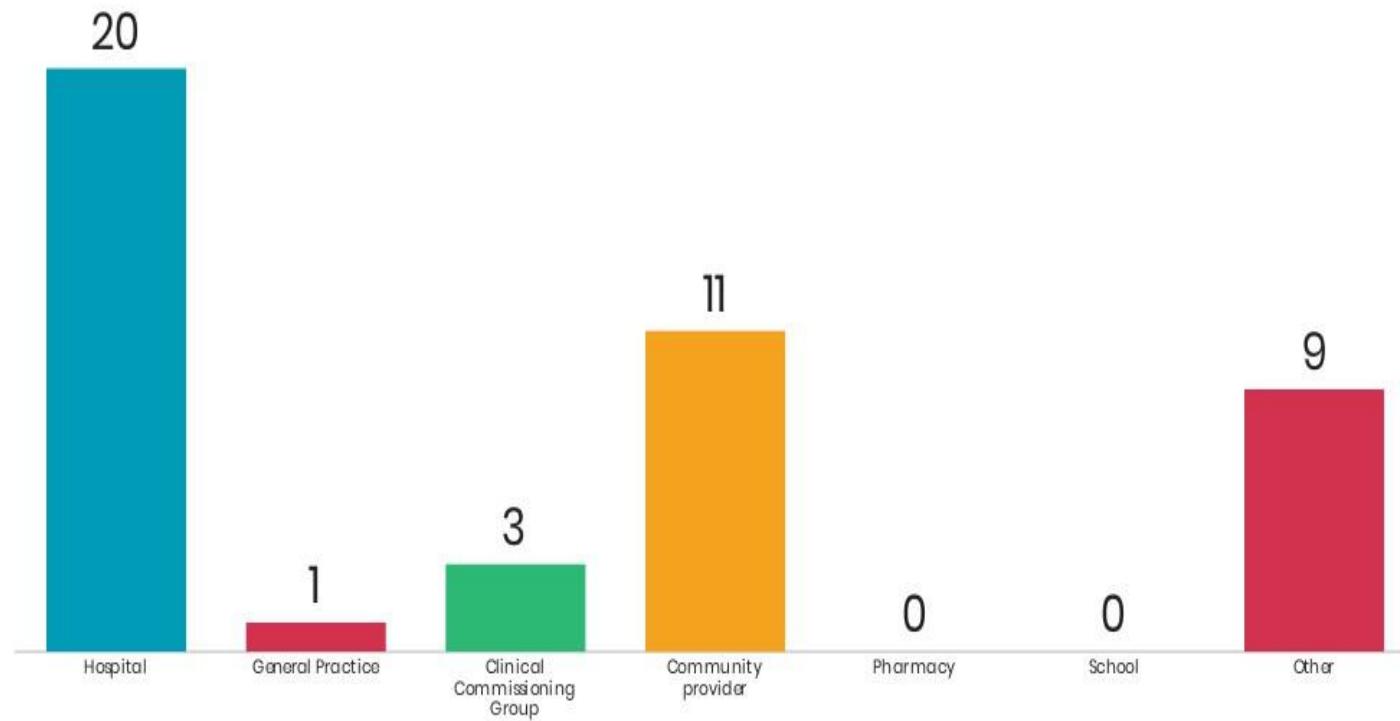
MAYOR OF LONDON

London's NHS organisations include all of London's CCGs, NHS England and Health Education England

Who's in the room?



Which organisation do you work for?



What do you hope to get out of today?



01

A vision for transforming asthma care across London

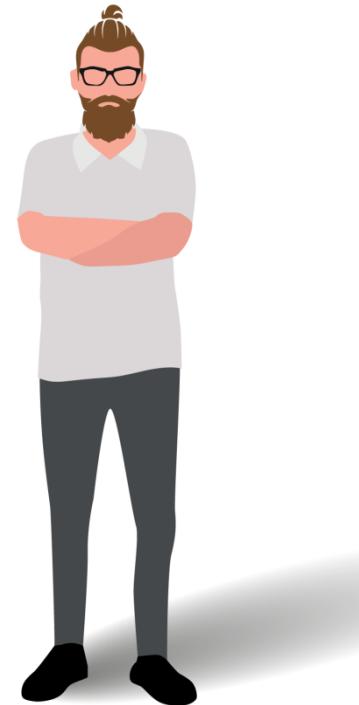
Martin Wilkinson

Senior Responsible Officer

**HLP Children and Young People's Programme
and Chief Officer, Lewisham CCG**

What are the issues around asthma care?

There are **2,046,000** children and young people under the age of 18 in London.



Incidence

10% have
asthma



Poor control leading to hospitalisation

4,255 unplanned
hospital
admissions per year
for children and young
people with asthma

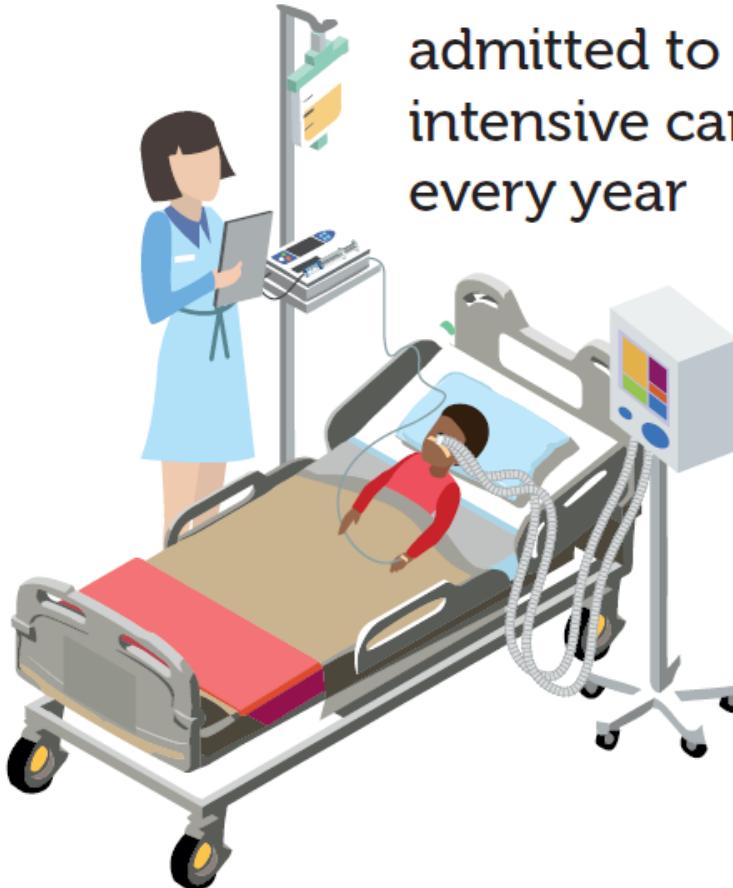
75%
are
avoidable



Severe asthma leading to PICU admission

170

children and
young people
with asthma
admitted to
intensive care
every year



Tragic Deaths

Doctors missed 11 chances to treat boy, nine, before he died of asthma, coroner hears

Inquest into death of Michael Uriely hears boy died five days after being discharged from hospital for second time



Michael Uriely collapsed in the early hours of 25 August and never regained consciousness. Photograph: Family

**12 deaths per year
of children
under the age of 19
years in London**



The Ella Roberta Story

<https://www.healthylondon.org/resource/london-asthma-toolkit/watch/ella-roberta-story/>



The Ella Roberta story

<https://tinyurl.com/s/h0sfrrmdczgcu9tk3fuweryugb2ghi7a>



London Asthma Ambitions

Each organisation (primary and community care, acute care, pharmacy, schools) will have a clear named lead who will be responsible and accountable for asthma (which includes children) and the delivery of the following:

As a child with asthma:

PROACTIVE CARE



I should have access to a named set of professionals working in a network.



I will be supported to manage my own asthma so I am able to lead a life free from symptoms.



I will grow up in an environment that has clean air that is smoke free.



I will have access to an environment that is rich with opportunities to exercise.

ACCESSIBLE CARE



I will have my diagnosis and severity of wheeze established quickly.



I will have prompt access to my inhaler device and other medicines and asthma care and advice everywhere I go.



I will have access to immediate medical care, advice and medicines in an emergency.



I will have access to high quality, evidence based care whenever I need it.

CO-ORDINATED CARE



My carer and I will know how to manage my asthma with the help of a written asthma management plan.



I will have a regular structured review



I will have a package of care which meets all my needs including my educational health and well-being.

