

BReATHE

Beating Asthma Through Health Education –
Across the NorthEast And Cumbria and
Beyond

Mrs Sally Hails - Children's Respiratory Specialist Nurse

And

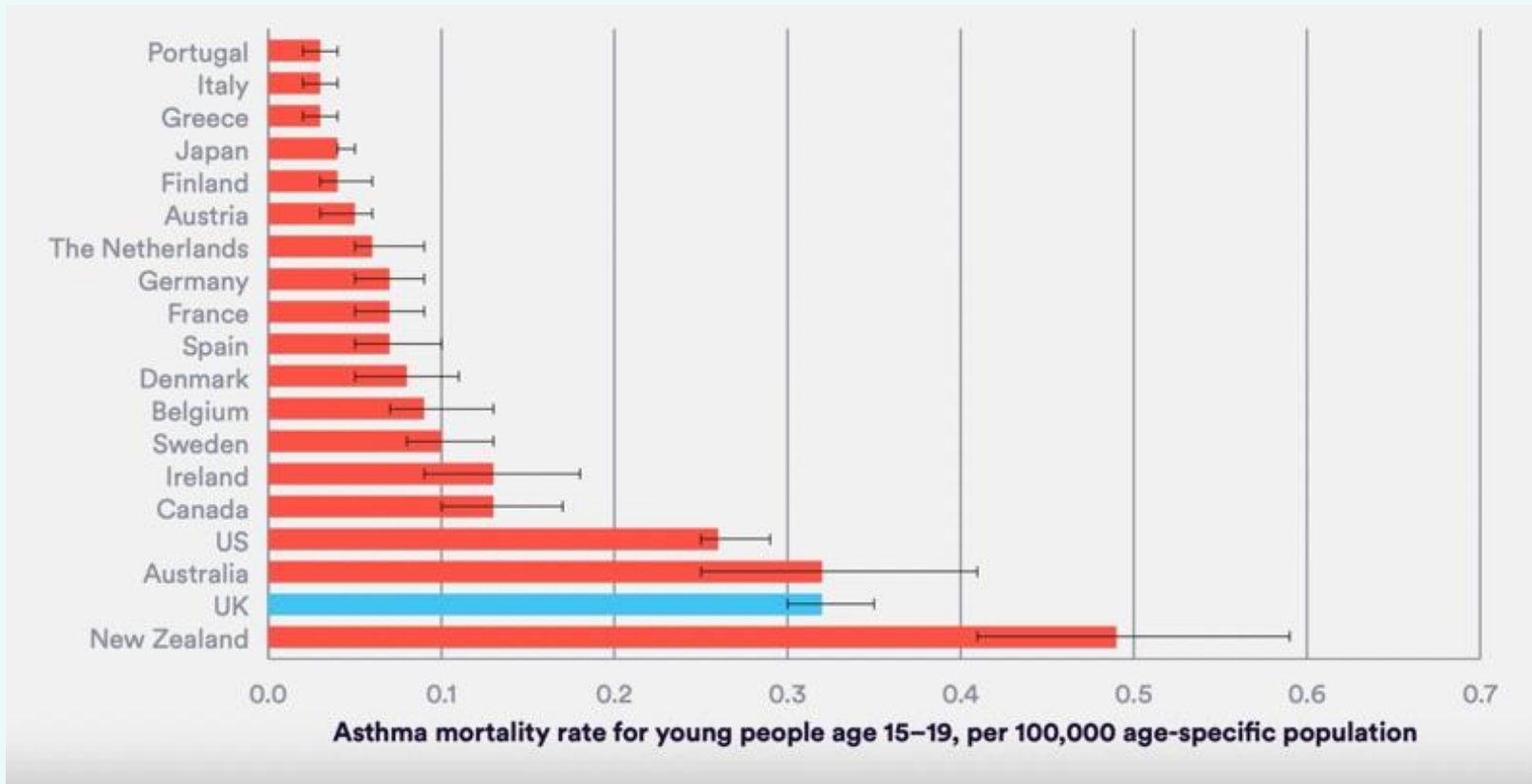
Dr Jen Townshend – Consultant Paediatrician



**beat
asthma**

Aims

- Asthma outcomes
 - UK
 - NE and Cumbria
- BReATHE and BeatAsthma
www.beatasthma.co.uk
- Future directions



