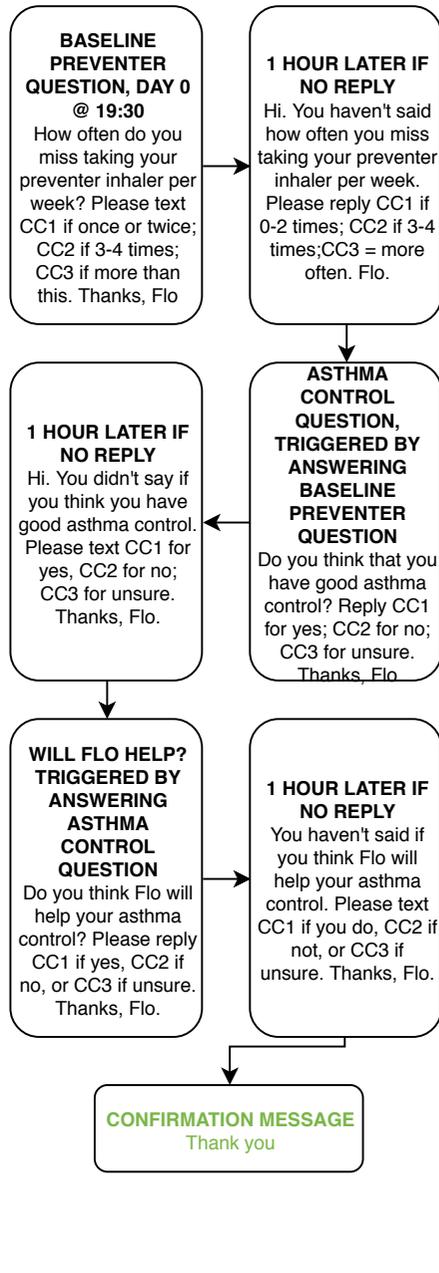


EDH Asthma Inhaler compliance Protocol



PREVENTER QUESTION END OF MONTH 1 & MONTH 2 @ 19:30
How often do you miss taking your preventer inhaler per week? Text CC1 if 0-2 times; CC2 if 3-4 times; CC3 if more than this. Thanks, Flo.

1 HOUR LATER IF NO REPLY
You haven't said if Flo has helped your asthma control. Please text CC1 if it has, CC2 if not, or CC3 if unsure. Thanks, Flo.

1 HOUR LATER IF NO REPLY
You haven't said if Flo has helped your asthma control. If yes, text CC1, if no, text CC2. If unsure, text CC3.

HAS FLO HELPED? TRIGGERED BY ANSWERING PREVENTER QUESTION
Has Flo helped your asthma control? If yes, please reply CC1; if no, reply CC2; if unsure, text CC3

SURVEY Q1, DAY 58 @ 19:05
Please text ASA1 if you agree with the statement "I found Flo easy to use" or ASA2 if you disagree, thanks Flo

Q2 TRIGGERED BY ANSWERING Q1
Thanks, do you feel Flo helped remind you to take your inhalers? Please text ASB1 if it helped or ASB2 if it made no difference.

CONFIRMATION MESSAGE
That was the last question. Thanks very much for taking part and helping us evaluate this service. Your asthma monitoring has now finished. Take care, Flo

Q3 TRIGGERED BY ANSWERING Q2
Thanks again. If needed, would you use Flo again to monitor your asthma? Please text ASC1 if yes, ASC2 if maybe or ASC3 if no.

DAILY PREVENTER REMINDER, DAY 1-57 @ 19:00
Hi. Just wanted to make sure you've taken your preventer inhaler today. Thanks, Flo.

PREVENTER REMINDER MON-FRI, DAY 1-57 @ 08:00
Hi. Just wanted to make sure you take your preventer inhaler today. Thanks, Flo.

RELIEVER REMINDER, ONCE EVERY 4 WEEKS WEEK 1-9 @ 08:05
Make sure you always have a reliever inhaler with you in case you need it. Take care, Flo.

- ADVICE & SUPPORT MESSAGES AT THESE TIMES & DAYS**
- DAY 1 @ 17:01:** There could be more you can do to improve your asthma, for support & advice visit www.asthma.org.uk Take care, Flo.
 - DAY 8 @ 17:04:** Prevention is key - so take your preventer inhaler treatment regularly and avoid triggers- like pets, long grasses, perfume, plants, smoky places. Take care
 - DAY 10 @ 17:05:** You can do it! Using your preventer inhaler as prescribed will improve your control of your asthma. Take care, Flo
 - DAY 12 @ 17:06:** Check with the pharmacist if you're buying over the counter medicines - ibuprofen or cough medicines could make your asthma worse. Take care, Flo
 - DAY 15 @ 17:07:** Don't forget your local pharmacist has good advice about coping with colds, cough and hay fever. Some can advise you on inhaler technique too. Take care, Flo
 - DAY 17 @ 17:08:** If you or anyone close to you smokes - help is available at your surgery to become smoke free. Take care, Flo
 - DAY 19 @ 17:09:** If you start to experience increased Asthma symptoms, increase your inhalers as per your action plan. Take care, Flo
 - DAY 26 @ 17:12:** Doctors think that three-quarters of admissions to hospital for asthma are avoidable - if people had used their preventer inhalers as advised. Take care, Flo.
 - DAY 29 @ 17:13:** Eating healthy foods& taking regular exercise will help you fight off infections. Visit www.onesmallstep.org.uk for advice on getting started. Take care, Flo
 - DAY 31 @ 17:14:** If you need help or advice urgently at night or weekends for your asthma, phone 111 or if life threatening dial 999.
 - DAY 36 @ 17:16:** If you've got a persistent cough this may indicate poor control of your asthma- so go for a review with your doctor or nurse. Take care, Flo
 - DAY 38 @ 17:17:** If you've got a cough from a head cold, use an extra pillow at night, so less mucus will drip down the back of your throat. Take care, Flo
 - DAY 40 @ 17:18:** Your doctor or nurse will help you step down your inhalers to maintain you at the lowest treatment to achieve control of your symptoms. Take care, Flo
 - DAY 45 @ 17:20:** Order your next month's prescription in good time-don't risk running out.
 - DAY 47 @ 17:21:** Try to relax and don't let stress get a hold of you as it could make your health problems worse. Take care, Flo
 - DAY 50 @ 17:22:** Next time you see your doctor or nurse ask them to bserve you using your inhaler- to check that your technique is good. Take care, Flo
 - DAY 54 @ 17:24:** Keeping a daily diary may help you to try and spot what might be making your asthma worse on some days, but not others. Take care, Flo
 - DAY 56 @ 17:25:** If your inhaler technique's not right you can swallow as much as 80% of the drug instead of breathing it in. Take care, Flo