Post-acute asthma care bundle

The asthma discharge care bundle is a short list of evidence-based practices which should be implemented prior to discharge for all patients who have been admitted with an acute exacerbation of asthma. It is based on a review of national guidelines and other relevant literature, expert opinion and consultation with patients. The bundle is being adopted in various hospitals across the UK and could also be used in practice to follow on from an unscheduled episode of Asthma care.

Practice organisations should ensure that there is an effective way of identifying patients who have been admitted to hospital or received unscheduled care for their asthma.

This practice improvement worksheet covers the four key points of review.

PCRS-UK Resources:

- **PCRS-UK Opinion sheets** - Smoking cessation, Inhaler devices, High risk asthma, Asthma action plans, Asthma in adolescence, Managing acute exacerbations, Optimal asthma control, Tailoring inhaler choice
- **PCRS-UK Quick Guide to the diagnosis and management of asthma in primary care**
- **PCRS-UK Acute asthma protocol, Asthma assessment and review**
- **PCRS-UK Asthma checklist**

Other Resources:

- BTS/SIGN Guideline for the management of asthma - see http://www.sign.ac.uk/guidelines/fulltext/101/index.html
The practice should ensure that those teaching and assessing inhaler technique have the skills to do so. Each inhaler technique event should be documented, reminding that there is a rapid decline in inhaler skill over time. Electronic case records allow for assessment of scripts collected which can be used as a proxy for adherence. Poor therapy adherence is recognized to be a key factor in patients with poor asthma control and high asthma risk.

**Is this a poor control / high risk patient?**
- Consider alternative cause of symptoms including lifestyle e.g. smoking, obesity
- Review inhaler technique and adherence
- Optimize treatment according to local guidelines
- Self-management education, written asthma action plans and ongoing support for patients and carers
- Consider referral for management of difficult asthma

**Satisfactory use of inhaler demonstrated and the importance of good adherence discussed**
- Patient to demonstrate ability to use inhaler appropriately
- Document in patient record
- If technique is poor an alternative delivery device that the patient can use should be prescribed
- Encourage good adherence with therapy

**Arranging proactive follow-up as indicated**

**Reduce exposure to potentially avoidable triggers**
- Consider occupation and hobbies
- If the patient is a smoker offer smoking cessation assistance including pharmacotherapy and specialist referral
- Consider physical activity programme or pulmonary rehabilitation programme
- Dietary advice and support with weight management

**Offer written self-management plan, and also rescue pack to suitable patients**
- Written self-management asthma action plans with rescue medication for suitable patients
- Assess patient/carer knowledge and address gaps
- Offer on-going self-care support

**Information for patients**

**Arrange follow-up 48-72 hours following event**

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