Source: International comparisons of health and wellbeing in adolescence and early adulthood. Rakhee Shah, Ann Hagell and Ronny Cheung Nuffield Trust, Feb 2019

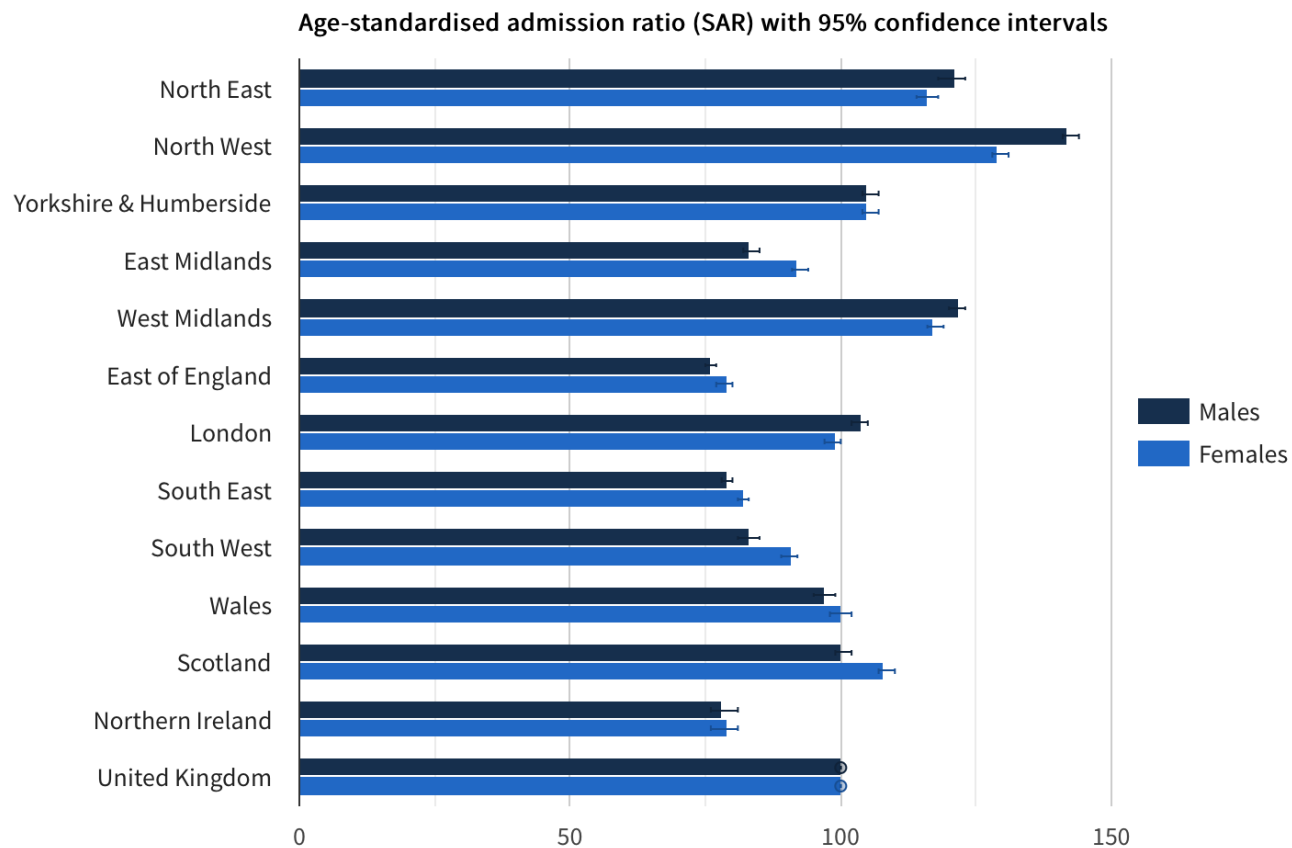
Why asthma still kills
The National Review
of Asthma Deaths (NRAD)

