

#AskAboutAsthma Campaign

# Calling all hospitals! Tell us the [#OneThing](https://www.healthylondon.org/our-work/children-young-people/asthma/onething/)LDN… that would improve asthma in children and young people in London

The [#AskAboutAsthma](https://www.healthylondon.org/our-work/children-young-people/asthma/askaboutasthma/) campaign encourages CYP and their families to ask for three simple and effective interventions to help them control their asthma:

1. A [**written asthma action plan**](https://www.healthylondon.org/children-and-young-people/london-asthma-toolkit/hospital-care/action-plans) drawn up between a clinician and asthma sufferer means people are four times less likely to have to go to hospital for their asthma. Only 28-48% of CYP with asthma in London have an asthma plan
2. [**Using inhalers effectively**](https://www.healthylondon.org/children-and-young-people/london-asthma-toolkit/pharmacy/inhalers): less than ¾ of CYP have any form of instruction in how to use their inhalers – meaning they may not be getting the full benefit of their asthma medication
3. An [**annual asthma review**](https://www.healthylondon.org/children-and-young-people/london-asthma-toolkit/primary-and-community-care/review)to ensure effective management of the condition

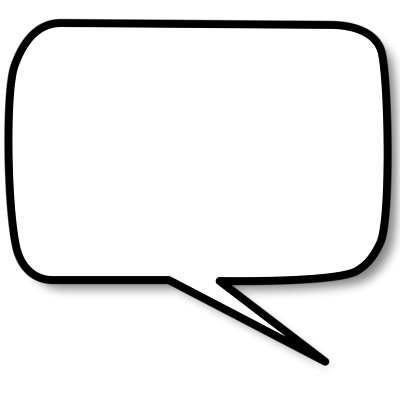
The 2019 [#AskAboutAsthma](https://www.healthylondon.org/our-work/children-young-people/asthma/askaboutasthma/) campaign runs from **16th to 22nd September** to raise awareness of these measures that should be taken to manage all children and young people (CYP) with asthma. It aims to ensure that existing [asthma standards](https://www.healthylondon.org/resource/london-asthma-standards-children-young-people/) and [ambitions](https://www.healthylondon.org/resource/londons-ambitions-asthma-care-children-young-people/) are met across London and that no more children die from preventable asthma attacks.

This year [#AskAboutAsthma](https://www.healthylondon.org/our-work/children-young-people/asthma/askaboutasthma/) is focusing on [*#OneThing*](https://www.healthylondon.org/our-work/children-young-people/asthma/onething/)*LDN* that people have done, will do or would like to see happen to improve asthma care or [air quality](https://www.healthylondon.org/resource/toolkit-nhs-trusts-supporting-nhs-reduce-impact-air-pollution/) for CYP in London. We welcome hospital staff and your patients and their families sending in contributions to help spread the message. Please ask what is the [*#OneThing*](https://www.healthylondon.org/our-work/children-young-people/asthma/onething/)*LDN* they would like to happen to improve asthma care or [air quality](https://www.healthylondon.org/resource/toolkit-nhs-trusts-supporting-nhs-reduce-impact-air-pollution/) for CYP in London. (instructions at the end of this document). Tweet us @healthyLDN or email [hlp.cyp-programme@nhs.net](mailto:hlp.cyp-programme@nhs.net)

The [HLP communication toolkit](https://www.healthylondon.org/resource/askaboutasthma-communications-toolkit/) includes resources to help you, including posters for the hospital which can be printed as well as a short video for staff.

The campaign identifies questions that healthcare professionals should ask of those CYP with asthma to help optimise care. Questions for hospitals are below.

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| [**#AskAboutAsthma**](https://www.healthylondon.org/our-work/children-young-people/asthma/askaboutasthma/) |
| **Acute hospitals should make sure their staff:** |
| **ASK** children and young people with asthma about triggers and how to manage them  **ASK** if they understand how to use their medications or inhaler before discharge and give help and advice  **ASK** if they have an asthma action plan and, if not, ensure they get one  **ASK** about and offer flu vaccination to CYP and their families  **ASK** about smoking and refer/ offer stop smoking services to children and young people or parents/carers  **ASK** for a clinic appointment or a review in 48 hours in the community - Trust asthma clinics should offer an appointment within 1 week to any asthma referral; clinics should be set up with an urgent slot  **ASK** about transition to adult services when appropriate |



**#AskAboutAsthma**

**@HealthyLDN**

#OneThingLDN…

1. Please print out the [#OneThing](https://www.healthylondon.org/our-work/children-young-people/asthma/onething/)LDN page
2. Then either i) record a video saying #OneThingLDN that you have done, will do or would like to see happen to improve asthma care or air quality for children and young people in London OR ii) add some text to the #OneThingLDN speech bubble and take a photo.
3. Tweet us @HealthyLDN using #OneThingLDN and [#AskAboutAsthma](https://www.healthylondon.org/our-work/children-young-people/asthma/askaboutasthma/) OR attach the video or photo to an email to [hlp.cyp-programme@nhs.net](mailto:hlp.cyp-programme@nhs.net). You can also WhatsApp any videos or photos to the CYP team via 07795 800512 or 07795 665488.
4. Please let us know who you are so we can include that on our website when we upload your video/photo. If it is a child they may not want to include their name.
5. Any questions please contact the team via [hlp.cyp-programme@nhs.net](mailto:hlp.cyp-programme@nhs.net).

