

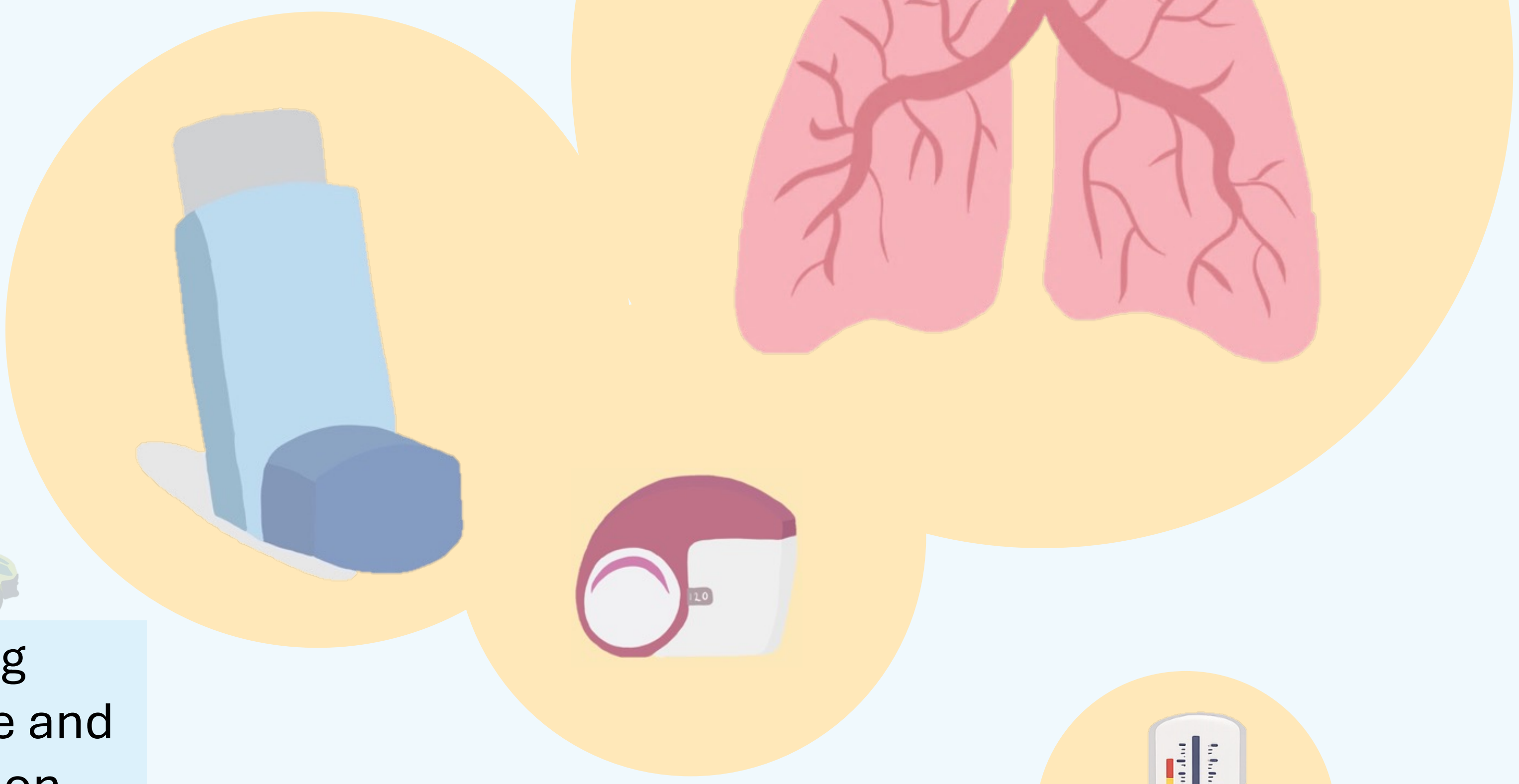
Improving Self Management of Asthma

The Creation of a 'Community Asthma Guide' Dr Sophie Gay

Over 7 million people live with asthma in the UK¹

90,000 hospital admissions every year²

1000 deaths per year²



Asthma education must remain a key priority alongside ongoing developments in treatment regimens, given the potential for severe and potentially life-threatening outcomes associated with the condition.

Empowering patients to recognise the association between their symptoms and poor asthma control may facilitate earlier recognition of deterioration and encourage timely medical review.



Encouraging patients to reflect on their understanding of asthma may promote greater awareness of their condition and support more effective self-management.