Preventable

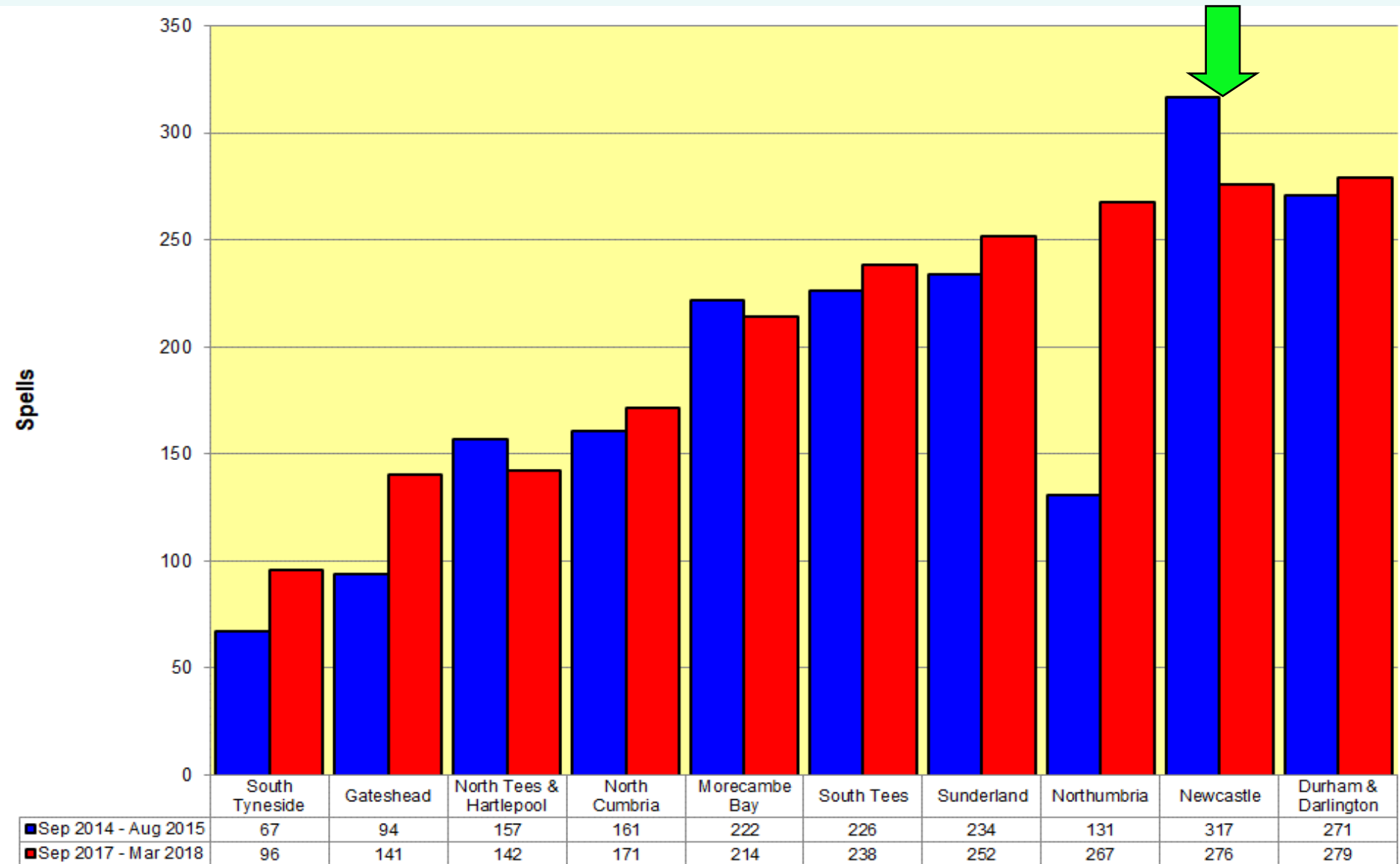
2/3rds had inadequate care

36 children died

Asthma hospital admission ratios, males and females, in each UK region, 2008–12



Non-elective Asthma admissions





Concerns

- No children's asthma nurse
- Majority of children admitted not receiving specialist advise
- Basics of asthma management in children not being delivered.

