



UCLPartners Proactive Care Framework:

Asthma management

UCLPartners
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- COVID-19 has placed unprecedented pressure on our health system. This brings an added risk to people with long term conditions who need ongoing proactive care to stay well and avoid deterioration. Disruption to routine care may worsen outcomes for patients, increase their COVID risk and result in exacerbations that further increase pressure on the NHS – driving demand for unscheduled care in GP practices and hospitals.
- As primary care transforms its models of care in response to the pandemic, UCLPartners has developed real world frameworks to support proactive care in long term conditions. The frameworks include pathways for remote care, support for virtual consultations and more personalised care, and optimal use of the wider primary care team, e.g. Healthcare Assistants, Link Workers and Pharmacists.
- Additionally, the frameworks include a selection of appraised digital tools, training and other resources to support patient activation and self-management in the home setting.
- This work has been led by primary care clinicians and informed by patient and public feedback.
- The UCLPartners frameworks and support package will help Primary Care Networks and practices to prioritise in this challenging time and to focus resources on optimising care in patients at highest risk. It will support use of the wider workforce to deliver high quality proactive care and improved support for personalised care. And it will help release GP time in this period of unprecedented demand.

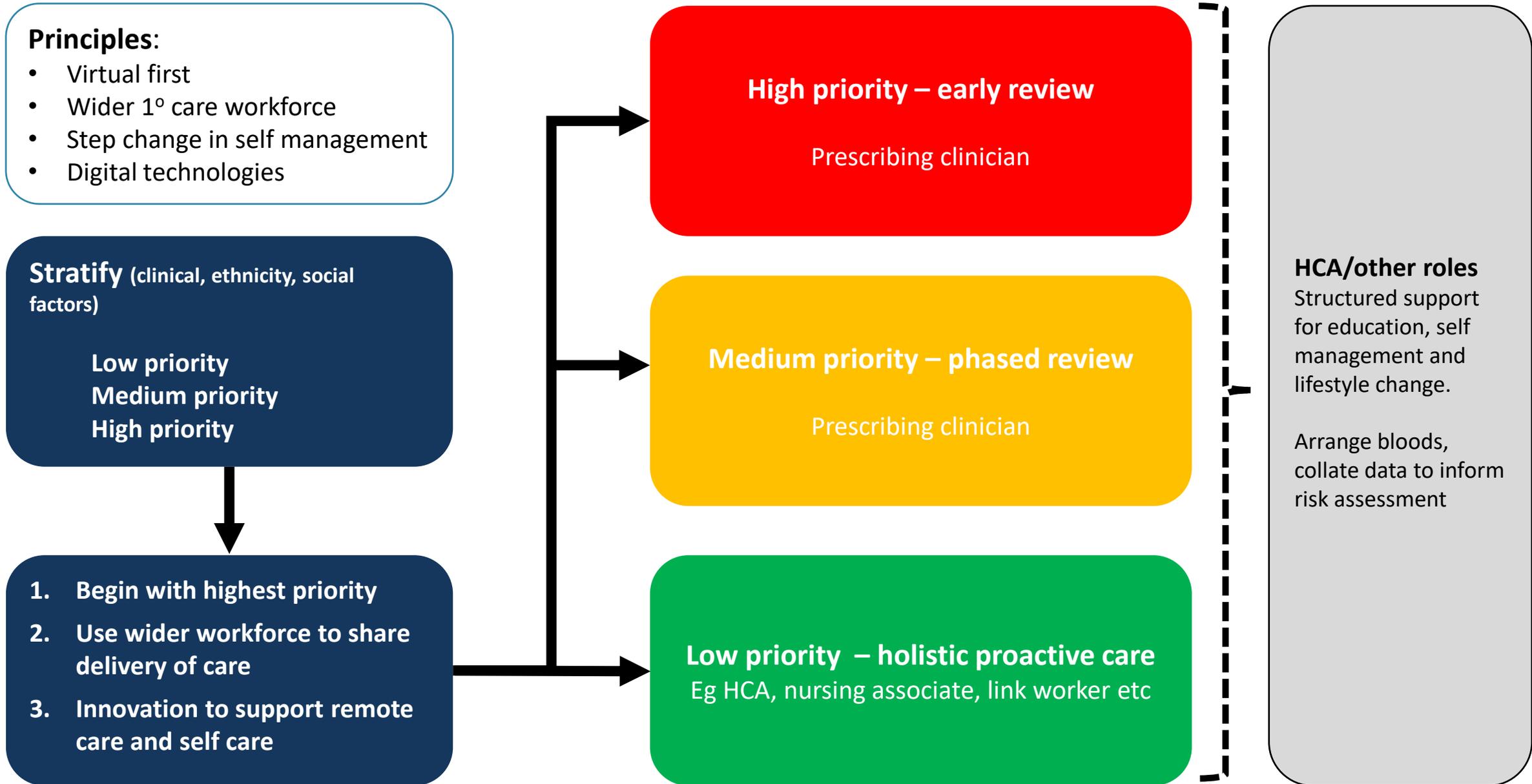
UCLPartners has developed [a series of frameworks](#) for local adaptation to support proactive management of long-term conditions in post-COVID primary care.

