



QUESTION & CHALLENGE CARDS

Pharmacists





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PHARMACISTS

These cards are a way to trigger conversations and for you to share your thinking with others. We invite you to use them to start a discussion!

INSTRUCTIONS

1. Split into pairs or small groups
2. Choose a card from the pack
3. Read the question or comment
4. Take a few minutes to discuss the question or comment on the card and note down your key discussion points
5. Choose another card and follow steps 3 and 4 above
6. Feed back your discussion points to the full team/meeting

This resource has been produced as part of the PCRS Asthma Right Care (ARC) initiative, which is part of a wider global social movement initiated by the IPCRCG; see <https://www.pcrs-uk.org/arc> for further information. The PCRS is grateful to AstraZeneca for supporting the ARC initiative in the UK through an educational grant and secondment of a programme manager. AstraZeneca played no part in the creation of the resource.

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**What does good asthma
look like?**

**What does bad asthma
look like?**



Metaphor:

**Does this work for explaining
when to use relievers and
preventers for asthma?**

**“You have a leak in your house.
You can do one of two things:
use a bucket or call a plumber.”**

What metaphors do you use?



Metaphor:

Does this work?

“Using the (blue) asthma reliever is like damping down a fire, but to put out the embers and to stop it flaring up, you need the inhaled corticosteroid (ICS) preventer”



Is there a general level of knowledge of what a SABA (reliever inhaler) for asthma actually does?

Does it help to explain that these work on the bronchoconstriction on the “outside” of the airway but not the inflammation and mucous on the “inside”?
(It helps to have 3D models for this).



Challenging statement:

**“If SABA is used regularly
e.g. daily, studies show
it can have a rebound effect
causing more side effects
(or breathing difficulties)”**

What is your reaction?

What is your experience?



Challenging statement:

**“I was told to always take my
reliever to open my airway
before taking inhaled
corticosteroid (ICS)”**

**Do you still hear people saying
that, despite evidence to the
contrary?**



How often is a follow up appointment planned when a SABA for asthma is prescribed/dispensed for the second or third time?

Is follow up more likely to be clinician-directed or patient- directed?

How many months is normal between prescription and review?



Positive message:

Does this work?

“This (SABA inhaler) should last you 6 months; come back if you still have symptoms or if you run out before the six months because that indicates that something is wrong and your asthma may not be fully controlled”

