

Childhood asthma management

Resources for **healthcare providers**
in Melbourne's inner west.



- locally accessible support services for referrals
- clinical management tools
- quality self-management tools for patients
- further education and training

For more information:
nwmpn.org.au/asthma



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We acknowledge the people of the Kulin nations as the Traditional Custodians of the land on which our work in the community takes place. We pay our respects to their Elders past and present.

We also recognise, respect and affirm the central role played in our work by people with lived experience, their families and/or carers.

Content in this document is up to date as of May 2023.

Please check nwmpnhn.org.au/asthma for updates or use the QR code on the cover to access this booklet online.

Childhood asthma management resources

Introduction

This booklet provides a curated selection of local quality services and resources for primary health professionals, including GPs and practice nurses managing childhood asthma.

It has been compiled in response to feedback from the Improving Childhood Asthma Management - inner west Community of Practice.

Participants collectively identified the need for a resource that provided health care professionals with a quick guide to quality asthma management information in one place.

The ICAM program

This publication is an initiative of the Improving Childhood Asthma Management (ICAM) – Inner West Program, funded by the Victorian Government and delivered in partnership with Asthma Australia, cohealth, National Asthma Council Australia, Royal Children's Hospital, Safer Care Victoria, and North Western Melbourne Primary Health Network.

To learn more about ICAM

- Visit health.vic.gov.au/ICAM
- North Western Melbourne Primary Health Network nwmpnhn.org.au/asthma

For Medical Benefits Schedule information

For eligibility criteria and service requirements please refer to mbsonline.gov.au

Primary care should be the centre of paediatric asthma management but it can be hard to know where or how to access the resources we need.

This booklet provides signposting to up to date education and CPD points, patient and GP resources and referred care providers can be included in management plans and case conferences.

We hope this can support health care providers in Melbourne's West to work consistently and cohesively towards better asthma care for our young folk.

Dr Kirsty Tamis,

**Forsyth Park Medical Centre and co-facilitator,
Improving Childhood Asthma Management Community of Practice**

The Childhood asthma management resources have been put together as a comprehensive list of local services for children with asthma of varying severity.

It also includes opportunities for professional development and for making a difference for children living with asthma through joining the 'Improving childhood asthma management inner west community of practice'.

Dr Katherine Chen

Paediatrician, Dept of General Medicine and Complex Care Hub, Clinical Lead of Short Stay Unit (Dolphin), Clinician Scientist Fellow, Health Services and Economics, Murdoch Children's Research Institute and co-facilitator, Improving Childhood Asthma Management Community of Practice.



Putting knowledge into practice

For clinical guidance and referral information please continue to refer to [HealthPathways Melbourne's](https://healthpathways.melbourne.vic.gov.au) asthma pathways. Search by 'asthma in children and adolescents'.

Patient education and medicine review

An Australian study found 6 out of 7 confident inhaler users thought their technique was correct when it wasn't. It's important to encourage paediatric patients and their families or carers to build their skills and knowledge. Consider referring them to a free, specialist education service such as those listed below:

cohealth Community Asthma Program

Refer to the free [cohealth Community Asthma Program](#) for families with children with asthma. An asthma nurse educator will work one-on-one with families via telehealth, in the clinic or during home visits. The service is available to inner west and inner north suburbs.

Home Medicine Review by pharmacist

Write a referral to a local participating pharmacy to arrange a [Home Medicines Review \(HMR\)](#). An accredited pharmacist will visit the patient's home to check medicine management, including inhaler technique, correct storage, tips for adherence.

Check if your patient is [eligible for a home medicine review](#).

See page 8 for a list of participating pharmacies.

Asthma Australia referral service

Refer asthma patients over 3 years old to Asthma Australia to keep them on track between appointments. A qualified asthma educator will contact the patient or nominated adult and schedule a phone appointment to discuss asthma management.

Alternatively, you or your patient can make a [booking online with an asthma educator](#).



Complex asthma care

For more complex, severe or difficult to treat asthma consider referral to these services, or to a local or hospital-based paediatrician.

Paediatric care in the community

Visit HealthPathwaysMelbourne's [paediatric respiratory referrals](#) page.

Hospital-based services

Royal Children's Hospital Melbourne complex asthma clinic

Refer patients who meet the [referral criteria](#) to the complex asthma clinic via the complex care hub using the [external referral form](#).