- Led by clinical team of GPs and pharmacists
- Supported by patient and public insight
- Working with local clinicians and training hubs to adapt and deliver

Core principles:

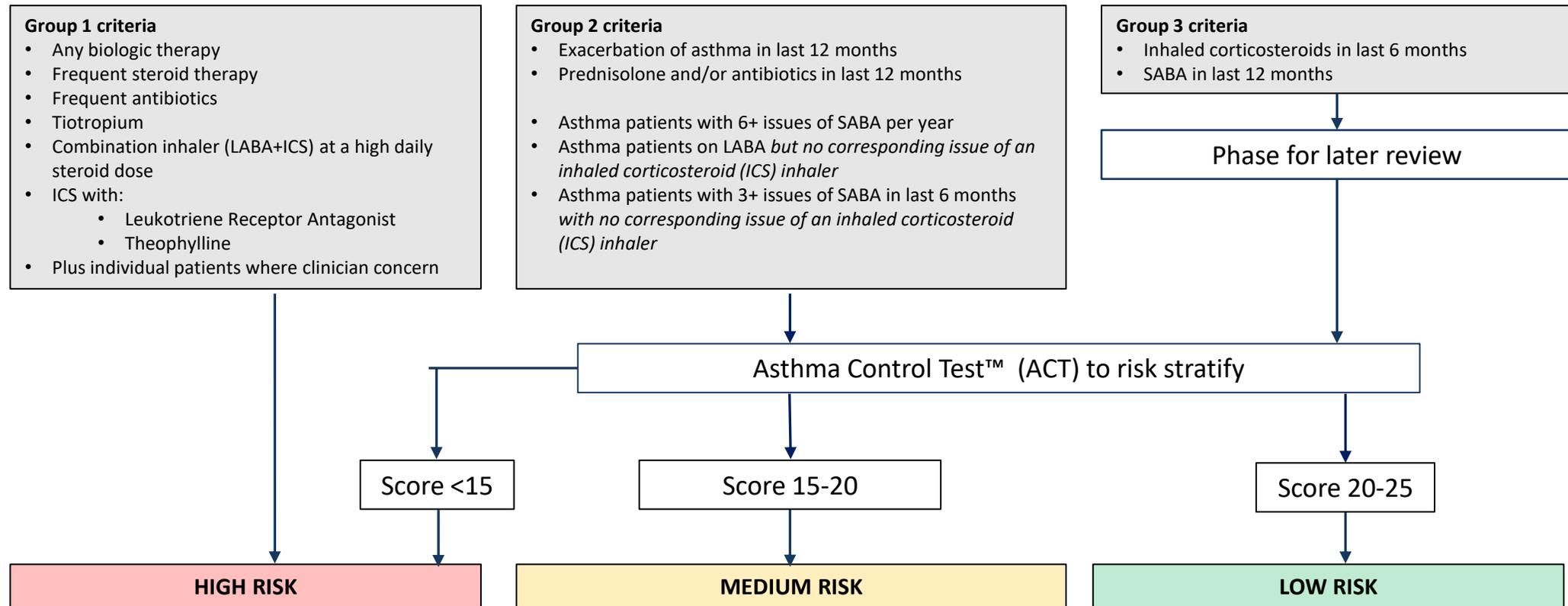
1. Virtual by default
2. Mobilising and supporting the wider workforce (including pharmacists, HCAs, other clinical and non-clinical staff)
3. Step change in support for self-management
4. Digital innovation including apps for self management and technology for remote monitoring





1 Identify & 2 Stratify

Search tool identifies patients with asthma. These patients are stratified into 3 groups depending on clinical characteristics, and then further stratified into high, medium and low risk using the Asthma Control Test™ score.