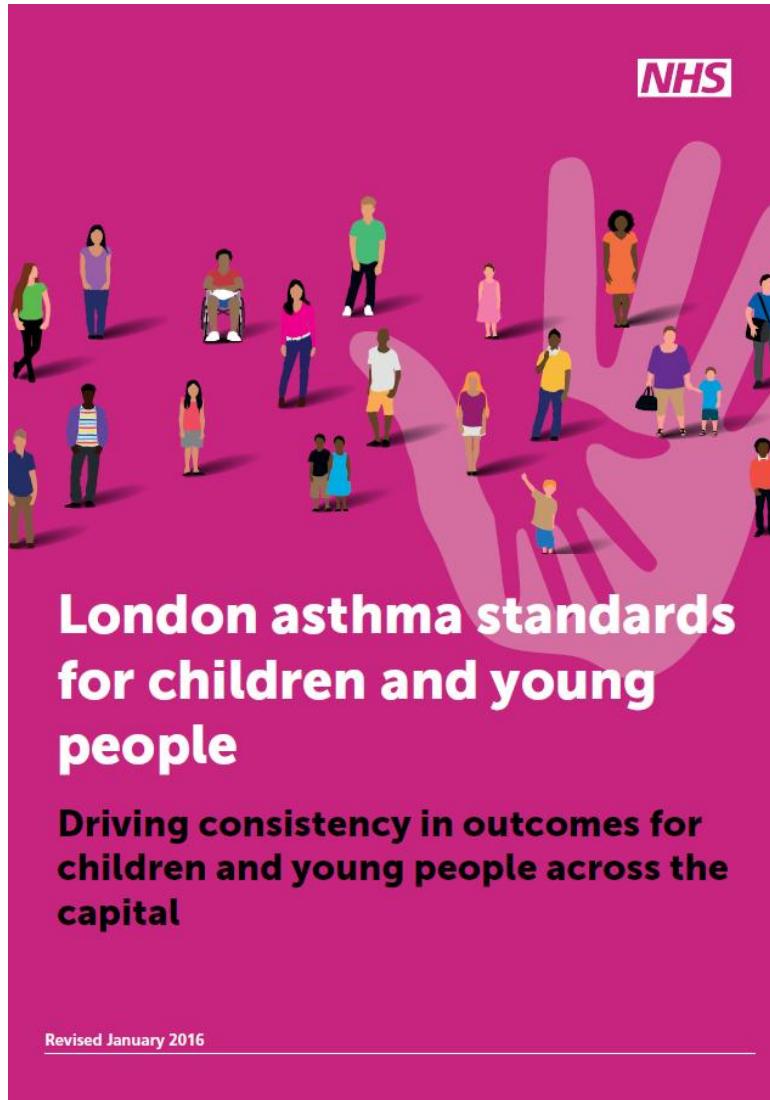


I will expect all professionals involved in my care will share clinical information to ensure my care is seamless.



I will move safely into adult services when I grow up.

London Asthma Standards



The London asthma standards for children and young people have been reviewed and published as a [NICE Shared Learning example](#).

On-line Asthma Toolkit

Support across the system to improve asthma care

<https://www.healthylondon.org/children-and-young-people/london-asthma-toolkit>

London Asthma Toolkit

Better care across the system for children and young people with asthma.

Explore the toolkit...



Overarching asthma toolkit film:

<https://www.youtube.com/watch?v=ikdAB9qyk9U>

Hospital care:

<https://www.youtube.com/watch?v=UK8wHN0sdJ0>

Schools:

<https://www.youtube.com/watch?v=blb80lOjoO8>

Pharmacy:

https://www.youtube.com/watch?v=kCAzCml-R_k

Primary and community care:

<https://www.youtube.com/watch?v=A2iNQE7utRE>

Parents and carers:

<https://www.youtube.com/watch?v=iNPSPal0OIM>

#AskAboutAsthma

Three simple messages

Healthy London
Partnership

NHS

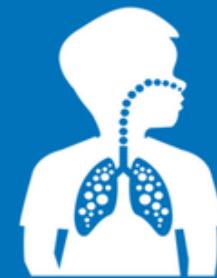
#AskAboutAsthma



ASK your GP or asthma
nurse for an asthma
management plan



ASK your pharmacist,
GP or asthma nurse
how to use inhalers
correctly



ASK your GP, asthma
nurse or consultant for
an annual asthma
review

healthylondon.org/ask-about-asthma

London's Environment



Air Pollution

Around half of London's air pollution is caused by road transport

Poisonous gases and particles lead to thousands of premature deaths each year

Raises the risk of asthma, dementia and strokes

London's toxic air has a severe impact on children

A child born in London in 2010 will lose two years of life expectancy because of air pollution

1 in 10 Londoners under the age of 18 has asthma

Mayor's support for the HLP #AskAboutAsthma campaign in September

Location of schools and nurseries

33% of nursery schools, 20% of primaries and 18% of secondary schools in the capital are in areas where toxic levels of nitrogen dioxide threaten children's health

The European nitrogen dioxide (NO₂) legal limit is 40 micrograms of nitrogen dioxide per cubic metre of air

All schools over the limit

802 schools in 25 boroughs



68.2

London School of
Economics and Political
Science, Westminster

73.1

Courtauld Institute
of Art, Tower
Hamlets

State nurseries

27 schools in 14 boroughs



54.8

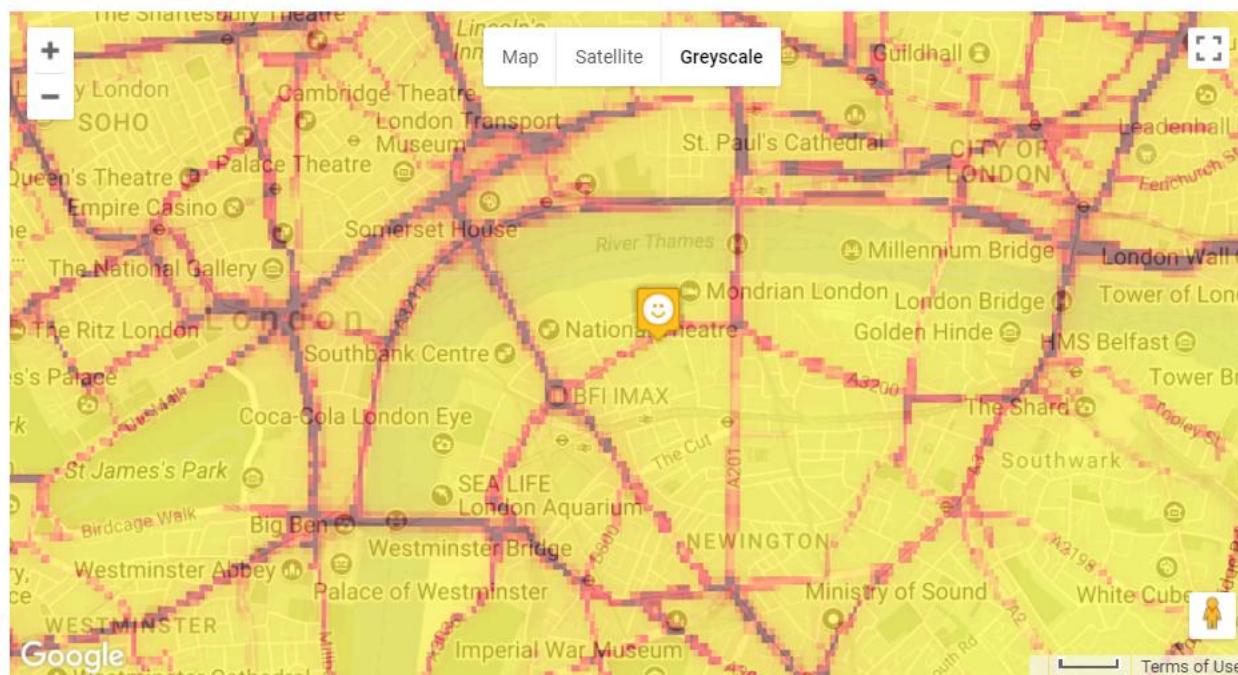
St Anne's nursery
school, Kensington
and Chelsea

49.5

Tachbrook nursery
school, Westminster

How is your breathing?

