Greener Practice

OPTIMISING ASTHMA REVIEWS: RIGHT MEDICINE TO RIGHT PLACE

This guide is written for healthcare professionals and intended to support asthma reviews in adults and children over 12 years old.
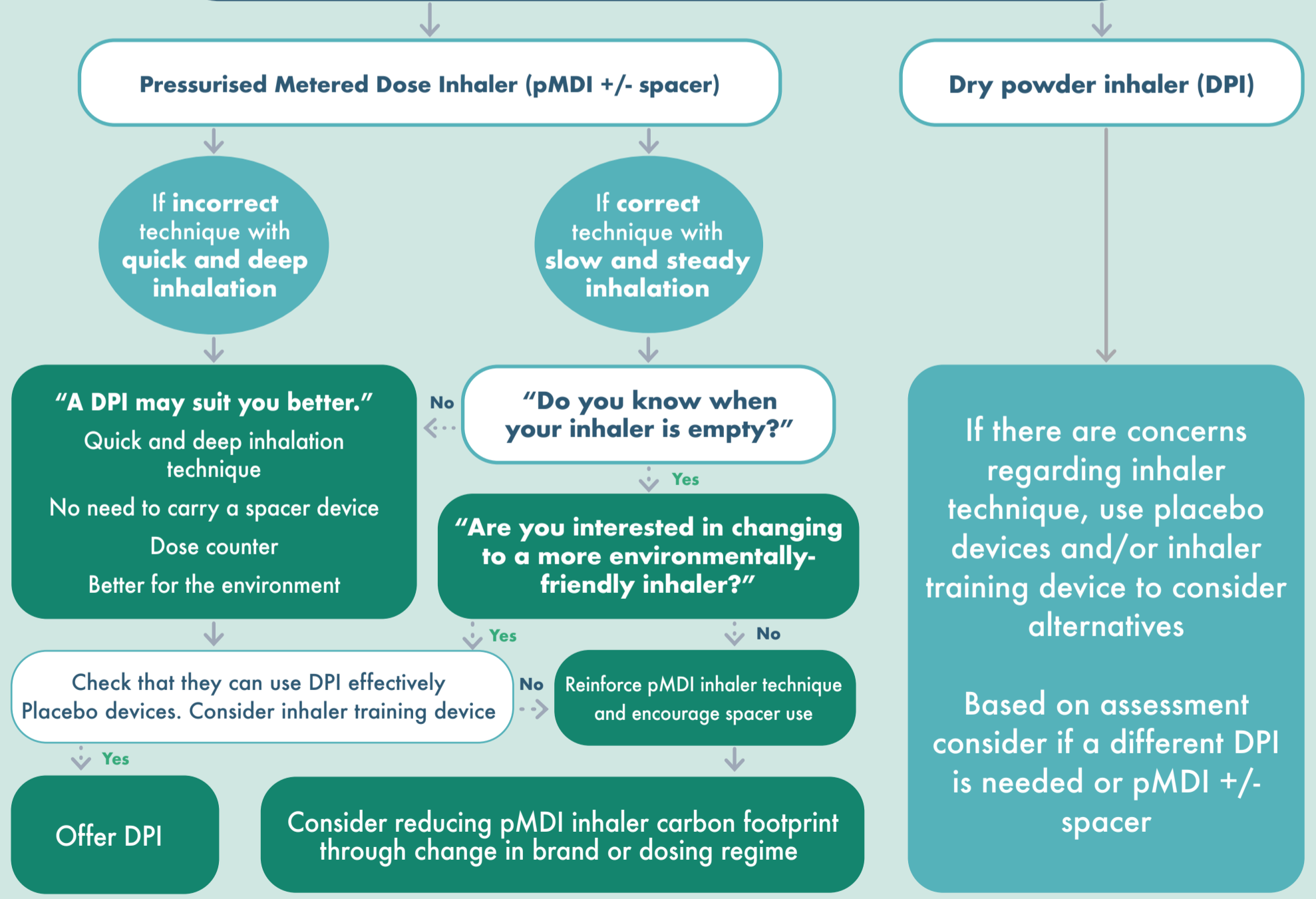
"How is your asthma affecting you?"
Disease control scores, impact on life, triggers and risks.

"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 may benefit from using just one inhaler that contains both the preventer and rescue medicine" (ICS/formoterol)

"Show me how you use your inhalers"

Pressurised Metered Dose Inhaler (pMDI +/- spacer)

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?" — No

Yes

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

Check that they can use DPI effectively
Placebo devices. Consider inhaler training device

Yes

No

Reinforce pMDI inhaler technique and encourage spacer use

No

Yes

Offer DPI

Consider reducing pMDI inhaler carbon footprint through change in brand or dosing regime

Dry powder inhaler (DPI)

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

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

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PHARMACY

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

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