



Child Health and
Wellbeing Network
North East and North Cumbria



Helping manage children and young people with asthma

The Community Pharmacists role...

We see the community pharmacist's role as essential in the management of children and young people (CYP) with asthma and we would really appreciate your help! Please have a think about how you can help us in our mission at the Child Health and Wellbeing Network (CHWN) NENC:

“We believe all children and young people should be given the opportunity to flourish and reach their potential and be advantaged by organisations working together.”

One of our priorities is to reduce asthma attendances in A&E and share best practice to improve outcomes across the region. For more information about our work, please visit our website. <https://northeastnorthcumbria.nhs.uk/our-work/workstreams/optimising-services/child-health-and-wellbeing-network/>

Did you know every child or young person with asthma should have an annual review at their GP surgery, where they should be given their own personalised asthma action plan?

How community pharmacy colleagues can help...

GPs and practice nurses would appreciate if you could ask parents/guardians/patients if they have an up-to-date asthma care plan and let them know if the patient doesn't. You could email the surgery as we appreciate their telephone lines can be busy. You could even direct the patient to the Beat Asthma website where they can access an asthma care plan and recommend, they contact their practice to discuss completing it together.

<https://www.beatasthma.co.uk/wp-content/uploads/2022/09/no-logo-PAAP.pdf>

You could also encourage parents to book an annual review. We know parents want their children to attend their annual reviews, but life is busy and review appointments can often fall down the priority list. Regular, gentle reminders may help parents get them booked in.



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Have you noticed a child or young person getting a lot of reliever inhalers (salbutamol or terbutaline)? Perhaps they are not on a preventer? Have you done an emergency supply for a reliever for a child or young person?

How community pharmacy colleagues can help...

If you notice a CYP is getting a lot of reliever inhalers, please do query this! It could be that different doctors are signing the prescriptions and they may not be aware of the situation. Most reliever devices have 200 doses in them and so a well-controlled asthmatic should not need more than one a year. We appreciate school/nursery will need an inhaler and they may have additional inhalers depending on the CYP's home situation BUT you may notice that they appear to be getting more than they should – please share this with the child's surgery.

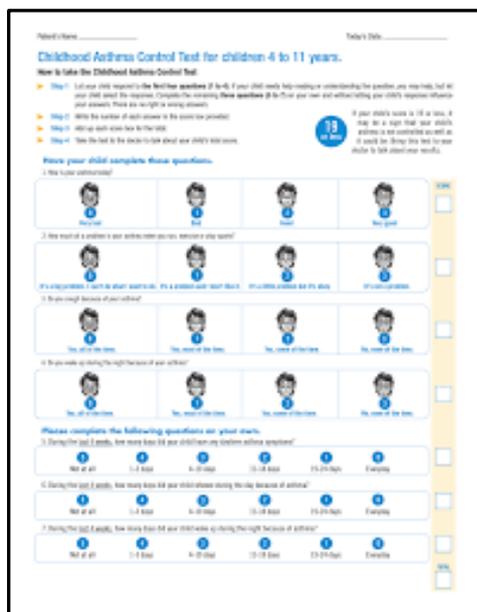
- Ask the parent/guardian how often the child is using their reliever ("blue") inhaler
- Are they using their inhaler correctly? Perhaps a quick inhaler technique check would help. Do they have a spacer? Is it in good working order?
N.B. we are looking at developing as scheme where a community pharmacist can hand out spacers when needed and be re-imbursed for them.
- Is the child being limited by their asthma? Is it stopping them from doing anything?
- Is the child's asthma affecting their sleep?

You could always base your questions on the validated Asthma Control Test (ACT) to ascertain whether the CYP's asthma is controlled. Please do let the surgery know if their score is less than 19 or encourage them to book an asthma review.

<https://www.beatasthma.co.uk/wp-content/uploads/2018/08/ACT-4-11-years-amended-0818.pdf>



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Childhood Asthma Control Test for children 4 to 11 years.