Annual Mean Nitrogen Dioxide Air Pollution



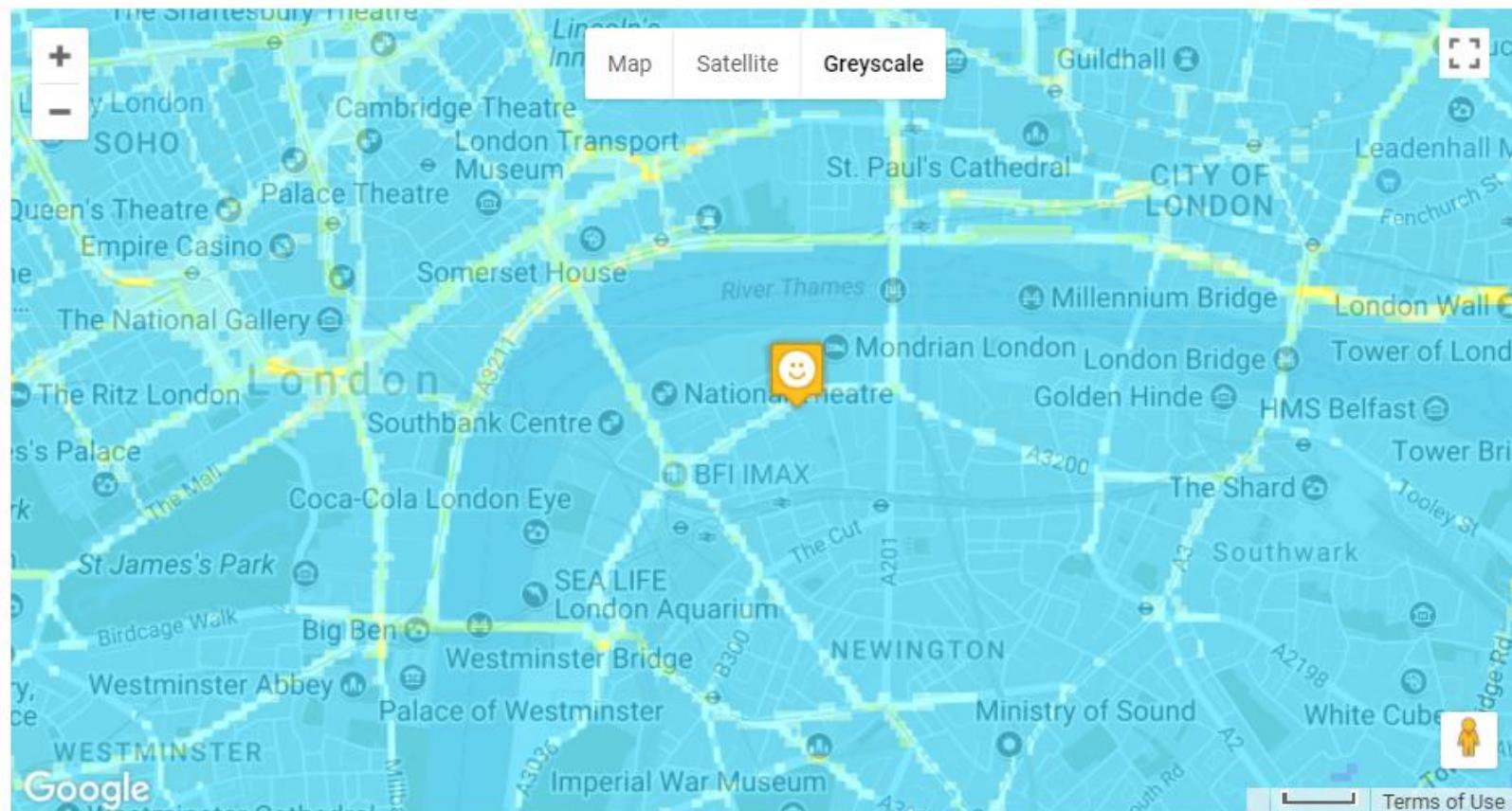
Modelled annual mean NO₂ air pollution, based on measurements made during 2013.

This map was used with permission from The Greater London Authority and Transport for London, who fund, develop and maintain the London Atmospheric Emissions Inventory. For more information please visit data.london.gov.uk



How is your long term health?

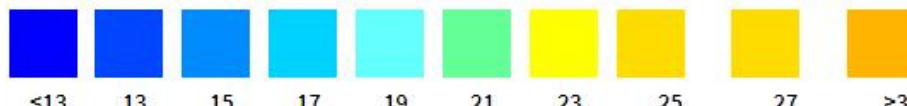
Annual PM 2.5 Particulate Matter



Modelled annual mean PM_{2.5} air pollution, based on measurements made during 2013.

This map was used with permission from The Greater London Authority and Transport for London, who fund, develop and maintain the London Atmospheric Emissions Inventory. For more information please visit data.london.gov.uk

Key: Annual mean PM_{2.5} air pollution for 2013, in microgrammes per metre cubed (ug/m³)



Collective responsibility to reduce air pollution



Healthy London
Partnership

Toolkit for NHS organisations: supporting the NHS to reduce its impact on air pollution

Case Studies and Examples to support organisations to
reduce their impact on air pollution

Supported by and delivering for:



Public Health
England



SUPPORTED BY

MAYOR OF LONDON

London's NHS organisations include all of London's CCGs, NHS England and Health Education England

02

Achievements to date and planning next steps

**Tracy Parr Head of CYP Programme
Healthy London Partnership**

**Sara Nelson CYP Programme Lead,
Healthy London Partnership**

#AskAboutAsthma campaign

September 11th – 24th

Concentration on three key messages:

- Use of asthma management plan
- Effective inhaler technique
- Annual asthma review
- Promotion of London's asthma ambitions and standards
- Supported by asthma toolkit

Healthy London Partnership **#AskAboutAsthma** NHS

London's ambitions for asthma care for children and young people

Ambition Number One

"I will be supported to manage my own asthma so I can live a life free of symptoms"



London's ambitions for asthma care for children and young people



Healthy London Partnership **NHS**

Ask About Asthma

Parents Ask your GP for an asthma management plan to help manage your child's asthma



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Supported by the Mayor

#AskAboutAsthma



<https://www.myhealth.london.nhs.uk/healthy-london/programmes/children-and-young-people/ask-about-asthma>

#MyAsthmaPledge

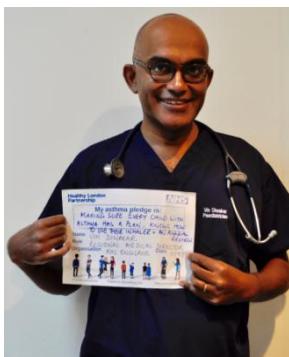
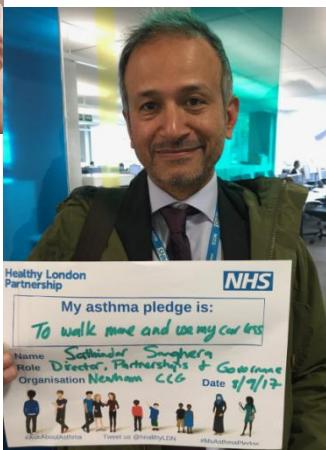
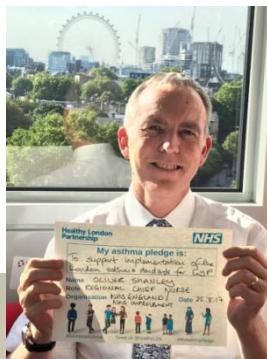
Organisations and individuals were asked to pledge to

- implement the asthma standards
- implement asthma ambitions for London
- to reduce their impact on air pollution as a major trigger of asthma

3800 tweets

65 organisations and growing

140+ individuals



Social media evaluation

TWEETREACH SNAPSHOT FOR

AskAboutAsthma

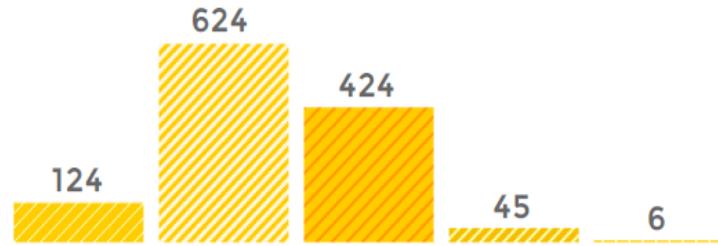
ESTIMATED REACH

3,650,845

ACCOUNTS REACHED

EXPOSURE

7,404,555 IMPRESSIONS



Bars show number of tweets sent by users with that many followers

NHSGo Facebook page

House video



• <https://www.youtube.com/watch?v=bDHEEV0M62Y>

NHS Go 15 September

DID YOU KNOW? *80%* of people with asthma use their inhaler incorrectly.
Don't be afraid to [#AskAboutAsthma](#)! Find out more: [https://nhsgo.uk/asthma/
House MD - Do I Look Like An Idiot \(Asthma patient\)](https://nhsgo.uk/asthma/House%20MD%20-%20Do%20I%20Look%20Like%20An%20Idiot%20(Asthma%20patient))

- Individuals who saw advert: **15,139**
- Click through to campaign page: **487**

Facebook campaign

Target audience 13-25 year olds in London and surrounding areas

NHS Go Sponsored • [Like Page](#)

It's true... 😬 80% of people with asthma use their inhalers incorrectly!
Get the 3-step #AskAboutAsthma action plan from the NHS. ❤️

1. Get a written asthma action plan
2. Know how to use your inhaler effectively... [See more](#)



#AskAboutAsthma

London National Health Service: Find free NHS GP, doctor, dentist, walk-in centre and hospitals near you. Emergency phone numbers and Urgent Care in London --> Pharmacy - Optician - Dentistry - Sexual Health Centre - Cancer Information

[Learn More](#)

NHS GO.UK

35 Likes 21 Comments

Inhaler pictures

- Individuals: **3,956,928**
- Click through to campaign page : **9,332**
- **?Cyber attack!**

Mumsnet campaign

- Ad seen by 64,013
- Ad clicks 63

#AskAboutAsthma
11th - 24th September

A good day living with asthma

I have asthma!

and I feel active

Skipping

A bad day living with asthma

I can't breath...

