UCLPartners Proactive Care Framework:

Asthma Management

Version 2.2

The Challenge of Long-Term Condition Management in Primary Care

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Historical challenge in long term condition care:

- Late diagnosis, suboptimal treatment, unwarranted variation
- Lack of self-management support
- Holistic care not always provided

Real world primary care:

- Complexity, multimorbidity and time pressures
- Soaring demand and shifting priorities
- Winter pressures

Pandemic impact:

- Disruption of routine care in long term conditions
- Risk of poorer outcomes for patients and health inequalities
- An increase in health care demand

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UCLPartners Proactive Care Frameworks Address Core Challenges in Primary Care

Aim

Help people with long term conditions to stay well longer

Objectives

1. Mobilise data - Identify patients whose care needs optimising and prioritise those at highest risk

2. Harness wider workforce - standardise delivery of holistic proactive care by wider primary care team

3. Support GPs to safely manage workflow, improve care and outcomes by releasing capacity

Framework components

- ✓ Risk stratification & prioritisation tools
- ✓ Locally adaptable resources to support real world management
- ✓ Systematic use of wider primary care team (eg ARRS* roles) to deliver structured support for education, self-management and behaviour change

Framework Development

- Led by primary care clinicians
- Based on NICE guidelines and clinical consensus
- Patient and public support

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*Additional Roles Reimbursement Scheme

UCLPartners Proactive Care Frameworks
(designed for local adaptation)

Principles:
- Virtual where appropriate
- Wider primary care workforce
- Step change in self-management
- Digital technologies

Stratify (clinical, ethnicity, social factors)

Low priority
Medium priority
High priority

1. **Begin with highest priority**
2. **Use wider workforce to share delivery of care**
3. **Innovation to support remote care and self-care**

High priority – early review

Prescribing clinician

Medium priority – phased review

Prescribing clinician

Low priority – holistic proactive care
E.g ARRS* roles/
other appropriately trained roles
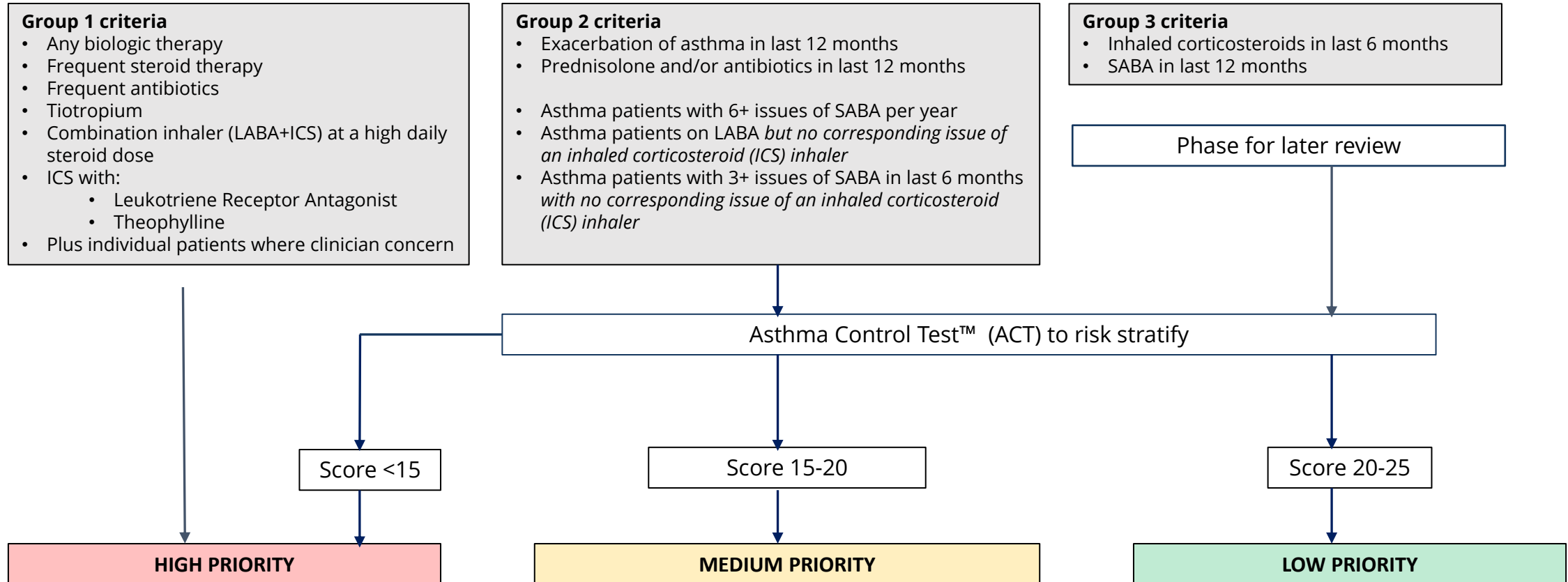
ARRS* roles / other appropriately trained roles
Structured support for education, self management and lifestyle change.

