

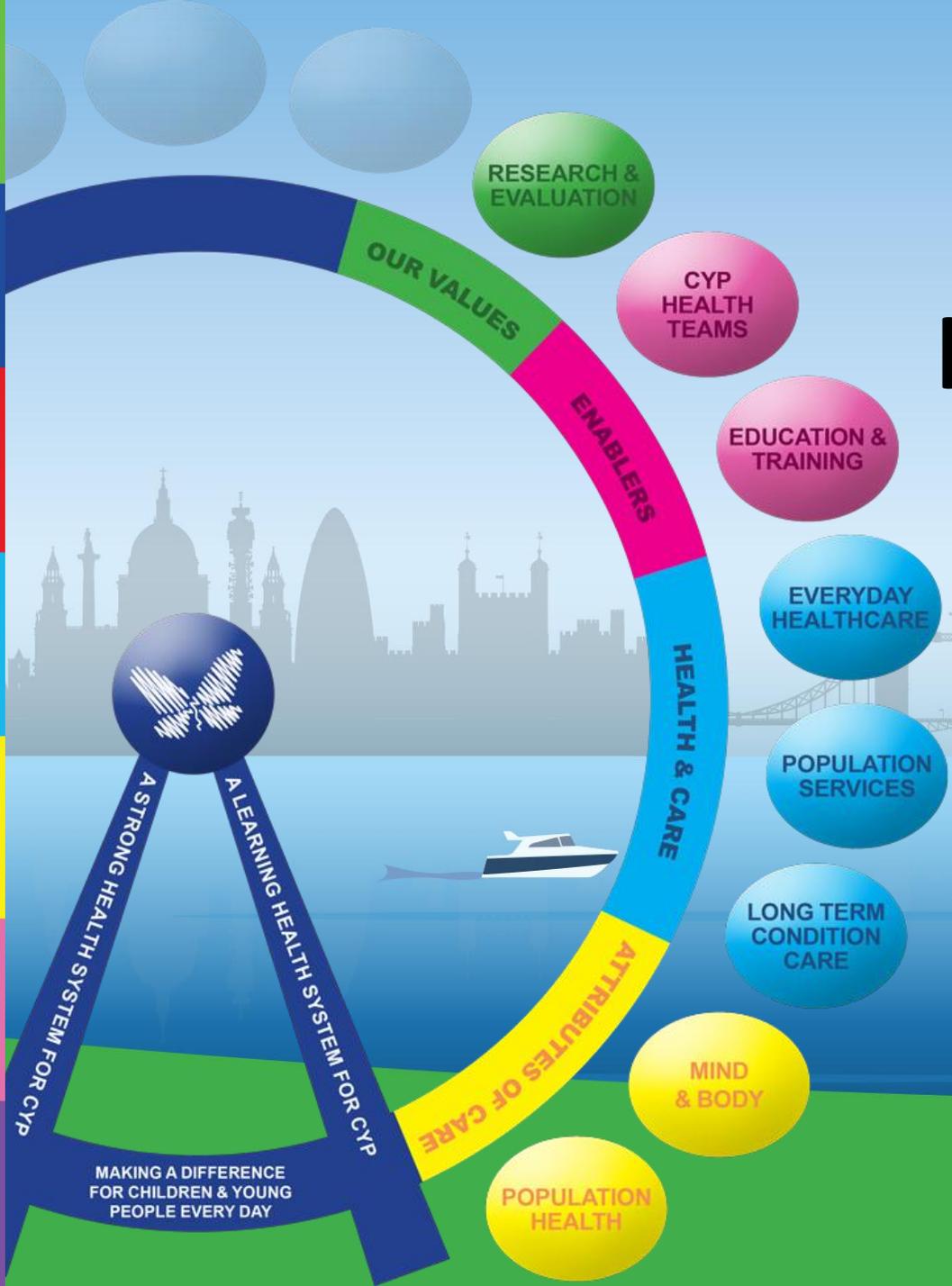
Utilising the wider healthcare system: Better inhaler technique and reviews

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November 2017



Lets work together

BTS/SIGN guidance¹ recommends the following occur in a structured annual asthma review. A number of these can easily be achieved within community pharmacy:

- **Symptom score: Children's Asthma Control Test, Asthma Control Test**
- **Asthma attacks | Oral steroids courses | Time off school**
- **Inhaler technique**
- **Adherence: Review of dispensing system**
- **Possession and use of Personal Asthma Action Plan**
- **Exposure to tobacco smoke**
- **Growth (height and weight centile)**

Quality Payment System

- MURs can be completed in paediatrics as long as the patient can consent
- New quality payment scheme: sign up if you haven't already (PSNC)

Gateway criteria:

One Advanced service | Data on NHS choices up-to-date | Access to NHS mail | Utilising Electronic Prescription Service

| | | | | | | | |
|---|---|---|---------------------------------|--|-----------------------------|--|---------------------------------------|
| Written safety report and analysis of incidents and actions | 80% of staff working have access to level 2 safeguarding training | Results of the Community Pharmacy Patient Questionnaire displayed | Healthy living pharmacy level 1 | Increased utilisation of summary care record | NHS 11 directory up to date | Evidence of patients on >6 SABA& no ICS in 6 months referred | 80% of staff dementia friends trained |
| Once a year | Twice a year | Once a year | Once a year | Twice a year | Twice a year | Twice a year | Twice a year |
| Yearly income: £1280 | £640 | £320 | £1280 | £640 | £320 | £1280 | £640 |

Speaking the same language: Asthma Control Tests

Asthma UK is the only charity dedicated to the health and well-being of the 5.2 million people in the UK with asthma. By taking control of their asthma, most people's day-to-day lives should be free from disruption such as troubled sleep or not being able to exercise.

Why take the Asthma Control Test™?

The Asthma Control Test is one way to quickly assess your asthma control, giving you a simple score out of 25. Your healthcare professional may ask you additional questions during a consultation. For more information on controlling your asthma visit: http://www.asthma.org.uk/all_about_asthma/controlling_your_asthma/index.html.

Are you in control of your asthma? Or is your asthma in control of you? Here's how to find out

- Step 1: Read each question below carefully, circle your score and write it in the box.
- Step 2: Add up each of your five scores to get your total Asthma Control Test™ score.
- Step 3: Use the score guide to learn how well you are controlling your asthma.

| | | |
|----|---|-------------|
| Q1 | During the past 4 weeks, how often did your asthma prevent you from getting as much done at work, school or home? | Score: |
| | All of the time 1 Most of the time 2 Some of the time 3 A little of the time 4 None of the time 5 | |
| Q2 | During the past 4 weeks, how often have you had shortness of breath? | Score: |
| | More than once a day 1 Once a day 2 3-4 times a week 3 1-2 times a week 4 Not at all 5 | |
| Q3 | During the past 4 weeks, how often did your asthma symptoms (wheezing, coughing, chest tightness, shortness of breath) wake you up at night or earlier than usual in the morning? | Score: |
| | 4 or more times a week 1 2-3 nights a week 2 Once a week 3 Once or twice 4 Not at all 5 | |
| Q4 | During the past 4 weeks, how often have you used your reliever inhaler (usually blue)? | Score: |
| | 3 or more times a day 1 1-2 times a day 2 3-3 times a week 3 Once a week or less 4 Not at all 5 | |
| Q5 | How would you rate your asthma control during the past 4 weeks? | Score: |
| | Not controlled 1 Fairly controlled 2 Somewhat controlled 3 Well controlled 4 Completely controlled 5 | |
| | | Total Score |

What does your score mean?

| | | |
|---|---|---|
| <p>Score: 25 – WELL DONE</p> <ul style="list-style-type: none"> Your asthma appears to have been UNDER CONTROL over the last 4 weeks. However, if you are experiencing any problems with your asthma, you should see your doctor or nurse. | <p>Score: 20 to 24 – ON TARGET</p> <ul style="list-style-type: none"> Your asthma appears to have been REASONABLY WELL CONTROLLED during the past 4 weeks. However, if you are experiencing symptoms your doctor or nurse may be able to help you. | <p>Score: less than 20 – OFF TARGET</p> <ul style="list-style-type: none"> Your asthma may NOT HAVE BEEN CONTROLLED during the past 4 weeks. Your doctor or nurse can recommend an asthma action plan to help improve your asthma control. |
|---|---|---|

What can you do now?
Like many other people in the UK, it is possible that your asthma could have less impact on your everyday life. You can get a free pack full of information about how to take control of your asthma, including an action plan to fill in with your doctor or asthma nurse, from Asthma UK.