Furthermore, it is important to communicate the potential severity of asthma in a clear and balanced manner, ensuring that patients are appropriately informed without causing unnecessary anxiety.⁴

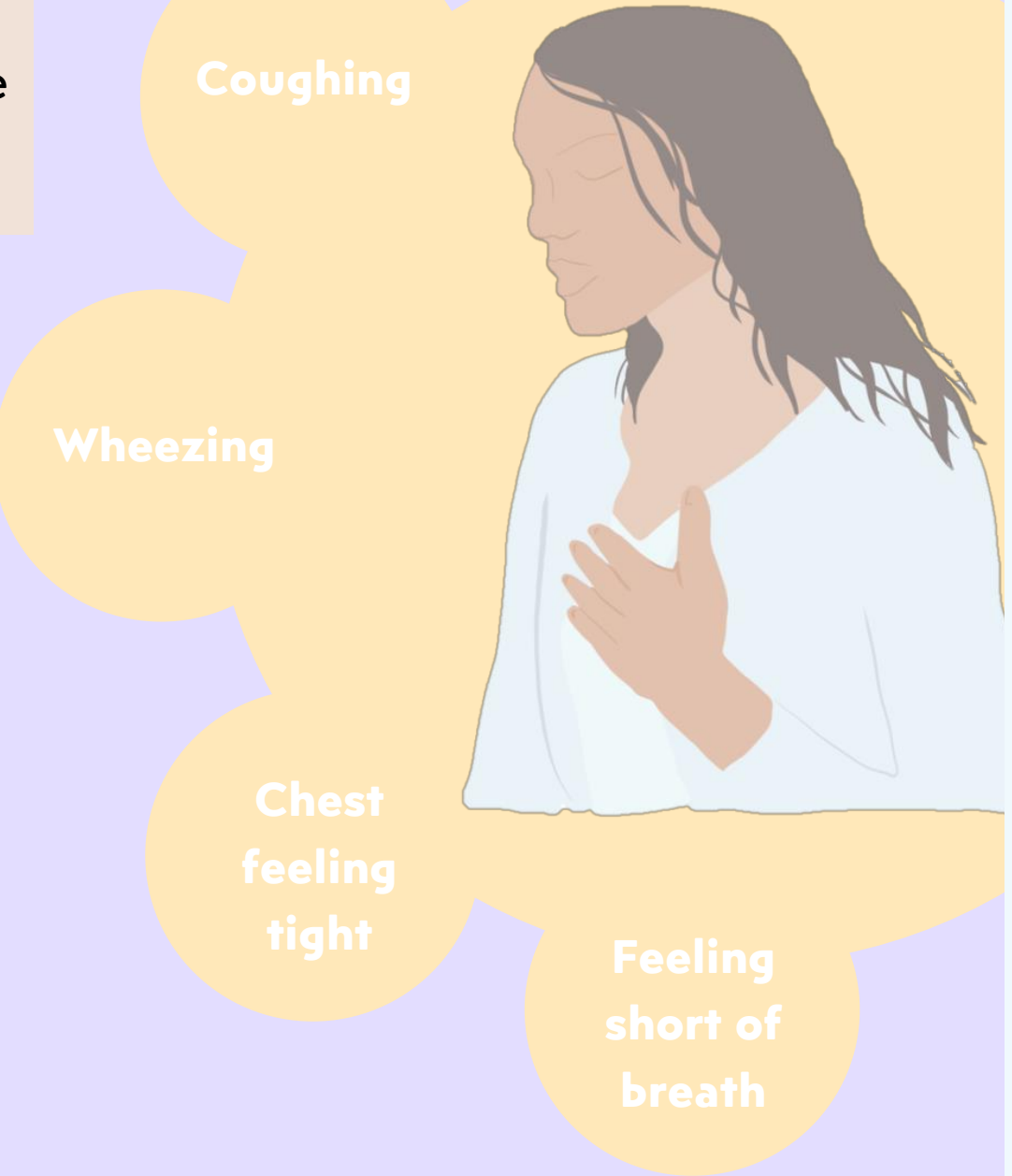
Understanding symptoms

Do your symptoms:

- Vary from day to night?
- Vary across the year?
- Have periods when they are better and worse?



Scan here for help creating a symptom diary!



When should I book an appointment?

- Your treatments are not making a difference to your symptoms
- Your symptoms are stopping you from doing your daily activities
- Your symptoms are waking you up at night
- You are using your treatments more often than normal

Action Plans

Do you:

- Know how and when to take your inhalers?
- Know when your next asthma review is?
- Know what to do if your symptoms get worse?
- Know what to do when having an asthma attack?
- Know what your asthma action plan is?



