

Digital Resources for Asthma

The purpose of this document is to provide an overview of digital resources to support staff for the implementation of the <u>Proactive Care Frameworks</u>. This list has been developed for local systems to access guidance and information on validated resources available.

Understanding asthma

- What is asthma?
- What is asthma video
- Causes and symptoms

Managing asthma

- How is asthma treated?
- How to use your inhaler
- Asthma attacks
- How to tell when you need a new inhaler video
- What is breathlessness? video
- How to measure your peak flow video

Peer support

Support and conversations with others living with asthma. (CLICK HERE – then type asthma into search function)



Health and wellbeing resources

Diet:

- NHS Advice on eating well
- Advice and guidance on losing weight
- NHS advice on lowering cholesterol levels

Exercise:

- Getting active around the home
- Dance to health
- Tips to get active

Smoking cessation:

• NHS support for smoking cessation

Alcohol:

• Heart UK alcohol guidance & NHS Drink Less guidance

Wellbeing and Mental Health:

• Every Mind Matters