I feel sick...

It is hard for me to breath

I cough and vomit,

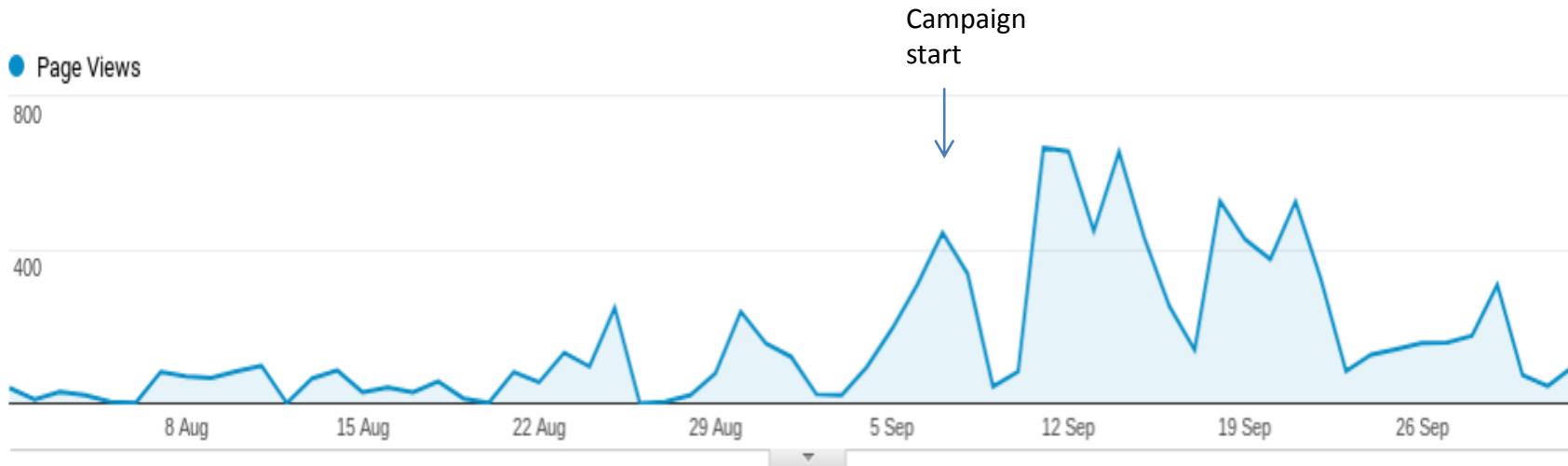
Parents, get the best care for your child

Healthy London Partnership

NHS

healthylondon.org/ask-about-asthma

Asthma toolkit



- **Page views 44,415 (up by 6114 in Sept)**
- **Downloads 11,816 (up by 2363 in Sept)**