Arrange bloods, collate data to inform risk assessment.

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*Additional Roles Reimbursement Scheme

Long Term Condition Pathway: Asthma

① Identify & ② Stratify

Search tool identifies patients with asthma. These patients are stratified into 3 groups depending on clinical characteristics, and then further stratified into high, medium and low priority using the Asthma Control Test™ score*.

Group 1 criteria
- Any biologic therapy
- Frequent steroid therapy
- Frequent antibiotics
- Tiotropium
- Combination inhaler (LABA+ICS) at a high daily steroid dose
- ICS with:
  - Leukotriene Receptor Antagonist
  - Theophylline
- Plus individual patients where clinician concern

Group 2 criteria
- Exacerbation of asthma in last 12 months
- Prednisolone and/or antibiotics in last 12 months

- Asthma patients with 6+ issues of SABA per year
- Asthma patients on LABA *but no corresponding issue of an inhaled corticosteroid (ICS) inhaler*
- Asthma patients with 3+ issues of SABA in last 6 months *with no corresponding issue of an inhaled corticosteroid (ICS) inhaler*

Group 3 criteria
- Inhaled corticosteroids in last 6 months
- SABA in last 12 months

Phase for later review

Asthma Control Test™ (ACT) to risk stratify

| Score <15 | Score 15-20 | Score 20-25 |

| **HIGH PRIORITY** | **MEDIUM PRIORITY** | **LOW PRIORITY** |

*The Asthma Control Test™ provides a snapshot as to how well a person's asthma has been controlled over the last four weeks and is applicable to ages 12 years or older.
Available here: **www.asthma.com/additional-resources/asthma-control-test.html**

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Long Term Condition Pathway: Asthma

③ **Manage**

ARRS* role/ other appropriate role undertakes initial contact for all risk groups to provide smoking cessation advice, inhaler technique, check medication supplies and signpost to resources

High priority	Medium priority	Low priority
GP/ Nurse Specialist/ Specialist Respiratory Pharmacist	Nurse/ Clinical Pharmacist/ Physician Associate	ARRS* role/ other appropriately trained staff

• Titrate therapy, if appropriate
• Ensure action plan in place
• Check adherence, inhaler technique, spacer advice
• Rescue packs prescribed if necessary
• Review of triggers, e.g. hay fever
• Exacerbation safety netting
• Follow up and referral as indicated
	• Check optimal therapy; Titrate, if appropriate
	• Review triggers, e.g. hayfever
	• Check adherence, inhaler technique, spacer advice
	• Exacerbation management advice
	• **Repeat ACT as per recommendation from ACT test result and escalate to GP/Nurse if red or amber**
		• Check inhaler usage & technique; signpost to education; spacer advice
		• Exacerbation management advice including mild hayfever symptoms
		• Signpost to appropriate information for:
		  • Lifestyle information
		  • Smoking cessation support
		  • Exercise
		  • Appropriate resources