Source: BBC Look North

www.beatasthma.co.uk

Coroners conclusions

- Fragmented care
- Simple interventions not done
- Asthma can still kill

Doctors missed 11 chances to treat chess champion before he died of chronic asthma, inquest hears



NHS BLASTED Fury over ten-year-old girl who died of asthma as coroner rules she was failed by 'woeful' NHS treatment

By Ben Leo
1 Jun 2019, 0:11 | Updated: 1 Jun 2019, 0:11



A GIRL who died 48 times before dying of asthma was failed by NHS treatment, coroner has ruled. Sophie Holman repeated the same mistake 19 times in A&E.



**THOSE WHO DO
NOT LEARN FROM
HISTORY ARE
DOOMED TO
REPEAT IT.**



QuoteHD.com

George Santayana

Spanish Philosopher

1863-1952

Aims

- Education
- Empowering patients
- Promote self management
- Co-ordinated care

Outcome Measures



- **Reduced unplanned hospital admissions**
- Improved PAAP usage
- Improved overall asthma control
 - 2 point increase

Experience based co-design



1. Capturing the experience

2. Understand the experience

3. Improve the experience

4. Measure the Experience

Regional partnership



Focus groups



Families:

- Isolated
- Self management resources

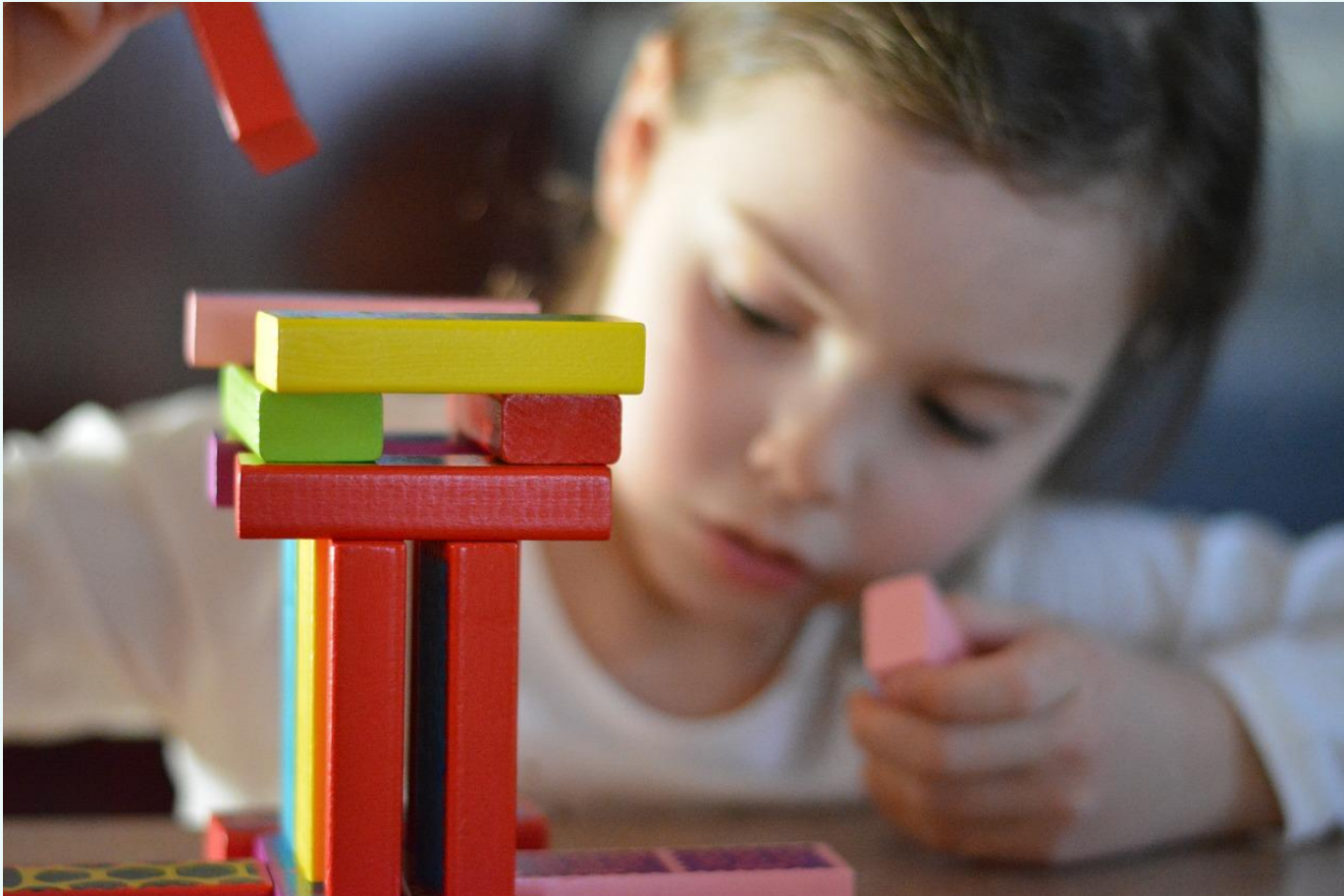
Primary care:

- Standardised resources
- Easily accessible resources

Young people:

- Ability to share information
- Schools

Intervention design



Beating Regional Asthma Through Health Education



Families & children



Young people with asthma



Schools



Primary Healthcare Professionals



Secondary Healthcare Professionals



Fundraising

Do you want to help beat asthma?

Supporting young people with asthma



[Home](#) > [Resources](#) > [Young people with asthma](#)

Resources tailored to the needs of young people

On this site, you will find all the information you need to fully understand your asthma, know how to recognise important symptoms and know how your treatment should be so you can get the best possible control of your asthma. There is also advice for how to look after your asthma in schools and things to help your friends understand more about it too, and know what to do if you need their help.



Why is Asthma serious

Learn why it is important to take asthma seriously



Managing my Asthma

Find all the information you need to manage your asthma day to day



I am having an asthma attack

Helpful information on recognising an asthma attack and easy to follow steps of what to do for you and your friends



Asthma in schools

Resources and information to help you look after your asthma and feel safe in school



Asthma medicines information

Understand your asthma medicines
www.beatasthma.co.uk



Emerging treatments

Learn what the future holds for asthma treatment

Learning to take control and manage your own asthma day to day is the best way to keep you well and prevent having an asthma attack.

General Resources

- ↓ [Are my symptoms due to asthma?](#)
- ↓ [Personalised asthma action plan](#)
- ↓ [What to expect at an annual review](#)
- ↓ [Smoking and My Asthma](#)
- ↓ [Air pollution and my asthma](#)
- ↓ [Keeping my asthma safe on a night out](#)

Is my asthma well controlled?

Keeping your asthma under good control is the key to preventing asthma attacks and good lung health. Take the Asthma Control Test to find out if your asthma is as well controlled as it could be.

- ↓ [Asthma control test for young people 12 years and older](#)

How to use my inhalers

It is important to use your inhaler in the right way. If not, the medicine may not get to the lungs and may mean your asthma is less well controlled. The most commonly used inhaler is a 'Metered Dose Inhaler (MDI) and these must always be taken with a spacer device, no matter how old you are, in order to get the medicine to the lungs. Not all inhaler devices need a spacer, though. Read our easy to follow information sheets for the different inhalers.

- ↓ [How to use my large volume spacer](#)
- ↓ [How to use my accuhaler](#)
- ↓ [How to use my autohaler](#)
- ↓ [How to use my Easibreathe](#)
- ↓ [How to use my Easyhaler](#)
- ↓ [How to use my turbohaler](#)
- ↓ [How to use my peak flow meter](#)