Organisations signed up

SUPPORTED BY

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Barts Health
NHS Trust



Public Health
England



CHILDREN &
YOUNG PEOPLE'S
HEALTH PARTNERSHIP



NHS
England
London Region

NHS
Tower Hamlets
Clinical Commissioning Group

Barking, Havering and Redbridge
University Hospitals

NHS
NHS Trust

UK Inhaler
Group



DOCTORS
AGAINST
DIESEL



NHS
Waltham Forest
Clinical Commissioning Group

Royal Brompton & Harefield
NHS Foundation Trust

UCL Partners
Academic Health Science Partnership



King's College Hospital
NHS Foundation Trust

St George's
Healthcare
NHS
NHS Trust



Respiratory
Futures

NHS
Bromley
Clinical Commissioning Group

Great Ormond Street
Hospital for Children
NHS Foundation Trust

NHS
Hounslow
Clinical Commissioning Group

NHS
Bexley
Clinical Commissioning Group

Evelina London
Children's Healthcare

Royal Free London
NHS Foundation Trust

NHS
Lewisham
Clinical Commissioning Group

NHS
Office of London
Clinical Commissioning Groups

tinymedicalapps
St George's University Hospitals
NHS Foundation Trust

NHS
London Ambulance Service

Twitter support

•Chrisp street GP practice



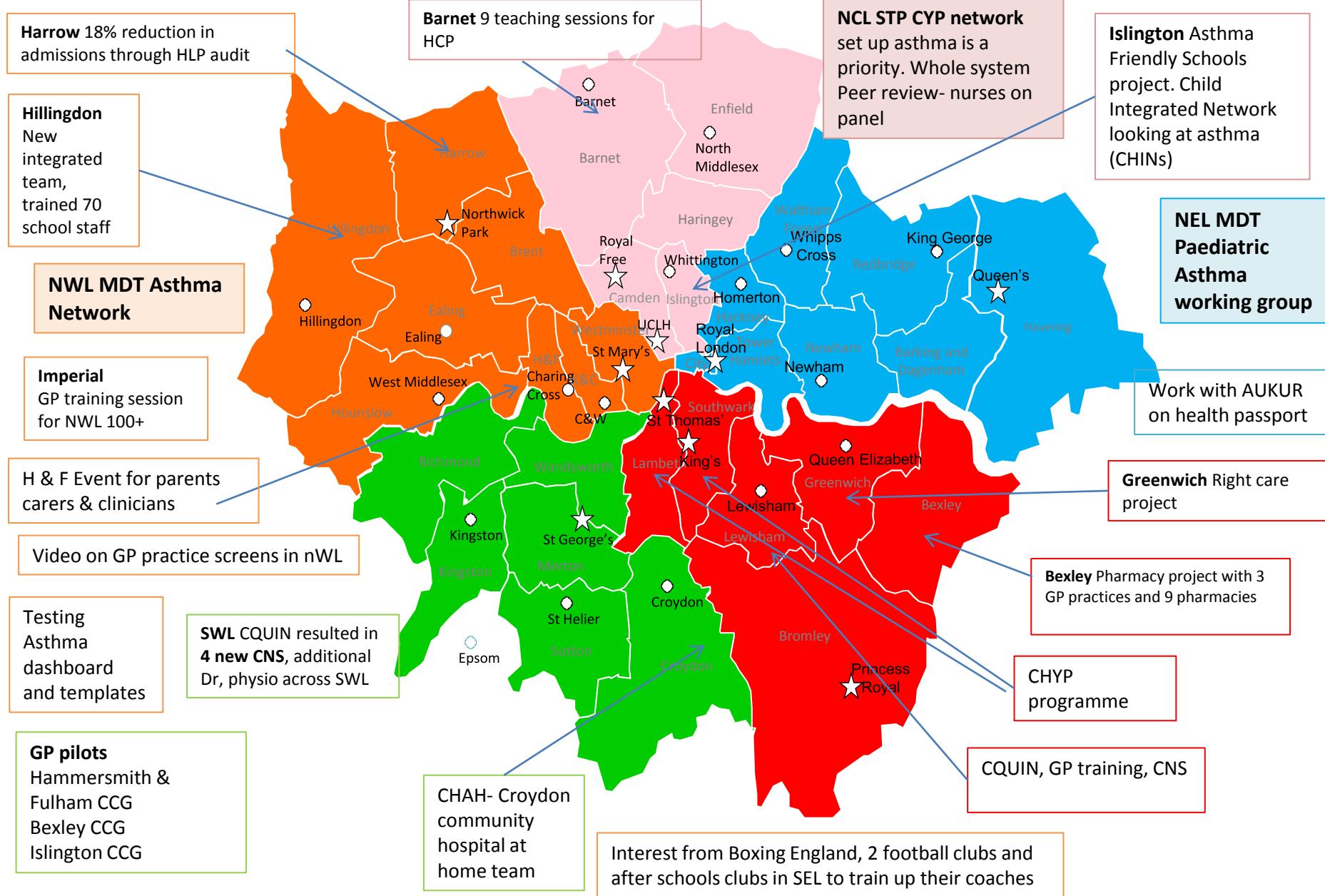
connecting care for children



nominetTrust



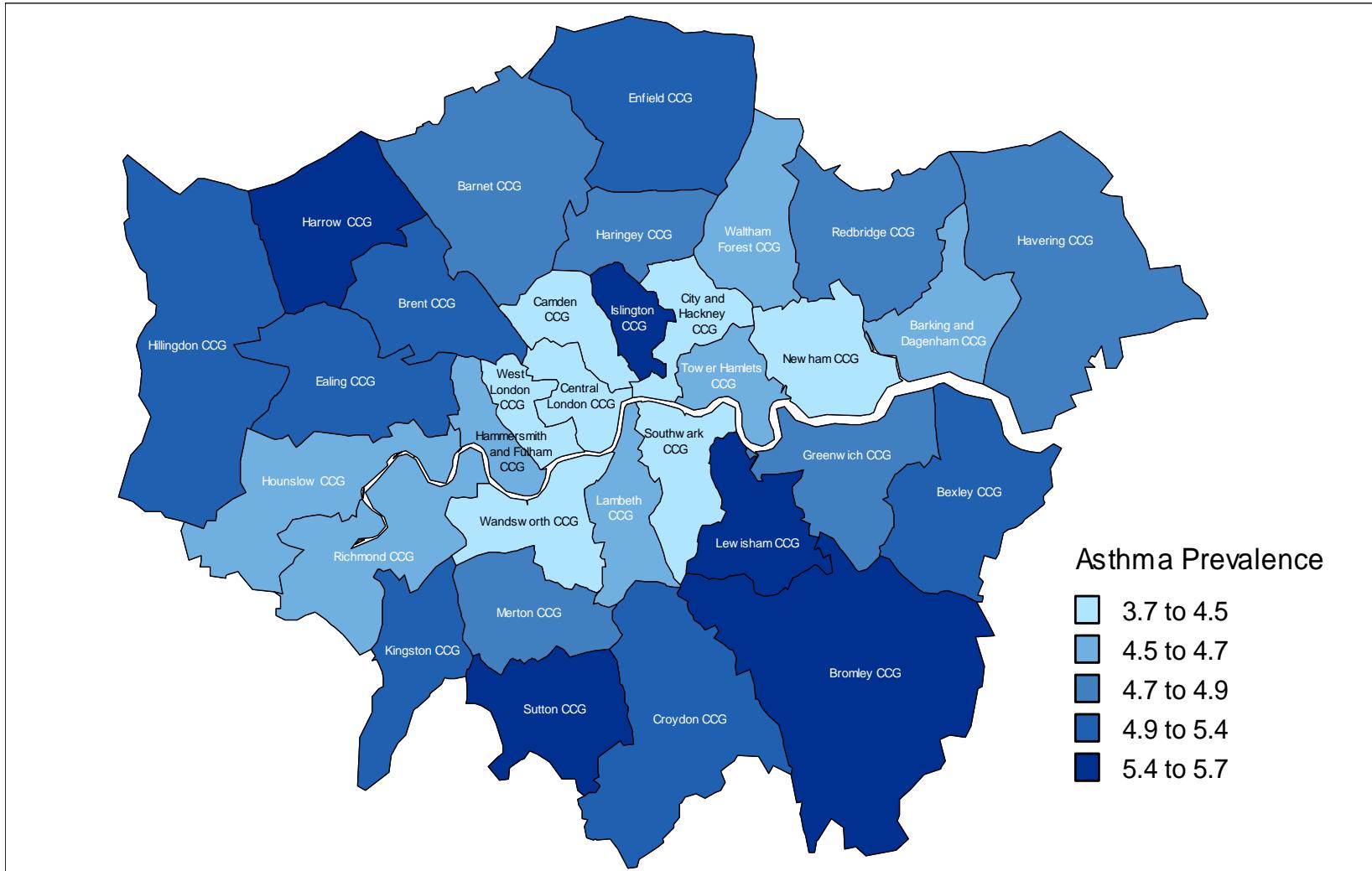
Local activity in London to date



03

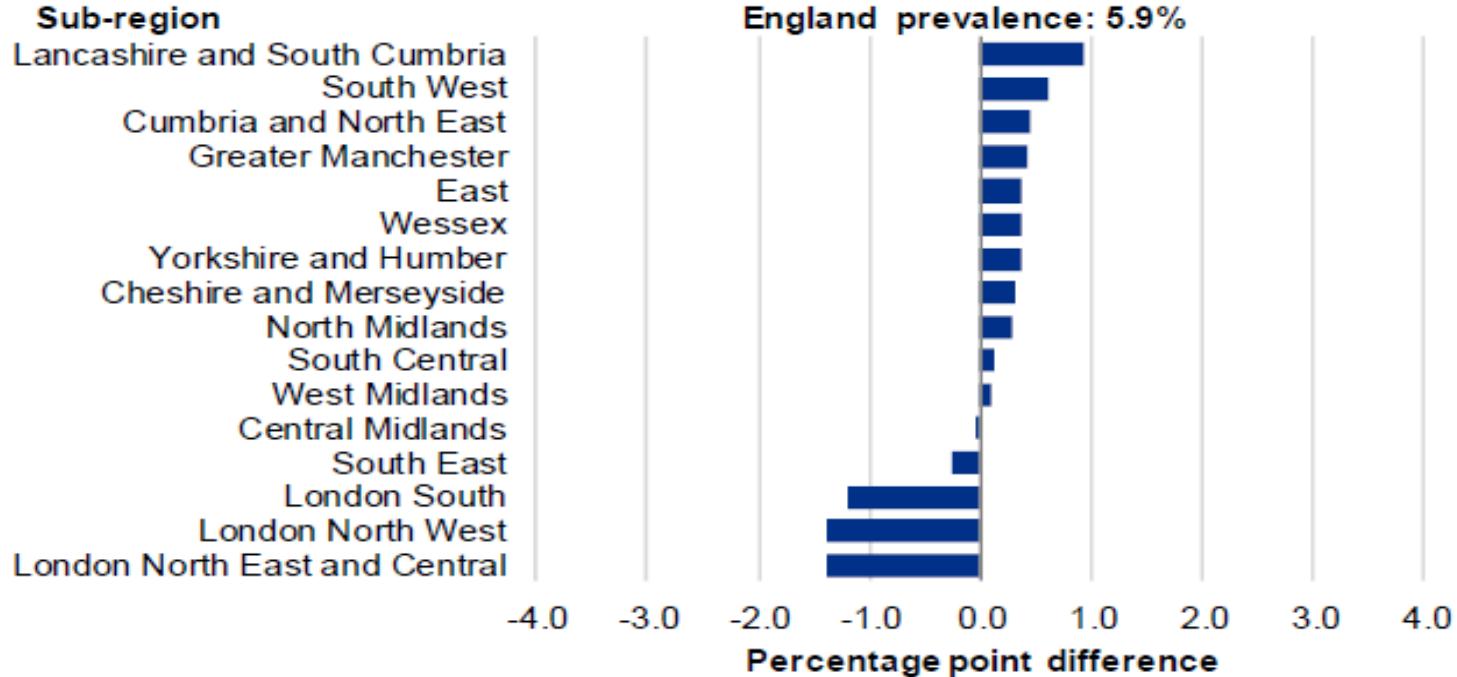
Diagnosis/Prevalence

Asthma prevalence in London



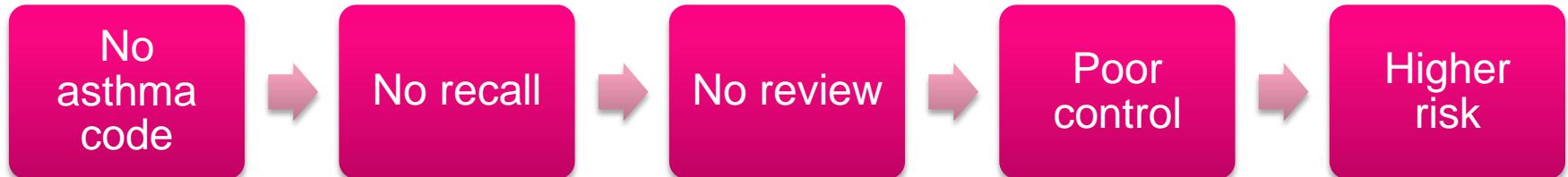
Recorded % prevalence of asthma in London (all ages) 2011/12
(Quality and Outcomes Framework)

Asthma prevalence in London/UK



Indicator	Period	England	London NHS region	NHS Barking And Dagenham CCG	NHS Barnet CCG	NHS Bexley CCG	NHS Brent CCG	NHS Bromley CCG	NHS Camden CCG	NHS Central London (Westminster)...	NHS City/ And Hackney CCG	NHS Croydon CCG	NHS Ealing CCG	NHS Enfield CCG	NHS Greenwich CCG	NHS Hammersmith And Fulham CCG	NHS Harrow CCG	NHS Havering CCG	NHS Hillingdon CCG	NHS Hounslow CCG	NHS Ilford CCG	NHS Kingston CCG	NHS Lambeth CCG	NHS Lewisham CCG	NHS Merton CCG	NHS Newham CCG	NHS Redbridge CCG	NHS Richmond CCG	NHS Southwark CCG	NHS Sutton CCG	NHS Tower Hamlets CCG	NHS Waltham Forest CCG	NHS Wandsworth CCG	NHS West London (K&C & QP) CCG	
Asthma admissions per 100 patients on disease register	2010/11	1.99	2.50*	3.05	1.90	1.23	3.47	1.30	2.50	2.03	2.79	2.86	3.87	1.89	1.72	3.13	2.27	2.24	1.58	2.50	2.70	2.55	2.28	2.30	2.19	2.22	3.88	3.21	2.09	2.83	2.04	2.32	3.13	2.31	3.06
Emergency asthma admissions per 100 patients on disease register	2010/11	1.83	2.26*	2.95	1.82	0.98	3.12	1.17	2.29	1.88	2.70	2.48	3.67	1.76	1.52	2.64	2.07	1.89	1.53	2.22	2.45	2.34	1.81	2.18	1.97	1.87	3.62	2.85	1.73	2.54	1.66	2.18	3.03	1.98	2.53