*The Asthma Control Test™ provides a snapshot as to how well a person's asthma has been controlled over the last four weeks and is applicable to ages 12 years or older. Available here: www.asthma.com/additional-resources/asthma-control-test.html

3 Manage

Healthcare Assistants undertake initial contact for all risk groups to provide smoking cessation advice, inhaler technique, check medication supplies and signpost to resources

Staff type to contact

Intervention

	High risk	Medium risk	Low risk
Staff type to contact	GP/ Nurse Specialist/ Specialist Respiratory Pharmacist	Nurse/ Clinical Pharmacist/ Physician Associate	Health Care Assistant/ other appropriately trained staff
Intervention	<ul style="list-style-type: none"> • Titrate therapy, if appropriate • Ensure action plan in place • Check adherence, inhaler technique (video), spacer advice • Rescue packs prescribed if necessary • Review of triggers, e.g. hay fever • Exacerbation safety netting • Follow up and referral as indicated 	<ul style="list-style-type: none"> • Check optimal therapy; Titrate, if appropriate • Review triggers, e.g. hayfever • Check adherence, inhaler technique (video), spacer advice • Exacerbation management advice • Repeat ACT as per recommendation from ACT test result and escalate to GP/Nurse if red or amber 	<ul style="list-style-type: none"> • Check inhaler usage & technique; signpost to education; spacer advice • Exacerbation management advice inc. mild hayfever symptoms • Signpost to appropriate information for: Lifestyle information/management of stress • Smoking cessation support • Exercise • Appropriate resources



Digital Support Tools to support patient self-management

Inhaler Technique: www.asthma.org.uk/advice/inhaler-videos/ www.rightbreathe.com

Asthma deterioration: www.asthma.org.uk/advice/manage-your-asthma/getting-worse/

General Health Advice www.asthma.org.uk/advice/manage-your-asthma/adults/

Smoking Cessation: www.nhs.uk/oneyou/for-your-body/quit-smoking/personal-quit-plan/ www.nhs.uk/smokefree/help-and-advice

The Primary Care Respiratory Society has published a helpful guide to the [Good Asthma Review](#).

Primary Care Respiratory Update

The building blocks of a good asthma review in adults

Assess

Assess control, severity and risk of exacerbations using a validated or endorsed tool

Review

Review diagnosis and management including the following:

- Confirmation that the diagnosis is correct
- Clinical examination/history
- Check inhaler technique
- Managing tobacco addiction
- Drug therapy
- Compliance/adherence
- Lifestyle and social issues
- Co-morbidities

Collaborate

Work with the patient to develop, maintain and review a self-management/action plan specific to the patient's needs to encompass:

- Information on regular treatment/maintenance therapy as well as any relevant notes on technique and any repeat prescription advice
- What to do if symptoms become worse
- What to do in an emergency/defining an emergency (including information on rescue pack if appropriate) who to contact, when and how
- Information on staying well/avoiding triggers
- Other advice and information on who to contact with questions





Asthma

- Understanding asthma – www.asthma.org.uk/advice/understanding-asthma/
- What to do in an asthma attack – www.asthma.org.uk/advice/asthma-attacks/
- Help to manage your asthma – www.asthma.org.uk/advice/manage-your-asthma/
- How to use your inhaler – www.asthma.org.uk/advice/inhaler-videos/

Diet

Providing information and recipes for easy ways to eat better from the 'One You' website - www.nhs.uk/oneyou/for-your-body/eat-better/

Exercise

- 'One You' - www.nhs.uk/oneyou/for-your-body/move-more/
- Asthma UK - www.asthma.org.uk/advice/triggers/exercise/
- iPrescribe app offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user. It then sets the duration and intensity of the exercise based on this information, please see free download - www.nhs.uk/apps-library/iprescribe-exercise/
- Getting active around the home: tips, advice and guidance on how to keep or get active in and around the home from Sport England, access for free using link here <https://weareundefeatable.co.uk/>
- Dance to health: Online dance programme especially tailored to people over 55 years old – [www.dancetohealth.org/Online Session/Online Sessions](http://www.dancetohealth.org/Online_Session/Online_Sessions)

Smoking cessation

Support, stop smoking aids, tools and practical tips – www.nhs.uk/oneyou/for-your-body/quit-smoking/

Mental Health

Tips and suggestions for looking after your mental health – www.nhs.uk/oneyou/every-mind-matters

Peer support

Communities of people living with asthma – www.healthunlocked.com/asthmauk

Implementation Support is critical to enable sustainable and consistent spread.
UCLPartners has developed a support package covering the following components:

Search and stratify

Comprehensive search tools for EMIS and SystmOne to stratify patients

- Pre-recorded webinar as to how to use the searches
- Online Q&A to troubleshoot challenges with delivery of the search tools

Workforce training and support

Training tailored to each staff grouping (e.g. HCA/ pharmacist etc) and level of experience

- **Delivery:** Protocols and scripts provided/ training on how to use these underpinned with motivational interviewing/ health coaching training to enable adult-to-adult conversations
- **Practical support:** e.g. correct inhaler technique; correct BP technique, Very Brief Advice for smoking cessation, physical activity etc
- **Digital implementation** support: how to get patients set up with appropriate digital
- **Education** sessions on conditions
- **Communities of Practice**

Digital support tools

Digital resources to support remote management and self-management in each condition

Implementation toolkits available where required, e.g. MyCOPD

Support available from UCLP's commercial and innovation team for implementation

Thank you

For more information please contact:

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