Video guides

How to use my large volume spacer



How to use my accuhaler



BReATHE



www.beatasthma.co.uk



REGIONAL ASTHMA
EDUCATION DAYS

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EDUCATION DAYS



LOCAL SPECIALIST
ASTHMA SERVICE



NURSE LED 'ONE STOP
SHOP' CLINIC



DISCHARGE BUNDLE
AND TELEPHONE
FOLLOW UPS



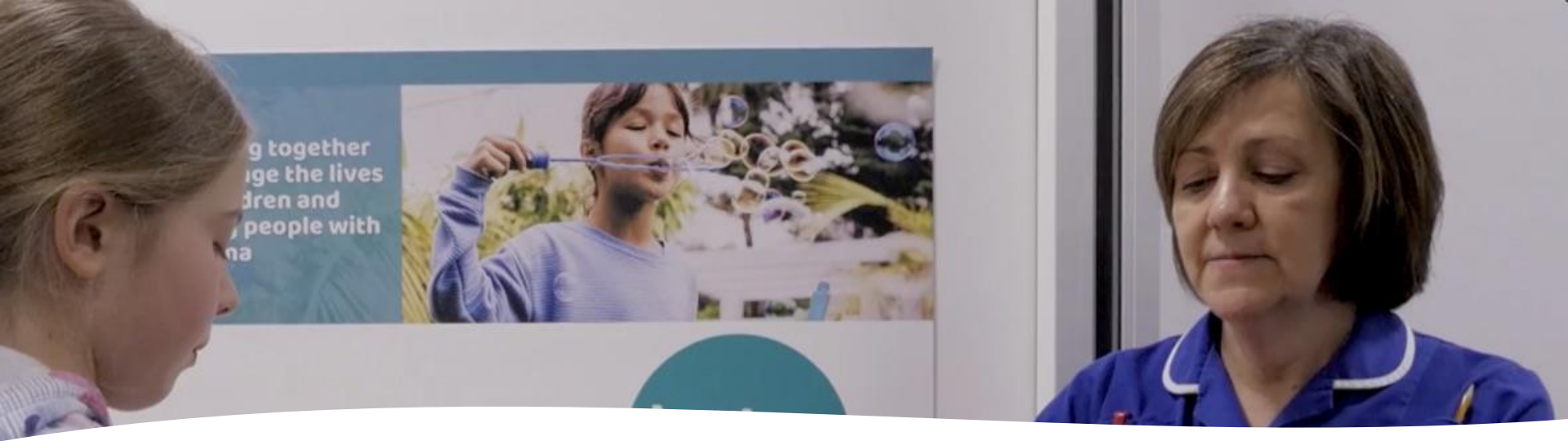
CASCADE TRAINING FOR
SCHOOLS

www.beatasthma.co.uk

What we needed

- Funding for a respiratory nurse experienced in asthma management for 1 day a week
- Administration support for 2 hours a month
- Nurse led clinic – 6 slots, twice a month
- Data collection – all children aged 5-17yrs coded as asthma





What we did

- One stop clinic
- Referrals from primary care, general paediatricians and A&E discharges
- Patients invited to attend a once only appointment offering:-
 - Education
 - Advice management and support – PAAP
 - Review of inhaler technique/device suitability
 - Spirometry/feno/bronchodilator reversibility
 - Allergy testing
 - ACT
- Repeat follow up call & ACT 8 weeks later
- Information services provided weekly data of admissions (asthma, 5-17yrs)
- Phone calls to above
- #beatasthma



Impact

One stop clinic and Follow up calls: Results

- 66 referrals
- 65 attended
- 60 completed initial ACT /43 repeat
- 180 A&E hospital attendees
- 71% contacted by telephone
- 29% no answer/didn't return call/incorrect information
- 9% reviewed face to face during admission
- 4% under the care of the Respiratory team

“Much better, we are so grateful for your advice”

“Sleeping much better and more active. Delighted with improvement. Best advice we have been given since diagnosis”

“Why haven't we been told this before”

“I feel more confident managing his asthma and understanding things for the first time”

“Mum said to me yours was the most useful consultation they had had and was exactly the sort of thing that should be provided for children with asthma”
Consultant Paediatrician



3 years later

- Respiratory nurse continued her extra day to incorporate this into our service
- Poster presentations home and overseas
- NPRANG 1ST prize
- Initiative part of the BReATHE project
- (Beating Asthma Through Health Education)
- Published in 2021
- Asthma nurse in post since July 2021

Asthma nurse

In post since July 2021

218 patients reviewed on wards/A&E

85 additional phone calls

Weekly nurse led clinic

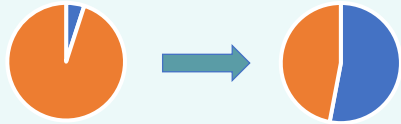


Impact

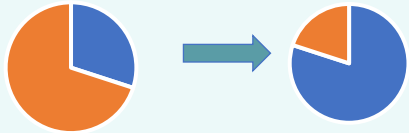
29%

Reduction in unplanned hospital admissions
(10 % increase region-wide)