Prevalence finder



- Developed to use GP systems to identify which patients could have asthma
- Patient records reviewed and potential asthmatics to be invited in for review
- The prevalence finder tool is currently available on EMIS and HLP is working to get it translated to Vision and SystmOne
- Currently being validated in Hammersmith and Fulham

With thanks to Dr Ross Dyer-Smith

GP Partner - Hurley Group

Former Director - North Lambeth Practices Ltd

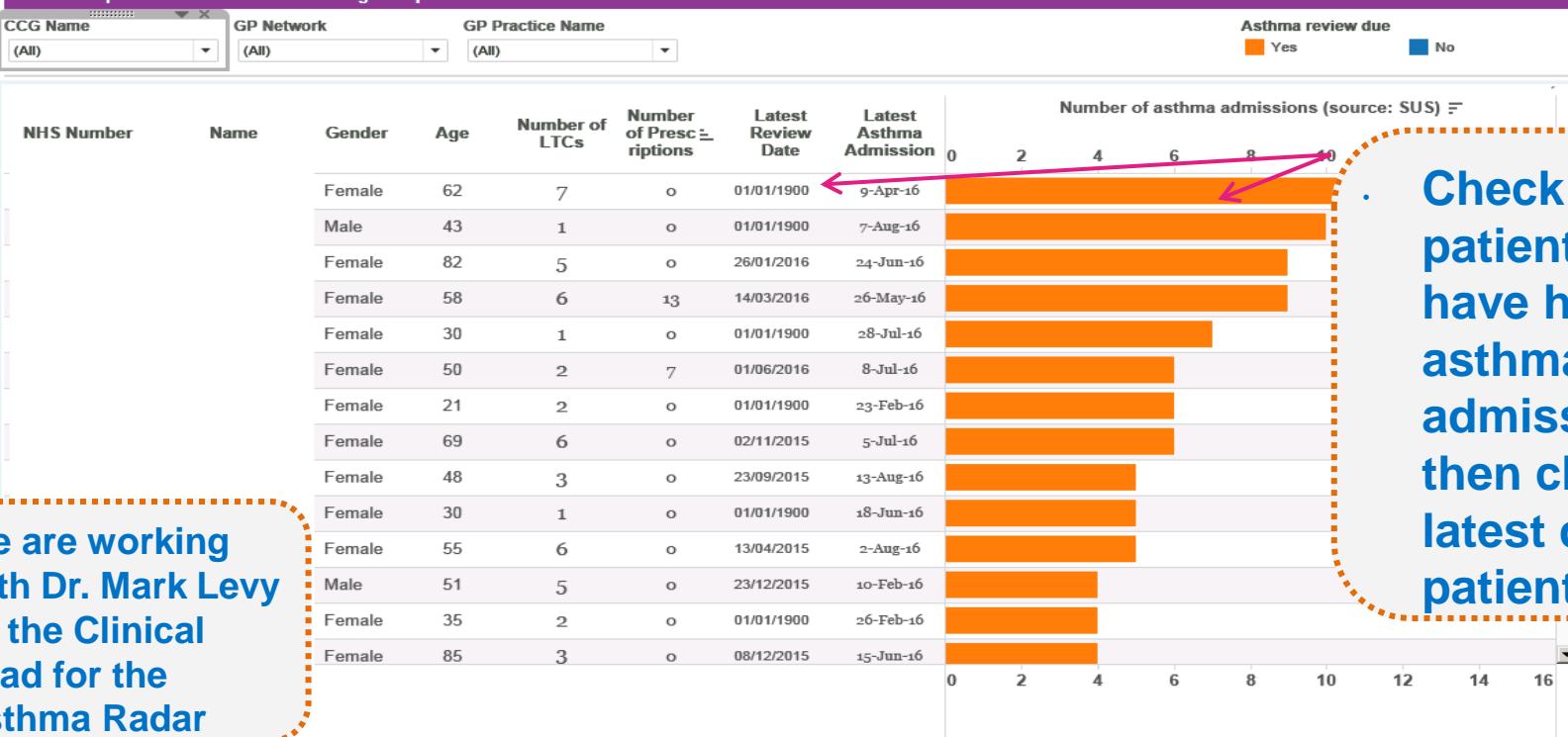
Asthma Radar (dashboard in development NWL)

- Patient level radar showing patients diagnosed with Asthma, prescriptions, number of asthma admissions and date of last Asthma review
- Use to identify asthma patients who are having exacerbations and require a review of care and prescriptions

Long Term Conditions View | Asthma Radar

Filter and sort your patients with asthma into a priority list for proactive patient management

Use the drop down menus below to manage the patient list...



We are working
with Dr. Mark Levy
as the Clinical
Lead for the
Asthma Radar

Check for
patients who
have high
asthma related
admissions
then check
latest date for
patients review.



Patient Population 22,135



Diagnosis

London Asthma Toolkit

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[Back to Primary and community care](#)

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[Audit](#)

[Business cases](#)

[Evidence and resources](#)

[Film](#)

[Referral](#)

[Review](#)

[Self management](#)

[Workforce - primary and community care](#)



Diagnosis

Information about how to identify and diagnose asthma and the tests expected

Asthma exacerbations can be classified as mild, moderate, severe, or life threatening. In the ambulatory, urgent care and emergency department settings, the treatment goals are correction of severe hypoxemia, rapid reversal of airflow obstruction and preventing relapse.

 A useful quick reference guide to diagnosis and management: British guideline on the management of asthma

There is a need to improve asthma identification and access to treatment to improve quality of life for patients. However, diagnosis is difficult as there is no single diagnostic test, but it should be in line with BTS/Sign guidelines.

Spirometry is recommended for adults, but this is less useful in children, although new draft NICE guidance may suggest its use and that of Fractional exhaled Nitric oxide (FeNO). If this happens there will be a need to commission education to upskill the primary care workforce in a similar way to the commissioning of training for spirometry for COPD and consider ways to ensure there is quality assurance of any future services.

Which diagnostic tests are expected?

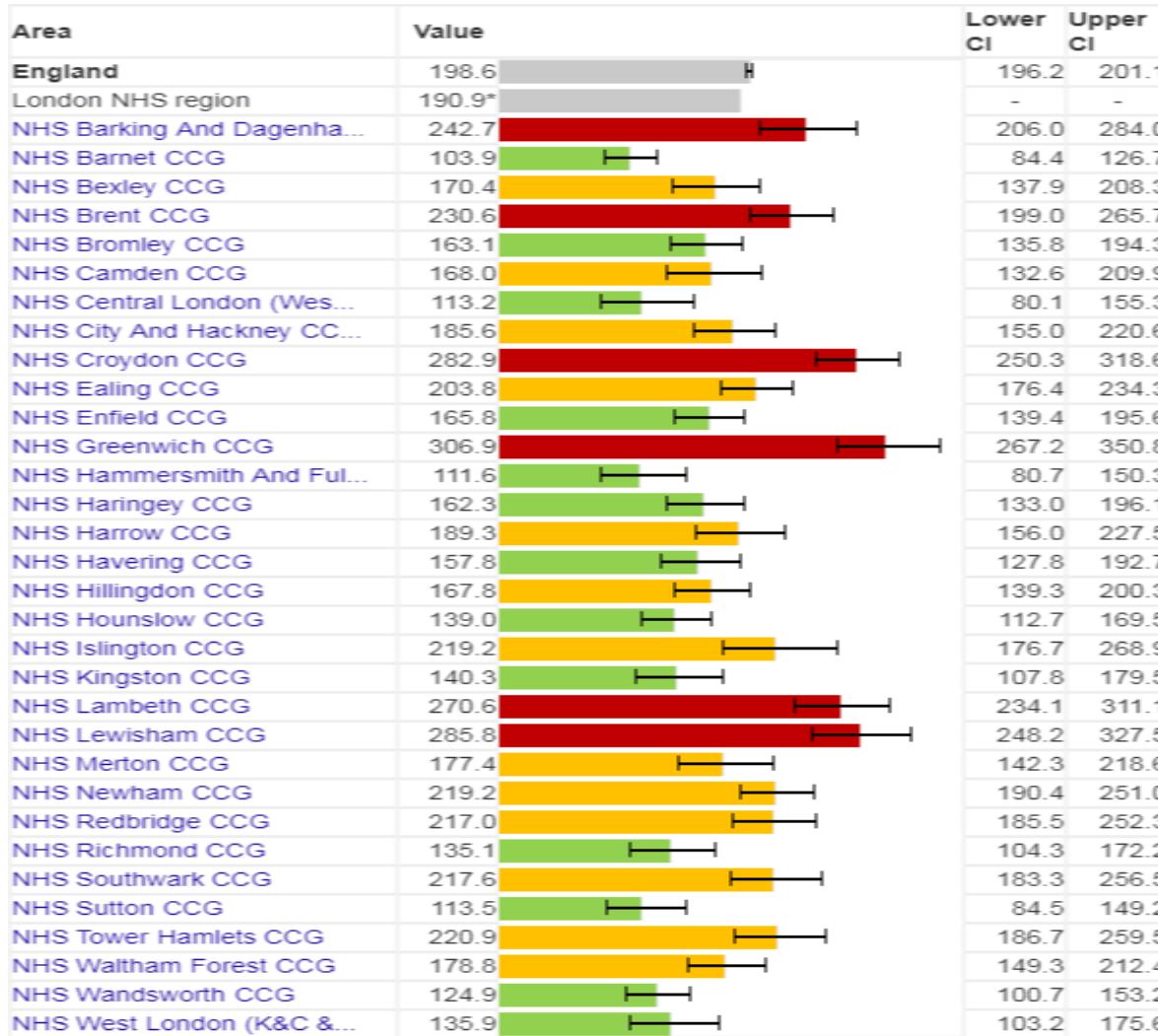
It will be important for commissioners to ensure that their local services include the following:

Detailed relevant family and personal medical history recorded in notes:

- Two weeks of peak flows
- Document variable airflow obstruction

- Useful guidance on how you can aid diagnosis in the community
- What you are looking for in a child with symptoms of wheeze.

