

**1300 people die every year from asthma**  
**58% of deaths were in patients with mild to moderate disease.**

## Factors which contributed to this included:

- Failure to appreciate that asthma is a chronic condition
- Failure to identify patients at risk
- Failure to prescribe appropriate medication
- Excess reliever and inadequate inhaled corticosteroids (ICS)
- Failure to review patients regularly, check symptoms, inhaler technique and agree an action plan
- Failure to recognise severe asthma attack
- Failure to call for urgent help (both the patient and health professional)
- Failure to follow up after asthma attack

## The following 5 actions have been shown to make a difference

- 1. THINK** - is diagnosis correct? If the patient does not respond to treatment, consider referral to Specialist for spirometry, full lung function test with reversibility, allergy testing, Feno, and bronchial hyperreactivity testing.
- 2. REVIEW** all asthma patients using more than 6 reliever inhalers (salbutamol) per year. If the diagnosis of asthma is correct diagnosis are they on the correct dose of ICS/LABA? Use SIGN guidelines for stepwise approach.
- 3. FOLLOW UP** patients after an exacerbation within 48 hours of discharge.
- 4. AGREE** written Action Plans with all patients: including: avoiding or reducing triggers, smoking cessation, symptoms of an exacerbation, peak flow monitoring, standby oral steroids, when and who to call for help.
- 5. EDUCATION** of healthcare professionals treating asthma patients, and education of patients about their condition.