SUSTAINED CHANGE over 3 years



48% increase use of PAAP in primary care



40% increase use of discharge bundle in secondary care

£67139.55

cost saving over 3 years



50,000

page views world-wide

100%

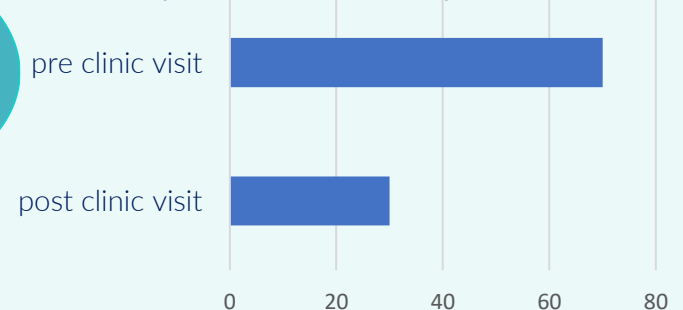
positive feedback from all user groups

Thank you all for this fantastic website. So easy to navigate and every bit of information is to the point and actually makes sense!

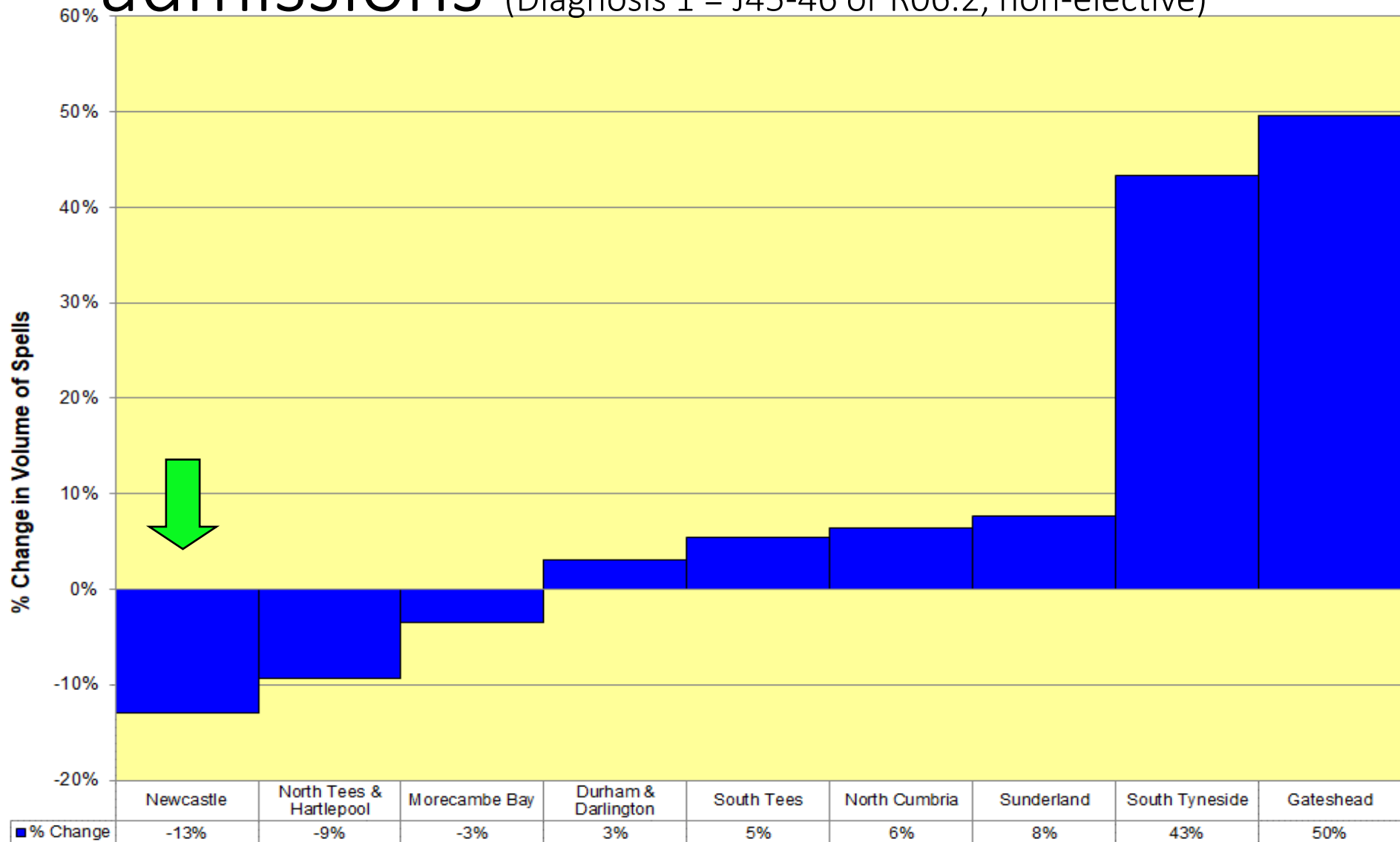
↑ 6

Point improvement in ACT score (sustained)