Emergency admissions per 100,000 (England and London benchmarks (HES 2016))



Reduce the
number of acute
attacks

Reduce
inappropriate
attendance to ED

Source: Hospital Episode Statistics (HES). Copyright © 2016, Re-used with the permission of NHS Digital. All rights reserved.

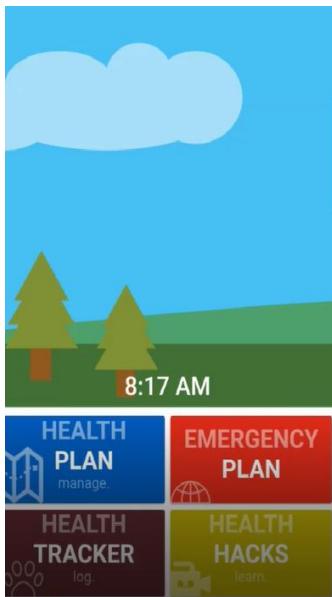
04

Asthma Management Plans

Digital Health Passport (draft designs)

Health passport

Working with the national Professional Standards Review Body (PRSB) to develop the coding required to help with future system-wide interoperability



Asthma Plan

When I have an asthma attack

3. When I have an asthma attack

I'm having an asthma attack if:

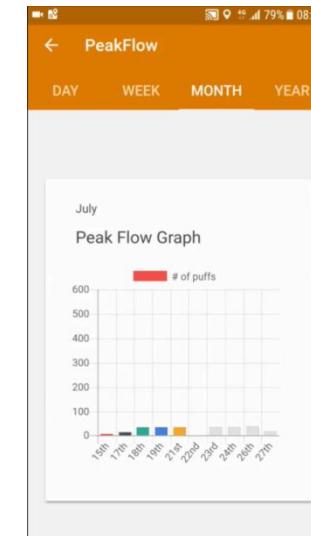
- My blue reliever inhaler isn't helping, or
- I can't talk or walk easily, or
- I'm breathing hard and fast, or
- I'm coughing or wheezing a lot, or
- My peak flow is less than

When I have an asthma attack, I should:

Sit up – don't lie down. Try to be calm.
Take one puff of my reliever inhaler every 30 to 60 seconds up to a total of 10 puffs.

Even if I start to feel better, I don't want this to happen again, so I need to see my doctor or asthma

If I still don't feel better and I've taken ten puffs, I need to call 999 straight away. If I am waiting



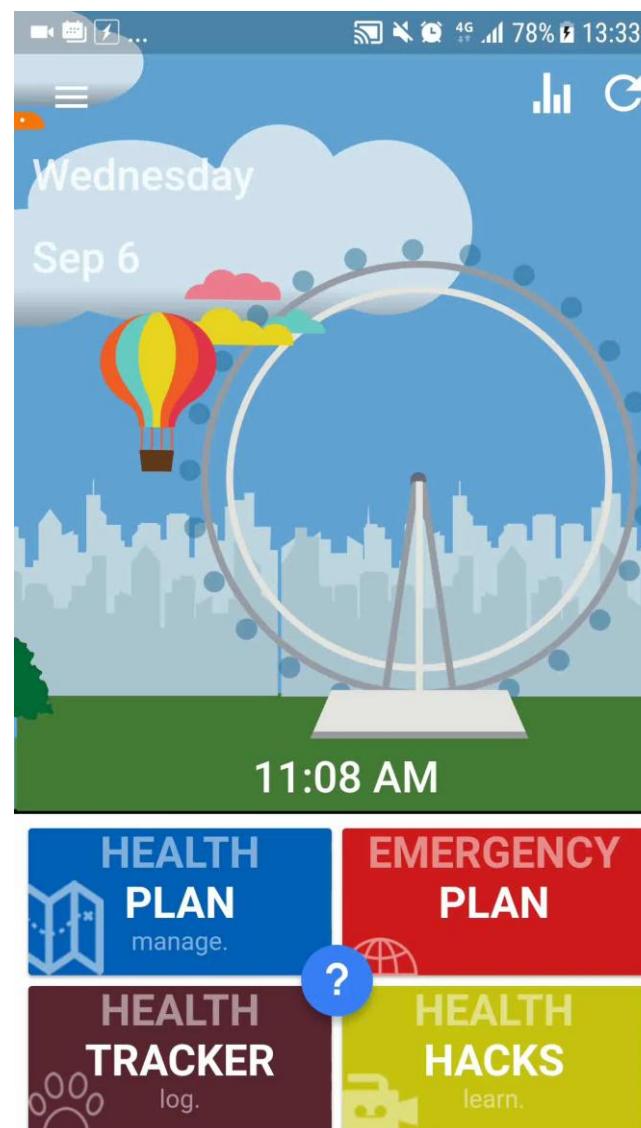
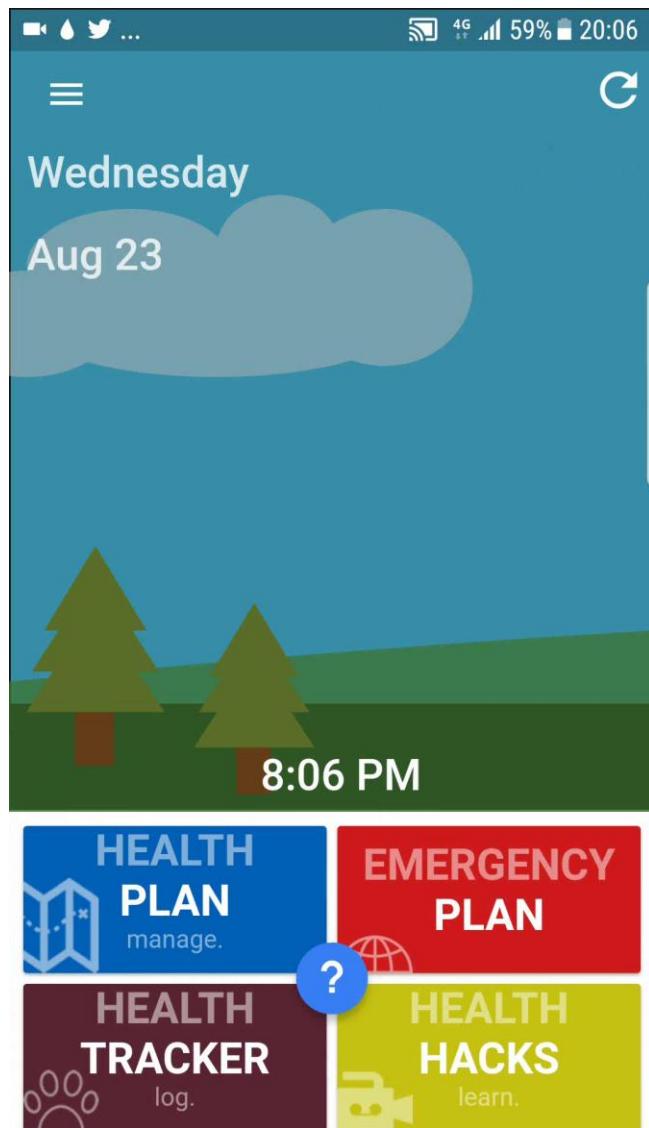
Health Hacks

How to use a Small Volume Spacer?

Signs that your asthma is getting worse

Manage asthma during the school holidays

Swipeable Asthma Action Plan



05

Inhaler Technique

Inhaler Education for Pharmacists

Asthma pharmacy learning hub with free on line inhaler technique training

London Asthma Toolkit / Pharmacists

[Back to toolkit home](#)

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[Hospital Care](#)

[Parents and Carers](#)

[Primary and Community Care](#)

[Schools](#)

Pharmacy

Pharmacists are an accessible and expert source of useful help and information for young people with asthma and their families. This section provides pharmacists in London with guidance and resources to help them improve asthma care, including examples of best practice.