Digital Support Tools to support patient self-management
Inhaler Technique: **www.asthma.org.uk/advice/inhaler-videos/; www.rightbreathe.com**
Asthma deterioration: **www.asthma.org.uk/advice/manage-your-asthma/getting-worse/**
General Health Advice **www.asthma.org.uk/advice/manage-your-asthma/adults/**
Smoking Cessation: **https://www.nhs.uk/better-health/quit-smoking/**

*Additional Role Reimbursement Scheme

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NB: When prescribing or reviewing inhalers, consider inhalers with least impact on the environment, see here for more information.

Asthma Pathway: Medium and High Priority Asthma

The Primary Care Respiratory Society has published a helpful guide to the **Good Asthma Review**.

Digital Resources and Support Available
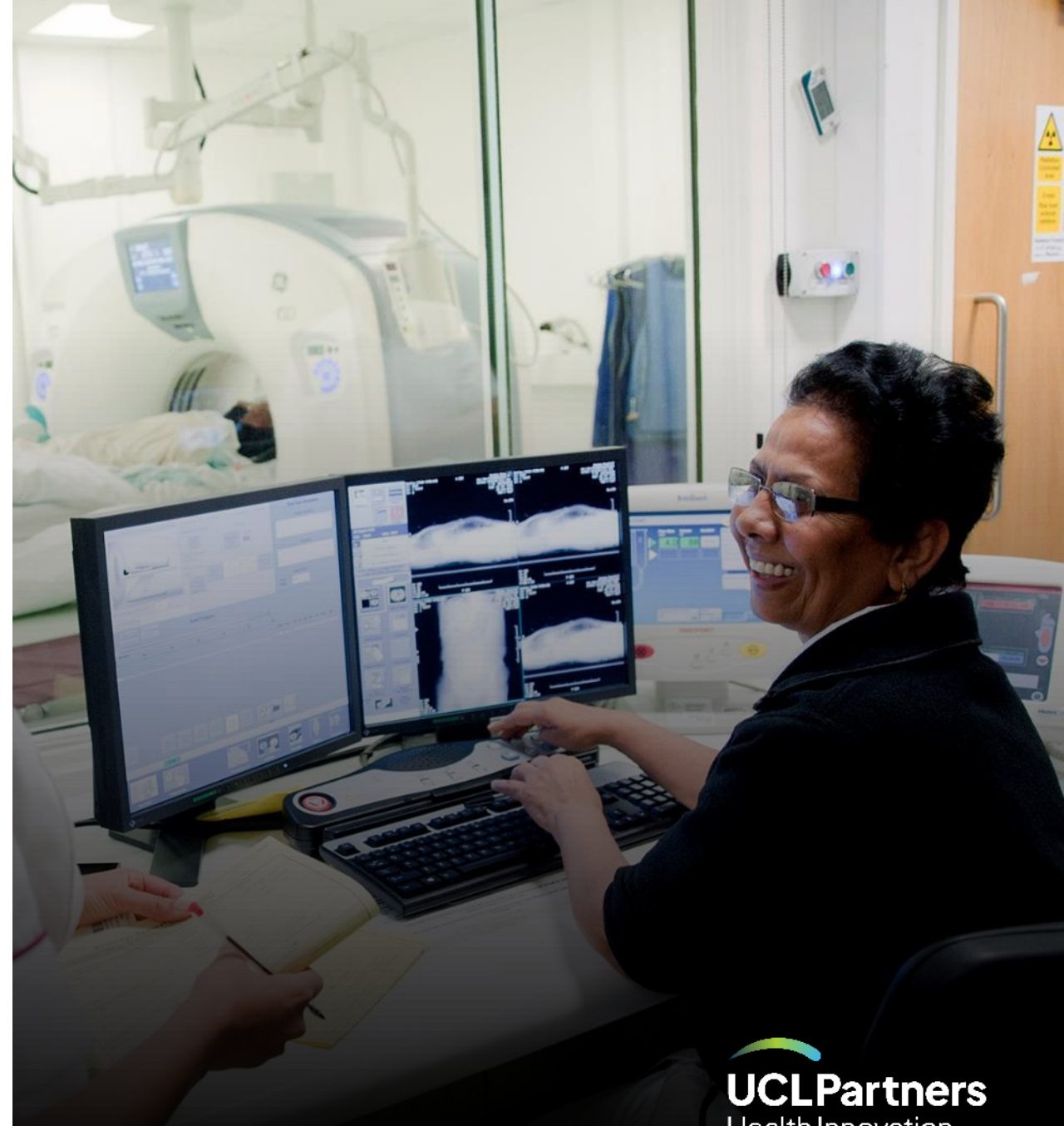
Digital Resources to support self-management: Asthma