You can get more information by calling Asthma UK's Supporter & Information Team on 08456 03 81 43, or visit asthma.org.uk

Registered charity number in England 802364 and in Scotland SC039322.

RCGP 3 Questions:

- Difficulty sleeping
- Daytime symptoms
- Interfered with work or school

Peak flow monitoring:

- Evidence of impact is mixed
- Poor compliance to daily continued monitoring
- Consider for targeted monitoring or diagnosis

Childhood Asthma Control Test™
for children 4 to 11 years old

How to answer the Childhood Asthma Control Test™

Step 1: Let your child answer the first four questions (1 to 4). If your child needs help reading or understanding the questions, you may help, but let your child choose which answer he/she prefers. Complete the remaining three questions (5 to 7) on your own and without letting your child's response influence your answers. There are no right or wrong answers.

Step 2: Write the number of each answer in the score box provided.

Step 3: Add up each score box for the total.

Step 4: Take the test to the doctor to talk about your child's total score.

Ask your child to complete these questions.

1. How is your asthma today?

| | | | | |
|----------|-----|------|-----------|-------|
| Very Bad | Bad | Good | Very Good | Score |
|----------|-----|------|-----------|-------|

2. How much of a problem is your asthma when you run, exercise or play sports?

| | | | | |
|--|----------------------------------|-------------------------------------|--------------------|-------|
| It's a big problem, I can't do what I want to do | It's a problem and don't like it | It's a little problem but it's okay | It's not a problem | Score |
|--|----------------------------------|-------------------------------------|--------------------|-------|

3. Do you wake up because of your asthma?

| | | | | |
|-------------------|-----------------------|-----------------------|----------------------|-------|
| Yes, all the time | Yes, most of the time | Yes, some of the time | No, none of the time | Score |
|-------------------|-----------------------|-----------------------|----------------------|-------|

4. Do you wake up during the night because of your asthma?

| | | | | |
|-------------------|-----------------------|-----------------------|----------------------|-------|
| Yes, all the time | Yes, most of the time | Yes, some of the time | No, none of the time | Score |
|-------------------|-----------------------|-----------------------|----------------------|-------|

Please complete the following questions on your own

5. During the last 4 weeks, how many days did your child have any daytime asthma symptoms?

| | | | | | | |
|------|-------------|--------------|---------------|---------------|-----------|-------|
| None | 1 to 3 days | 4 to 10 days | 11 to 18 days | 19 to 24 days | Every day | Score |
|------|-------------|--------------|---------------|---------------|-----------|-------|

6. During the last 4 weeks, how many days did your child wheeze during the day because of asthma?

| | | | | | | |
|------|-------------|--------------|---------------|---------------|-----------|-------|
| None | 1 to 3 days | 4 to 10 days | 11 to 18 days | 19 to 24 days | Every day | Score |
|------|-------------|--------------|---------------|---------------|-----------|-------|

7. During the last 4 weeks, how many days did your child wake up during the night because of asthma?

| | | | | | | |
|------|-------------|--------------|---------------|---------------|-----------|-------|
| None | 1 to 3 days | 4 to 10 days | 11 to 18 days | 19 to 24 days | Every day | Score |
|------|-------------|--------------|---------------|---------------|-----------|-------|

Total Score

What does your child's score mean?

19 or less

- If your child's score is 19 or less, it may be a sign that your child's asthma is not controlled as well as it could be.
- Make an appointment with your child's doctor to discuss the results of the Childhood Asthma Control Test™ and ask if your child's asthma treatment plan should be changed.
- Ask your child's doctor about daily long-term medications that can help control airway inflammation and narrowing, the two main causes of asthma symptoms. Many children may need to treat both on a daily basis for the best asthma control.

20 or more

- If your child's score is 20 or more, the asthma may be under control. There are other factors that your child's doctor may take into account when assessing how well your child's asthma is controlled. You should make an appointment with the doctor to discuss your child's asthma.
- Asthma is unpredictable. Your child's asthma symptoms may seem mild or non-existent, but they can flare up at any time.
- Get your child to take the Childhood Asthma Control Test™ regularly no matter how well your child feels. Keep making medical appointments for your child regularly to make sure your child's asthma is treated as well as it can be.