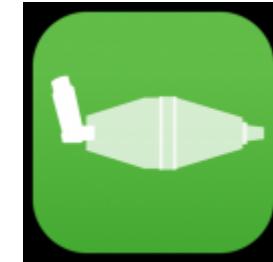
Explore the toolkit...

Asthma learning hub

For more information about the asthma toolkit, or to provide feedback or examples, contact england.londonhlp_cyp@nhs.net

Login | Register | Contact Us | Disclaimer | SEARCH | Select Language |   MAYOR OF LONDON
© NHS England



Asthma in Children and Young People

Healthy London Partnership   EXIT

Learning Materials Resources & Assessment



How to use this course

Introduction

Impact of asthma on children and young people

Effective drug delivery

Inhaler technique in children and young people

Education

Overview

Learning outcomes

Education to support community pharmacists

How pharmacy supports local communities

The "role of pharmacy in asthma" audit

Meet Harry and his family

Key: Not started Started Completed

ZOOM

<https://pharmacyhub.educationforhealth.org/>

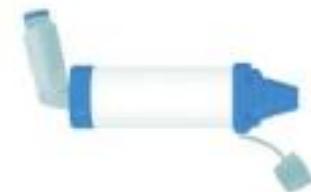
Inhalers and other useful tools

- Adherence and Medicines Use Reviews
- Pharmacy urgent repeat medication service
- Flu and immunisations
- Audit and case studies
- Pharmacy public health campaign
- Bexley pilot
- Hammersmith and Fulham pilots

How to use an MDI with a small volume spacer and mask – (spacer may be yellow, orange or blue.)



How to use an MDI with a small volume spacer



How to use an MDI with a large volume spacer and mask for infant/small child



06

Annual Asthma Review

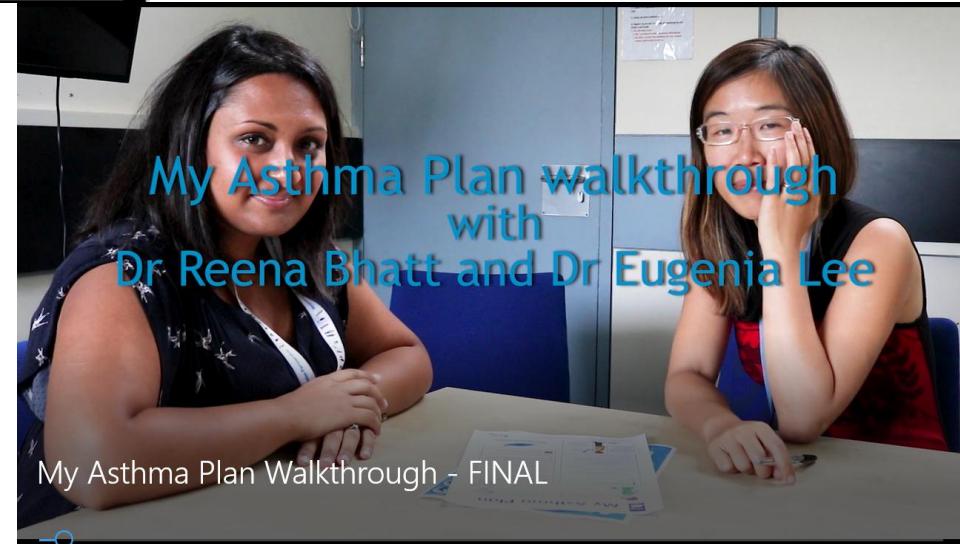
How to write a good asthma plan film

Healthy
London
Partnership



My Asthma Plan walkthrough
with
Dr Reena Bhatt and Dr Eugenia Lee

#AskAboutAsthma



Toolkit templates

Healthy London > Review

Review

Information and resources to support primary and community healthcare professionals meet number 23 and 28 of the standards

Asthma reviews

Doing a thorough asthma review takes at least 20 minutes and should be a combination of clinical assessment and patient education. The child's asthma plan should be reviewed and inhaler technique should be checked. The annual review template provided in our online toolkit outlines the questions to ask.

It is important to conclude the following through asking the right questions and following the steps included in the template:

1. Is this asthma?
2. Is it controlled?



Asthma control tests

Downloads



[Asthma control test \(.pdf\)](#)



[Undertaking an asthma review \(.docx\)](#)



[Whittington annual review leaflet \(.pdf\)](#)



[Assessment of a child after an unscheduled visit \(.docx\)](#)



[48-hour review checklist \(.docx\)](#)

Action plans

Asthma control tests in a number of languages

07

Other

Progress on original plans

- Public health campaign: #AskAboutAsthma
- Support for Mayor's Air Quality strategy

Goal 1
Prevention & public awareness

Goal 2
Access to quality, proactive evidenced based co-ordinated care

Decrease burden of asthma on the child and their family:

- ↓ Mortality & Morbidity
- ↓ A & E attendances

Goal 4
Greater Integration of care

Goal 3
Greater self management

- Health passport for asthma
- Network development
- IT/ READ codes
- Primary care templates

- London asthma standards
 - London asthma toolkit
 - Schools / Pharmacy projects
- Baseline assessment

- Engaged empowered CYP
- London asthma toolkit
- Educated 75 HCP
- Peer education programmes
- Pharmacy on line learning

Other work across London

- Educational events and training
- Asthma peer review – whole system
- Assessment against standards
- CDOP asthma death template
- Asthma friendly schools and schools guide
- Training in football and boxing clubs
- Self care and parents pages on toolkit

London Asthma Toolkit

- Back to toolkit home
- Back to Parents and carers
- Film
- Asthma action plan
- Asthma education and resources
- Download a printable version of this section
- Prevention and triggers
- Using asthma inhalers
- What is asthma?
- What to do if your child is having an asthma attack

Managing your child's asthma

All children and young people with asthma should have at least a yearly review, which is usually carried out either by their GP or practice nurse. An asthma review may also be done in hospital if your child is known to the asthma or allergy service. A review should also be held after every asthma attack to check whether changes are needed to their medication or care as an asthma attack is a sign that your child's condition may not be controlled.

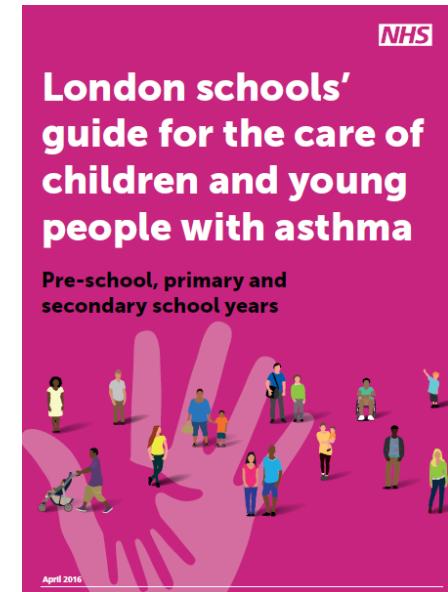
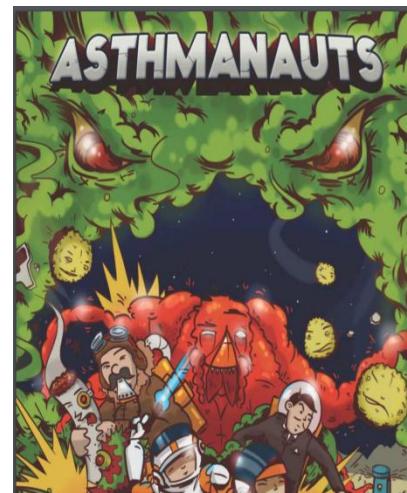
Visit the 'Asthma and you' website and get help understanding how well your child's asthma is controlled.

The 'Asthma and you' website will ask questions about your child's asthma will give you a score.

- Parents and carers of children aged four to 11 can also use the Child Asthma Control Test. It also provides a score so you can see how well your child's asthma is controlled.

If your child can do peak expiratory flow measurements then you can also monitor their asthma control by using a peak flow diary.

Go to the Asthma UK website to find out more about peak flow diaries.



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Next steps

- Follow up on pledges: who has implemented?
- Refresh data
 - Emergency admissions
 - PICU
 - Deaths
 - Asthma management plans
- Digital Health implementation:
 - Health Passport
 - Prevalence finder: validation and roll-out
 - Primary Care systems annual review templates (EMIS/SystmOne/Vision)
- Roll out of asthma peer reviews by STP area
- Asthma networks across STP areas through severe asthma CQUIN
- #AskAboutAsthma further campaign August/September 2018

08

Turning the vision into reality – the STP view

Turning the vision into reality – the STP view

An opportunity for you to consider how you could develop a local action plan to turn the vision into reality

In your STP areas, and given what you have heard today, please consider:

1. What are the quick wins?

2. What are the biggest challenges and how might you overcome them?

3. What can be delivered:
 - Pan London
 - STP level
 - Locally ?

Nominate one person to feedback:

- One quick win
- One challenge and how you could address it

09

Final thoughts on the day

Which three words best describe what you have got out of today's session?



Name one thing that you'll do differently as a result of today