Asthma
- [Understanding asthma](#)
- [What to do in an asthma attack](#)
- [Help to manage your asthma](#)
- [How to use your inhaler](#)

Diet
[NHS information on how to eat well](#)

Exercise
- Better Health website – [Get active](#)
- Asthma UK – [When exercise triggers your asthma](#)
- Getting active around the home: tips, advice and guidance on how to keep or [get active in and around the home](#) from Sport England.
- Dance to health: [Online dance programme](#) especially tailored to people over 55 years old.

Smoking cessation
Better Health website - [Support, stop smoking aids, tools and practical tips](#).

Mental Health
Better Health website – [Be kind to your mind](#).

Peer support
[Communities of people living with asthma](#).

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Proactive Care Frameworks: Implementation & Support Package

Implementation Support is critical to enable sustainable and consistent spread. UCLPartners has developed a support package for the Integrated Care Systems within our geography covering the following components. The resources below can be accessed via the UCLP website: **Proactive care frameworks – UCLPartners**.

UCLPartners is one of 15 **Health Innovation Networks** (HINs) across England and all 15 have a priority around CVD. Please reach out to your local HIN to understand what support they might be able to provide. Please note each varies in its approach and offer.

Search and stratify	**Comprehensive search tools** for EMIS and SystmOne to stratify patients • Pre-recorded webinar as to how to use the searches. • Online FAQs to troubleshoot challenges with delivery of the search tools.
Workforce training and support	**Training tailored to each staff grouping (e.g. some ARRS* roles) and level of experience** • **Delivery:** Scripts provided as well as training on how to use these underpinned with motivational interviewing/ health coaching training to enable adult-to-adult conversations. • **Practical support**: Recommended training e.g. correct inhaler technique; correct BP technique, Very Brief Advice for smoking cessation, physical activity etc. • **Digital implementation** support: how to get patients set up with appropriate digital. • **Education** sessions on conditions. • **Communities of Practice.**
Digital support tools	**Digital resources** to support remote management and self-management in each condition. **Implementation** toolkits available where required, e.g. MyCOPD. Support available from UCLP's commercial and innovation team for implementation.

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Patient and Clinician Feedback

"First time I have not felt dismissed or judged" – Patient feedback

"... the stratification tools are wonderful...super-easy to upload and already in a few days making a difference to patient care and staff resilience in my PCN..."
Dr Hannah Morgan, Clinical Director Hayling Island & South Emsworth PCN

"The UCLP Proactive Care Frameworks are a great resource for primary care that can help transform our approach to targeting health inequalities."
Dr Bola Owolabi, Director Health Inequalities, NHS England

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Thank you

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Version tracker

Version	Edition	Changes Made	Date amended	Review due
2	2.0	•Updated slide 3 to highlight a focus on virtual delivery where appropriate •Slides moved to new slide template	August 2021	February 2022
2	2.1	•Wording amended to reflect priority groups not risk groups. •Introduction slides updated •HCA roles amended to ARRS roles •Information added on use of inhalers with least impact on the environment	December 2022	December 2023
2	2.2	Updated onto the UCLP branded template	April 2024	December 2024

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