The printing of these questionnaires has been funded by GSK
UK/RES/0113/13(1) 41564997 May 2015

What does your score mean?

Score: 25 – WELL DONE

- Your asthma appears to have been UNDER CONTROL over the last 4 weeks.
- However, if you are experiencing any problems with your asthma, you should see your doctor or nurse.

Score: 20 to 24 – ON TARGET

- Your asthma appears to have been REASONABLY WELL CONTROLLED during the past 4 weeks.
- However, if you are experiencing symptoms your doctor or nurse may be able to help you.

Score: less than 20 – OFF TARGET

- Your asthma may NOT HAVE BEEN CONTROLLED during the past 4 weeks.
- Your doctor or nurse can recommend an asthma action plan to help improve your asthma control.

Total Score

Take Time to Reflect: Virtual Clinics in Primary Care

- Locally commission service by Lambeth CCG
- Aim to increase:
 - Children's asthma diagnosis
 - Increase use of personalised asthma action plans
 - Increase number of annual reviews
 - Decrease in patients using 6 or more salbutamol in 1 year
- Supported by virtual clinics 'virtual case review' with a pharmacist able to advise on diagnosis of asthma, considering comorbidities, atopic medicines optimisation in multi-morbidity.
 - Developing realistic treatment plans
- EMIS searches to identify patients for review
- Exploring how EMIS can work for you not against you

Inhalers + Spacers

Up to **90% of patients** fail to understand how to use a pMDI¹ or dry powder inhaler²

25% of patients **failed to receive instructions** on how to use a device and often information provided is of poor quality²

Main paediatric devices:

- **pMDI + spacer and mask | spacer and mouthpiece**
- Accuhaler
- Turbuhaler
- Easybreathe



**Slow and
Steady**

**Fast and
Deep**



**Check the
seal**



How to hold

1. Laza V, Sanchis J. *Medical personnel and patient skill in the use of metered dose inhalers: a multicentric study.* CESEA Group. *Respiration* 1998;65:195–8. doi:10.1159/000029259
2. Lavorini F, Magnan A, Dubus JC, et al. *Effect of incorrect use of dry powder inhalers on management of patients with asthma and COPD.* *Respir Med* 2008;102:593–604. doi:10.1016/j.rmed.2007.11.003

Resources to help

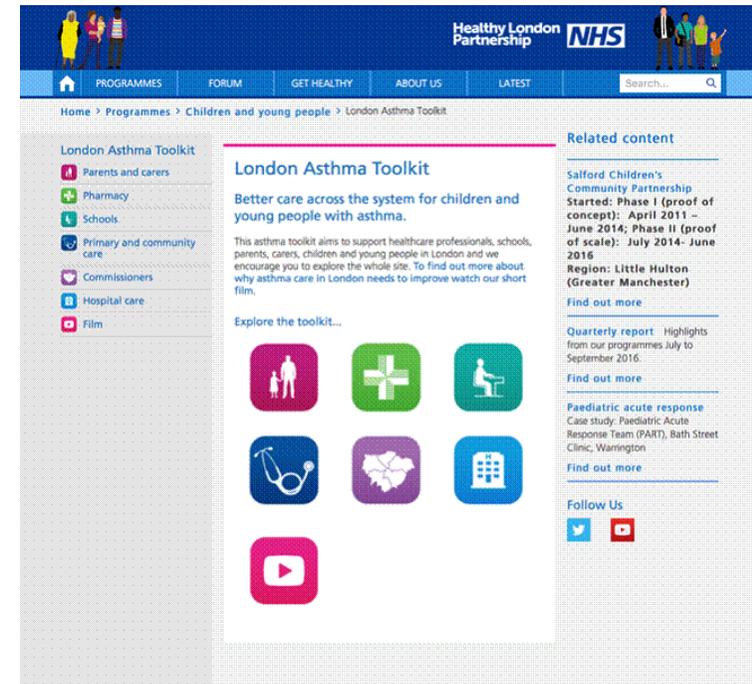


Right breathe app and website



Healthy London Partnership: Community Pharmacy Toolkit:
“This is a fantastic tool kit for Asthma in Children. Thanks. I have asked all our pharmacists to do this course”

Dinesh Patel,
Pharmacist (Proprietor), Temple Pharmacy, Pitshanger Lane, Ealing.



Any Questions?

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