How to take the Childhood Asthma Control Test

- Read the instructions to the test before you start. It is a test that needs help from you to understand the questions and mark the answers. Please do not sign it until you have read the instructions.
- Ask the parent/guardian to help you with the test. It is a test that needs help from you to understand the questions and mark the answers.
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Please ask your child to complete these questions.

1. How often do you use your inhaler?

2. How often do you use your inhaler when you are not well?

3. How often do you use your inhaler when you are not well?

4. How often do you use your inhaler when you are not well?

5. How often do you use your inhaler when you are not well?

6. How often do you use your inhaler when you are not well?

7. How often do you use your inhaler when you are not well?

8. How often do you use your inhaler when you are not well?

9. How often do you use your inhaler when you are not well?

10. How often do you use your inhaler when you are not well?

Have you noticed a child or young person is not receiving a regular preventer?
Has the parent/guardian mentioned it is not working or that they “don’t need that one”?

Please let the surgery know if you suspect a CYP is not using their inhalers as prescribed. It may be that patient education is needed about the differences between relievers and preventers and how the two differ. Often a simple explanation can set a CYP’s asthma management plan back on track.

If you do have any concerns, please contact the patient’s surgery and they can offer them an earlier review. The surgery will appreciate any information you have as it is not always obvious on the GP clinical system that a patient is not ordering their medications as they should be and the CYP’s medical record may only be reviewed in detail once a year.

Interested in learning more about managing children and young people with asthma?

The National bundle of care for children and young people with asthma recommends all community pharmacists should complete tier 2 training. You can access this free training from the e-learning for healthcare website. The following website also explains more



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information about the National bundle of care for CYP with Asthma which we, at the Child Health and Wellbeing Network, are promoting across the Northeast and North Cumbria.

<https://www.e-lfh.org.uk/programmes/children-and-young-peoples-asthma/>

Asthma (Children and young people) - Tier 2 View Sign in

Course Information

Title:
Asthma (Children and young people) - Tier 2

Description:
This programme is for any professional involved in the care of a child or young person with asthma. It aims to improve the management and diagnosis of asthma as a long-term condition for children and young people.

Hierarchy:
Asthma (Children and young people) > Asthma (Children and young people) - Tier 2

Keywords:
714-02, asthma, diagnosis, inhalers, management, paediatric, children, medication, action plans, healthcare professionals, respiratory, lung, allergy, National asthma bundle of care

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Some more information about Beat Asthma...



The Beat Asthma website has some excellent resources for both patients and Healthcare staff. They are free resources to use, and you can easily signpost patients to them. There is also a comprehensive selection of child friendly videos that show correct inhaler technique for a large range of inhaler devices.

<https://www.beatasthma.co.uk/resources/primary-healthcare-professionals/>



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Supporting Primary Healthcare Professionals

GINA Guidelines >

BTS Guidelines >

NRAD Report >

Home > Resources > Primary Healthcare Professionals > Chronic management

General Resources

The diagnosis of asthma should be reconsidered at every review. Patient's understanding of their disease should also be reviewed and self-management encouraged.

-  [BTS/SIGN guidelines management summary](#)
-  [Personalised Asthma Action Plan](#)
-  [Personalised Asthma Action Plan \(MART\)](#)
-  [Explaining how to use an asthma management plan](#)



Resources tailored to the needs of families and children

On this site, you will find all the information you and your child need to fully understand asthma, know how to recognise important symptoms and know how their treatment should be so you can get the best possible control of their asthma. There is also advice for how to look after your child's asthma in school and your rights if your child has asthma.



What is Asthma

Learn what asthma is.



Managing my child's asthma

Find all the information you need to manage your child's asthma day to day



My child is having an asthma attack

Helpful information on recognising and managing an asthma attack



Asthma in schools

Resources and information to help you ensure your child's asthma is safe in school



Asthma medicines information

Understand your child's asthma medicines



Emerging treatments

Learn what the future holds for asthma treatment

Further information and queries: If about a specific patient, please contact the patient's surgery directly or lsel@nhs.net or alice.willis3@nhs.net for general queries.