Royal Children's Hospital Melbourne Department of Allergy and Immunology

Refer patients with suspected allergy-triggered asthma who meet the referral criteria outlined in the asthma [pre-referral guideline](#) to the Department of Allergy and Immunology.

Western Health Hospital Admission Risk Program (HARP)

Refer patients at risk of avoidable hospital admissions and emergency department presentations who meet the [referral criteria](#) using the [community access referral form](#).

Sunshine Hospital paediatric asthma and eczema clinics (Western Health)

Paediatricians can refer patients aged 0-18 years who meet the [specialist clinics' referral guidelines](#).



Clinical management tools

An estimated 33 per cent of children with asthma aged 0–14 do not have an asthma action plan. This is despite good evidence that having a written asthma action plan consistently improves health outcomes.

Guidelines

Clinical practice guidelines for childhood asthma have been developed and maintained by the Royal Children's Hospital. They include:

- **NEW** Preschool Asthma (1-5 years)
- online soon
- **NEW** Asthma in Primary School-aged Children (6-11 years) - online soon
- [Asthma preventer treatment in adolescents 12 years+](#)
- [Acute asthma](#)
- [Asthma inpatient discharge education](#)

Australian Asthma Handbook - National Asthma Council Australia

The [Australian Asthma Handbook](#) provides online best-practice, evidence-based guidance for diagnosis and management of asthma, translated into practical advice for primary care health professionals.

Tools

HealthPathways Melbourne

Access the [HealthPathways section on asthma and children](#), a regularly updated clinical management and referral resource designed for use during consultations. It gives clinicians a single website to access referral pathways and resources.

HealthPathways Melbourne is an initiative of North Western Melbourne and Eastern Melbourne Primary Health Networks.

First aid charts - National Asthma Council Australia

Easy to follow first aid charts have been developed according to age bracket:

- [First aid for asthma chart for children under 12](#)
- [First aid for asthma chart for children over 12](#)
- [Selecting and adjusting asthma medication for adults and adolescents](#)

These can be downloaded as PDFs.

General adult checklists that include information for paediatric asthma

Asthma consulting checklists - Asthma Australia

These checklists take health professionals through the recommended steps, based on recommendations and resources from the [Australian Asthma Handbook](#). See:

- [Asthma new diagnosis consult checklist](#)
- [Asthma flare up consult checklist](#)
- [Asthma scheduled 15 min review consult checklist](#)

Medication and treatment guides - National Asthma Council Australia

Health professionals can order free hard copies of these charts by emailing nac@nationalasthma.org.au

- [Allergic Rhinitis Treatments Chart](#)
- [Asthma and COPD medications chart](#)

Create an asthma action plan

Templates are available in commonly used medical practice management software such as Best Practice and Medical Director. You can also find commonly used asthma action plan template here:

- [Asthma Action Plan Library](#)
- National Asthma Council Australia
- [Asthma action plan template](#)
- Asthma Australia

Asthma action plans are required by schools and childcare providers when caring for a child or young person with asthma. Victoria's Department of Education [asthma policy](#) does not require special versions of asthma action plans (e.g., a 'school care plan') to be completed by GPs if an asthma action plan is provided. Plans can be provided in either colour or black and white.

TIP - An accessible asthma plan

When you upload a patient's Shared Health Summary to their My Health Record, include information that the patient has an active asthma action plan.

You may wish to advise patients or their carers with smartphones to take a photo of their or their child's plan so they have a copy accessible, and in colour to show the traffic light system, if needed. This has been trialled and found to be an effective intervention.

Consider suggesting uploading the asthma action plan to their My Health Record.