% of patients with poor control



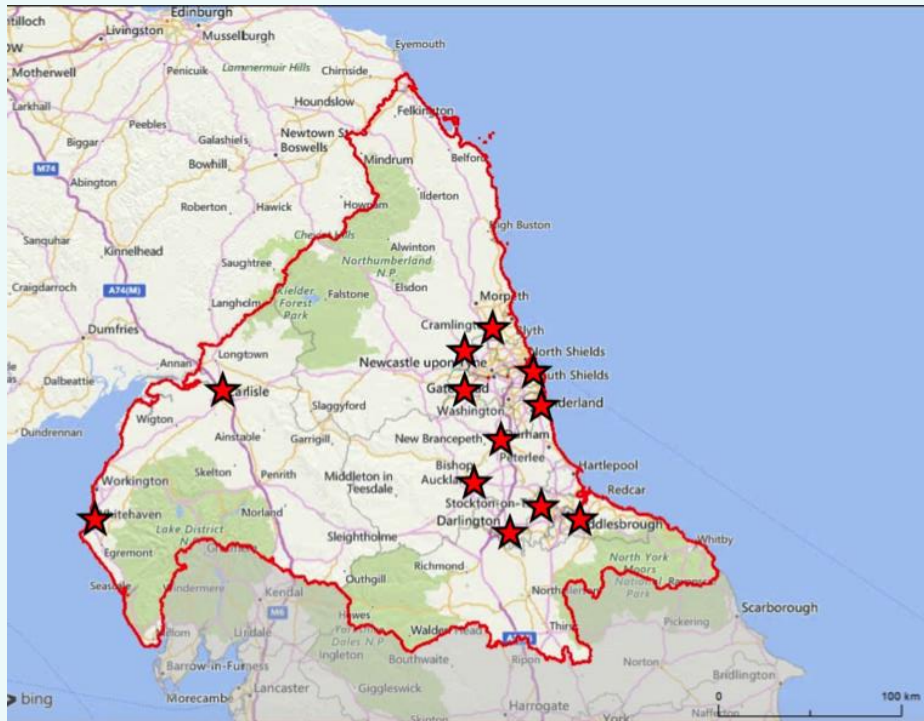
% Change in volume of Asthma admissions (Diagnosis 1 = J45-46 or R06.2, non-elective)



REACH

National Spread

Region wide use of shared paperwork



REACH

National Spread

Region wide use of shared paperwork



LOCAL AND NATIONAL AWARDS



HSJ AWARDS 2019 Partnered with **GRI**
GEOMETRIC RESULTS, INC.

THE STANDARD FOR HEALTHCARE EXCELLENCE

WE ARE PROUD WINNERS

**Acute or Specialist Service Redesign
- North / Midlands / East**





Increase
the impact

www.beatasthma.co.uk



Increase
the impact

- NHS E/I National Asthma Bundle of Care



Increase
the impact

- NHS E/I National Asthma Bundle of Care
- National training module

National Training Module





Increase
the impact

- NHS E/I National Asthma Bundle of Care
- National training module
- Primary care

A large teal circle is centered on the page. Inside the circle, the words "beat" and "asthma" are stacked vertically in a bold, white, lowercase sans-serif font. Below the word "asthma" is a white plus sign (+).

**beat
asthma
+**

www.beatasthma.co.uk



Increase
the impact

- NHS E/I National Asthma Bundle of Care
- National training module
- Primary care
- To infinity and beyond....

**beat
asthma**

schools



**beat
asthma**

pharmacy



**beat
asthma**

Aims

- Asthma outcomes
 - UK
 - NE and Cumbria
- BReATHE and BeatAsthma
www.beatasthma.co.uk
- Future directions