Scan here to learn more about asthma action plans and what they include!

If you answered **no** to any of these questions, you need to speak to your doctor or nurse as soon as possible!



When to call 999

You or someone else is having an asthma attack and:

- You or someone else **does not have any relief** after using an inhaler
- You or someone else **doesn't have an inhaler**
- You or someone else **cannot speak in full sentences**
- You or someone else starts to become **drowsy or confused**

Inhalers

If you are unsure what treatment you are on, check your NHS app or ask your GP!

Preventers	Relievers	AIR	MART
Use 1-2 times per day as instructed by your doctor	Use when you have symptoms	Anti-inflammatory reliever (AIR) ➢ Use when symptomatic	Maintenance and reliever therapy (MART) ➢ Use daily for preventing your symptoms ➢ Use <u>the same inhaler</u> when needed for relief from symptoms



Scan here to learn more about inhalers and other asthma treatments!



Reliever/AIR/MART inhaler warnings:

- Using **before exercise**
- Using the inhaler **2-3 times a week**
- Finishing more than **2-3 inhalers per year**



Scan here to learn about how to use your inhaler!

This could mean your asthma is not under control and we need to change your inhaler treatment!

Lifestyle Advice



Triggers

For some people, things in the environment can trigger their asthma.

Common triggers include:

- Pollen
- Pollution
- Pets
- Mould

Identify your triggers and avoid them as much as you can!

How to look after yourself when living with asthma:

- Regular exercise
- Good control of your weight
- Stop smoking
- Eat a healthy diet
- Have good control of any other medical conditions
- Get any vaccines that are suggested by your doctor



Scan here for information about exercising with asthma!



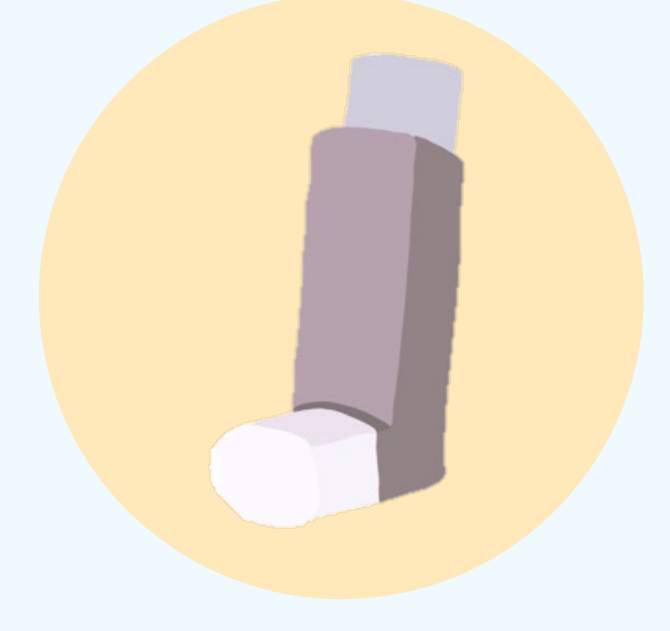
Scan here for help to quit smoking!



Scan here for more information on vaccines and how they can help!

Supporting patients in understanding their prescribed inhalers through visual aids may improve their ability to use these treatments appropriately.

Furthermore, educating patients about simple indicators of suboptimal asthma control can support early identification of the need for a treatment review.³



Providing patients with education on strategies for managing their condition beyond pharmacological treatment may promote greater self-management, autonomy, and overall asthma control.

Even well-designed, evidence-based treatment regimens may be ineffective without adequate patient understanding and engagement. Clear and effective communication is particularly important during transitions in treatment regimens to ensure that patients understand changes to their management and can implement them appropriately.

1: Asthma + Lung UK. What Is Asthma? [Internet]. Asthma + Lung UK. 2024. Available from: <https://www.asthmaandlung.org.uk/conditions/asthma/what-asthma>
2: Mukherjee M, Stoddart A, Gupta RP, Nwani BL, Farr A, Heaven M, Fitzsimmons D, Bandyopadhyay A, Afab C, Simpson CR, Lyons RA. The epidemiology, healthcare and societal burden and costs of asthma in the UK and its member nations: analyses of standalone and linked national databases. BMC medicine. 2016 Aug 29;14(1):113.
3: NICE. CKS is only available in the UK | NICE [Internet]. NICE. 2025. Available from: <https://cks.nice.org.uk/topics/asthma/management/newly-diagnosed-asthma-optimizing-treatment/>
4: NHS. Asthma [Internet]. NHS. 2021. Available from: <https://www.nhs.uk/conditions/asthma/>