

THE NORTH THORESBY PRACTICE

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The North Thorseby Practice Asthma Policy

Aim:

- To ensure that all patients with a diagnosis of asthma, have a minimum annual Asthma Review
- This Protocol is to be applied to all patients diagnosed with Asthma

Policy

System one searches will be performed to identify all those patients who are due for their asthma review and they will be invited to make an appointment at the surgery with the nurse or GP.

Monitoring asthma control

Monitor asthma control at every review. If control is suboptimal:

- confirm the person's adherence to prescribed treatment in line with the [recommendations on assessing adherence in the NICE guideline on medicines adherence](#)
- review if treatment needs to be changed, discuss changes with the GP if required
- Document number of exacerbations in the past year, A&E attendance
- Number of Asthma attacks, oral corticosteroid use, time off school/nursery/work due to Asthma
- Review symptoms Daytime, Activities, Sleep, occupational asthma and/or other triggers if relevant eg: seasonal hay fever allergies
- Observe and give advice on the persons inhaler technique, You can use placebos to help demonstrate good inhaler technique, you can also direct patients to online videos on how to use their inhaler using this link: <http://www.asthma.org.uk/advice/inhaler-videos/>
- Check Smoking status, exposure to tobacco smoke, give smoking cessation advise if required
- Monitor asthma control at each review in adults, young people and children aged 5 using spirometry or Peak flow Variability testing (PEFR)

- Consider using a validated questionnaire (for example, the Asthma Control Questionnaire or Asthma Control Test) to monitor asthma control in adults (aged 17 and over).
- Management plan, personalised asthma action plan

Review the person's inhaler technique:

- at every consultation relating to an asthma attack, in all care settings
- when there is deterioration in asthma control
- when the inhaler device is changed
- at every annual review
- if the person asks for it to be checked

In children, specific factors that should be monitored and recorded

- Symptom score (best assessed using the Childhood Asthma Control Test or Asthma Control Questionnaire)
- Additionally, assess asthma control using the closed questions such as "do you use your blue inhaler (reliever) everyday?"
- Whenever practicable, children should be asked about their own symptoms, do not always rely solely on the parent report

This protocol will be reviewed annually from after consultation with the senior partner
Lyndsey Evans 14/05/2021

Policy adapted using NICE guidance sourced from:

<https://www.nice.org.uk/guidance/ng80/chapter/Recommendations#initial-clinical-assessment>

NICE Asthma Guidelines also saved on the desktop PDF file