

Inhaler reminder for adults and teenagers with asthma – protocol WM-AHSN-01

Purpose

- To support the shared management plan patient agrees with clinician, empowering the patient to be less dependent on face to face clinical contacts
- To improve compliance with use of inhalers, through regular reminders
- To help the patient adopt a healthier lifestyle – encouraging exercise, eating sensibly, keeping weight in ideal range, maintaining a happy mood

Setting:

any healthcare setting if a clinician takes continuing responsibility.

Selection of patients

Patient who has poor control of their asthma because they do not take the correct inhaler regularly, and need reminding to do so. Can be adult, or teenager, or parent of child patient

Expected outcomes e.g.:

- 1) Changes in healthcare usage:
 - Fewer unnecessary admissions to hospital or attendances at A&E; less face to face contact at GP surgery
 - Increased use of preventer inhalers and reduction in reliever inhaler usage
- 2) Improved clinical outcomes:
 - Adherence to best practice guidelines concerning use of preventer inhalers

Success criteria

- 50% of participants use their preventer inhalers to maintain their asthma control within agreed levels of peak flow readings

Protocol summary (8 weeks):

- Twice daily reminder about use of preventer inhaler
- Three times a week information messages
- Monthly text enquiry of patient experience starting at baseline

Every 4 weeks

Make sure you have a reliever inhaler at school or work in case you need it.

Daily preventer inhaler reminder

0800: Hi. Just wanted to make sure you take your preventer inhaler today. Thanks, Flo.

1900: Hi. Just wanted to make sure you took your preventer inhaler today. Thanks, Flo.

Information messages three
times a week for 8 weeks

There could be more you can do to improve your asthma - avoid smoky places, spot allergies early, do regular exercise. Take care, Flo

If there's anything you want to know about your asthma, ask your doctor or nurse to spend time explaining it. Take care, Flo

We are trying to help you get as good a control of your asthma as is possible; but don't expect a 'cure'. Take care, Flo

Prevention is key - so take your preventer inhaler treatment regularly and avoid triggers - like pets, long grasses, perfume, plants, smoky places. Flo.

You can do it - be the main person who controls your own asthma. Not your doctor or nurse - it's you. Take care, Flo

Check with the pharmacist if you're buying over the counter medicines - ibuprofen or cough medicines could make your asthma worse. Take care, Flo

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

If you or anyone close to you smokes - get help from your GP or pharmacist for the final time before you or they quit forever. Take care, Flo

Control your asthma by increasing your inhalers when you start to be more short of breath. Then step back to normal. Take care, Flo.

How do you know that your asthma control is as good as it can get? Agree success targets with your doctor or nurse. Take care, Flo.

Try to fit in regular exercise - as much as is comfortable every day. Take care, Flo

Doctors think that three-quarters of admissions to hospital for asthma are avoidable - if people had used their inhalers properly. Take care, Flo.

Eating healthy foods will help you fight off infections. Take care, Flo

If you need help urgently at night or weekends for your asthma, phone or visit a walk in centre or Out of Hours service instead of A&E. Keep their number handy.

Try to avoid catching a cold; wash your hands frequently as cold viruses are picked up on your hands then spread to your nose or eyes. Take care, Flo

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

If you've got a cough from a head cold, use an extra pillow at night, so less secretions will drip down the back of your throat. Take care, Flo

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

Be honest- admit that you are not using your inhalers regularly if that's the case; and start doing so now. Take care, Flo

Order your next month's prescription in good time- don't risk running out.

Try to relax and don't let stress get a hold of you as it could make your health problems worse. Take care, Flo

Next time you see your doctor or nurse ask them to observe you using your inhaler- to check that your technique is good. Take care, Flo

Go for a house-dust mite free bedroom - replace carpet with laminate, wash bed linen on high temps, put protective covers on your bed mattress and pillows.

Keep a daily diary to try to spot what might be making your asthma worse on some days, but not others. Take care, Flo

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

**Patient experience questions
(monthly at 6.30pm)**

BASELINE (xEvalQ-01/-02 &07)

How often do you miss taking your preventer inhaler per week? Please text CC1 if once or twice; CC2 if 3-4 times; CC3 if more than this. Thanks, Flo

Do you think that you have good asthma control? Reply CC1 for yes; CC2 for no; CC3 for unsure. Thanks, Flo.

Do you think Flo will help your asthma control? Please reply CC1 if yes, CC2 if no, or CC3 if unsure. Thanks, Flo.

Thank you

END OF MONTHS 1 & 2 (xEvalQ-03/-04 &-05/-06)

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.

Has Flo helped your asthma control? If yes, please reply CC1; if no, reply CC2; if unsure, text CC3

Thank you. This information helps us to know how useful the Flo system is.