

Poorly controlled asthma in child, messages to parent – protocol WMAHSN-02

Purpose

- To support the shared management plan agreed with the clinical team, empowering the patient to be less dependent on face to face clinical contacts.
- To improve compliance with use of inhalers.
- To help the parent understand how to manage their child's asthma, using a peak flow meter appropriately.
- To encourage the parent and child to adopt a healthier lifestyle including exercise.

Setting:

Hospital out-patient or community specialist clinic or general practice setting

Selection of patients

- Child newly diagnosed with asthma, or who has poor control of their asthma.
- Child who in addition has poor compliance with use of their inhalers.
- Parent of child up to age of 16 who wants to send & receive messages on their behalf

Expected outcomes

1) Changes in healthcare usage:

- Fewer unnecessary admissions to hospital or attendances at A&E; less face to face contact with clinicians.

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):

- Parent agrees to shared management plan, and is given copy
- Parent issued with a peak flow meter, if they do not already have one
- Twice daily the parent is reminded to use their preventer inhaler
- Twice weekly the parent is asked about their use of reliever inhaler
- Weekly the parent is asked whether asthma disturbs their child's sleep
- Fortnightly the parent is asked whether they have taken their child's peak flow, and whether it was within their normal range
- Twice weekly the parent receives information messages
- Monthly text enquiry of patient experience, starting at baseline

Every 4 weeks

Make sure your child has a reliever inhaler at school in case they need it.

Daily preventer inhaler reminder

8:00am: **Hi. Just wanted to make sure you give your child their preventer inhaler today. Thanks, Flo.**

7:00pm: **Hi. Just wanted to make sure you gave your child their preventer inhaler today. Thanks, Flo.**

Twice weekly question about use of reliever inhaler

6:00pm: **How many times has your child needed their blue inhaler over the past 3 days? Please reply REL followed by the number of times. Thanks, Flo**

0 - 1: That's good. Your asthma seems well controlled. Flo.

2 - 3: That's a bit more often than we'd like. Please give your nurse a call within the next 48 hours.
Thanks, Flo

4 + : That's rather often. Please give your nurse a call within the next 1-2 days or please seek a review by your doctor/nurse. Thanks, Flo.

Weekly question about sleep disturbance

6:30pm: **How many nights in the last week did your child's asthma symptoms disturb their sleep? Please reply AS followed by the number of nights. Thanks, Flo**

One of the following responses:

(ASTHMA Q)

0 : Good, asthma should not interfere with your child's sleep. Take care, Flo.

Great. Your child needs plenty of rest so they can lead a normal active life. Take care, Flo.

Fine. It's important to have a normal sleep pattern so that your child isn't falling asleep in the middle of the day. Take care, Flo.

Excellent. When your child's asthma is under control they can sleep well, so they have energy when they are awake. Take care, Flo.

1-4: Asthma should not regularly disturb your child's sleep so please seek a review within the next week. Thanks, Flo

Sleep is important for a normal life. If your child's asthma is waking them up, your practice nurse can advise you. Make an appointment in the next few weeks.

Have a chat with your practice nurse within the next few weeks. It's important that your child's asthma doesn't interfere with their sleep.

See your practice nurse in the next few weeks. Take care, Flo

5-7: Asthma should not regularly disturb your child's sleep so please seek a review within the next 1-2 days. Thanks, Flo

Sleep disturbance due to asthma symptoms can mean your child's asthma is not well controlled. See your nurse or doctor urgently for an asthma review.

If your child's asthma is waking them up more than once or twice per week you need to see your nurse or doctor urgently for a review, to control their breathing.

Book an asthma review urgently. Flo

Fortnightly question about use of peak flow meter

(DIARY)

6:15 pm: **Hi. Have you checked your child's peak flow recently?**

Please reply CK 1 if you have, or CK 2 if you haven't checked it. Thanks, Flo.

Yes (1): Good: peak flow helps check your child's asthma. Is the peak flow in the green zone of their personal asthma action plan? Text PF 1 if it is, or PF 2 if not.

No (2): Using a peak flow meter is important to check your child's asthma. Please use it now. Reply PF 1 if it's in the green zone of their action plan, or PF 2 if not.

(DIARY 1 and 2)

Yes (1): Good: Get into the routine of taking your child's peak flow, and you can control their asthma by following their management plan.

Excellent: you can see from your management plan how you need to try to keep your child's peak flow reading at 75% or above.

No (2): Please seek a review / treatment as indicated in your child's personal asthma action plan. Thanks, Flo.

Please seek a review / treatment as indicated in your child's asthma action plan. Taking peak flow regularly means you detect early changes and can get help.

Information messages (twice weekly for 8 weeks)

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

If there's anything you want to know about your child's 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 child's asthma as is possible; but don't expect a 'cure'. Take care, Flo

Prevention is key – so use the preventer inhaler treatment regularly and avoid triggers – like pets, long grasses, perfume, plants, smoky places. Take care, Flo

You can do it – be the main person who controls your child's 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 child's asthma worse. Take care, Flo

Don't forget your local pharmacist has good advice about coping with colds, cough and hayfever. 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 child's asthma by increasing their inhalers when you start to be more short of breath. Then step back to normal. Take care, Flo

How do you know that your child's 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 your child fight off infections. Take care, Flo

For urgent help at night or weekends for your child's asthma, phone or visit a walk in centre or Out of Hours service instead of A&E. Keep their numbers 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

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

If your child's got a persistent cough this may indicate poor control of their asthma- so go for a review with your doctor or nurse. Take care, Flo

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

Your doctor or nurse will help you step down your child's inhalers to maintain them at the lowest treatment to achieve control of their symptoms. Take care, Flo

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

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

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

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

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

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

If your child's inhaler technique's not right they can swallow as much as 80% of the drug instead of breathing it in. Take care, Flo

**Patient experience questions
(monthly at 7.30pm)**

BASELINE (xEvalQ-01/-02 & -07)

How often do you miss giving your child their 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 your child has good asthma control? Reply CC1 for yes; CC2 for no; CC3 for unsure.

Do you think Flo will help your child's 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 giving your child their 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 child's 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.