**Thank you for supporting London’s #AskAboutAsthma campaign!**

How to record your #OneThingLDN pledge

# Background

Asthma is the most common long-term medical condition affecting children and young people (CYP). 1 in 10 CYP are affected by the condition, meaning 240,000 CYP have asthma in London. Many have badly managed asthma – to the extent that 4,000 are admitted to hospital with asthma every year and 170 have such a severe episode that they require admission to intensive care.

At the worst end of the spectrum, children die of this disease in the capital every year. Poorly controlled asthma affects every aspect of children’s lives – their ability to learn, enjoy time outside school with friends or take part in sport. It affects their time with their families and how they sleep.

There are [tools and guidance](https://www.healthylondon.org/resource/london-asthma-toolkit/) that exist to help healthcare professionals and others treat and manage asthma and support patients to self-care. We do not have to wait for new medicines or a cure for asthma: we need to educate and support our workforce to use these tools to achieve improved outcomes. However, making a significant change requires agreement and coordinated effort.

We are asking professionals to ensure they implement simple measures to improve care and management of CYP with asthma. We have also asked NHS organisations to commit to reducing their contribution to air pollution, recognising the role played by air quality in triggering attacks.Our [toolkit on air pollution reduction](https://www.healthylondon.org/latest/publications/asthma-air-pollution-toolkit) for NHS trusts describes simple and free changes NHS organisations can make.

**Key facts (see** [**asthma case for change**](https://www.healthylondon.org/resource/london-asthma-toolkit/primary-community-care/evidence-and-resources/) **for more details)**

* In 2018 London Ambulance Services (LAS) attended 2,737 children for asthma and 9,855 children for breathlessness
* London has a higher rate of illness and death in children and young people because of asthma compared to other European countries
* It is one of the top three causes of emergency admission to hospital (4,000 in London each year). 75% of these admissions are avoidable by implementation of simple interventions
* Nearly half of these children have had an asthma attack in the previous year and 30% have had daytime symptoms in the previous week – however only a fraction of these have a personalised asthma plan on how their asthma should be managed
* 170 children were admitted to intensive care in 2016/17, with an average length of stay of 3 days. The represents a spend of over £1million on intensive care for this population
* Nitrogen dioxide, particulate matter and other forms or air pollution are known triggers for asthma and poor health more widely, particularly in children
* Children die of asthma in London each year; 90% of these deaths are preventable. These children should have gone on to lead full and productive lives.

# London asthma standards for hospital care



Healthy London Partnership has developed a set of [ambitions](https://www.healthylondon.org/resource/londons-ambitions-asthma-care-children-young-people/) for how asthma care should be delivered across the city. [The London asthma standards for children and young people](https://www.healthylondon.org/latest/publications/asthma-standards) bring together these ambitions for London with national and local standards.

The [London asthma toolkit](https://www.healthylondon.org/resource/london-asthma-toolkit/) contains numerous resources to support [hospitals](https://www.healthylondon.org/resource/london-asthma-toolkit/hospital-care/) in implementing the standards. The hospitals guide is [here.](https://www.healthylondon.org/resource/london-asthma-toolkit/hospital-care/print-version/)

All organisations/services must have a named **lead responsible and accountable for asthma** (which includes children and young people). They must also all meet the organisational standards (No 1-7) and patient family and support information provision and experience (No 9-13). Please also the see the workforce education and training standards that are applicable to the setting (No 38-42).

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| **Hospital care Standards** | |
| 19 | The organisation complies with existing standards, such as the London acute care standards for CYP (which incorporate the London Quality Standards) and safeguarding policies. |
| 20 | All CYP who present in an emergency are managed according to local policies and protocols and NICE guidance which incorporate acute management, education on-going treatment and discharge arrangements, including ensuring communication with community care electronically within 24 hours. |
| 21 | NICE Statement 7: People with asthma who present with an exacerbation of their symptoms receive an **objective measurement of severity** at the time of presentation. |
| 22 | People aged 5 years or older presenting to a healthcare professional with a severe or life-threatening acute exacerbation of asthma receive **oral or intravenous steroids within one hour of presentation** and seen by the respiratory team directly. |
| 23 | People admitted to hospital with an acute exacerbation of asthma have a **structured review** by a member of a specialist respiratory team **before discharge**.  The structured review includes:   * Assessment of control (Children’s Asthma Control Test (ACT) if aged over 4 years) and / or triggers for wheezing. * Inhaler techniques. * Self-management and how to manage acute exacerbations. * Personal asthma action plan. |
| **High risk care** | |
| 24 | There are **systems in place in acute and community care for identifying patients at high risk, poorly controlled or severe asthma and monitoring/tracing and managing** those CYP who have had in the last year:   * More than one admission. * Admission to HDU, ICU, PICU. * Two or more attendances to the emergency department or out of hours care in the last year. * Two or more unscheduled visits to the GP (requiring short courses of oral steroids). * Ten or more salbutamol inhalers. * 80 per cent or less uptake of repeat preventer prescriptions |
| 25 | There is access to paediatric physiotherapist with an interest in dysfunctional breathing (ideally ability to direct refer from primary care). |