ASTHMA ACTION PLAN
Take this ASTHMA ACTION PLAN with you when you visit your doctor

NAME: _____ **DATE:** _____ **NEXT ASTHMA CHECK-UP DATE:** _____

DOCTOR'S CONTACT DETAILS: Name: _____ Phone: _____ Relationship: _____

EMERGENCY CONTACT DETAILS: Name: _____ Phone: _____ Relationship: _____

WHEN WELL Asthma under control (almost no symptoms) ALWAYS CARRY YOUR RELIEVER WITH YOU

Keep taking preventer: _____ **Other instructions:** _____

WHEN NOT WELL Asthma getting worse (needing more reliever than usual, having more symptoms than usual, waking up with asthma, asthma is interfering with usual activities)

Keep taking preventer: _____ **Other instructions:** _____

IF SYMPTOMS GET WORSE Severe asthma flare-up (waking up at night with asthma symptoms, increasing difficulty breathing, waking up at night with asthma symptoms)

Keep taking preventer: _____ **Other instructions:** _____

DANGER SIGNS Asthma emergency (severe breathing problems, symptoms get worse very quickly, reliever has little or no effect)

DIAL 000 FOR AMBULANCE

National Asthma Council Australia
nationalasthma.org.au

ASTHMA ACTION PLAN
Take me when you visit your doctor

NAME: _____ **DATE:** _____ **REVIEW DATE:** _____

DOCTOR DETAILS: _____

EMERGENCY CONTACT: Name: _____ Phone: _____ Relationship: _____

WELL CONTROLLED is all of these...

FLARE-UP Asthma symptoms getting worse such as any of these...

SEVERE Asthma symptoms getting worse such as any of these...

EMERGENCY is any of these...

ASTHMA FIRST AID
Blue/Grey Reliever
Asthma, Asthma, Ventolin or Zampren and Bricanyl

DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:

SIT THE PERSON UPRIGHT

GIVE A SEPARATE PUFF OF RELIEVER PUFF

WAIT 4 MINUTES

IF BREATHING DOES NOT RETURN TO NORMAL

DIAL TRIPLE ZERO (000)

CALL 000

STAR

IF YOU ARE USING A DUAL PURPOSE RELIEVER, YOUR DOCTOR WILL DISCUSS THE CORRECT PUFFS

Self-management resources for patients

Regularly supported self-management has been found to be one of the most effective ways of reducing healthcare use in patients with symptoms of severe asthma.

Patient information - Childhood asthma support booklet

The **Childhood asthma support** booklet for patients, parents and carers includes local support organisations and other resources.

Health providers can download the booklet from HealthPathways Melbourne's [asthma in children and adolescents](#) pathway.

Childhood asthma support

Patients, parents and carers can download the booklet from nwmphn.org.au/childhood-asthma or scan the QR code.



The National Asthma Council has free information and resources available in Arabic, Chinese, Korean, Spanish and Vietnamese. Search [National Asthma Council translated resources](#).

[Asthma Australia's resource library](#) also has translated information sheets, searchable by language.

The [Victorian Government's Health Translations](#) platform has asthma resources and information available in Arabic, Burmese, Chinese, Dari, Dinka, Nepali, Swahili and Vietnamese.

Vietnamese

Other than English, Vietnamese is the most commonly spoken language in the inner west of Melbourne. This curated list of resources can assist Vietnamese speaking patients and families to live well with asthma.

National Asthma Council Australia

- [Asthma and Your Child information resource pack](#)
- [Paediatric asthma action plan](#)

Asthma Australia

- [10 Ways to Live Well](#)
- [Asthma Action Plan](#)
- [Asthma First Aid](#)
- [What your doctor needs to know](#)

Royal Children's Hospital

- [Asthma](#)



GP education and training, and quality improvement

Improving childhood asthma management in the inner west - online training course

RACGP: 1 CPD Activity Point

For general practitioners, nurses, pharmacists and allied health care providers.

This 1 hour online interactive education program is designed to meet the needs of health professionals living and working in Melbourne's inner western suburbs. The program, developed by National Asthma Council Australia, is available online on demand.

Participants will learn how to:

- Identify the steps involved in the diagnosis of paediatric and adolescent asthma.
- Identify asthma triggers and those triggers specific to the Inner West of Melbourne.
- Describe the management of asthma across the different ages in children and adolescents.
- Summarise the important information to be included in a Written Asthma Action Plan.
- Define the steps in managing acute asthma in primary care.

Register here: s.goshare.com.au/icam_clinical

Coming soon: Improving childhood asthma management inner west community of practice

Clinicians of all types providing care for children living with asthma from the inner western suburbs of Melbourne are invited to form a community of practice to discuss management strategies, and share lessons from their work.

If you are interested in participating, email education@nwmpnh.org.au.

Asthma Australia practice education workshops

Asthma Australia has developed an online accredited, free set of modules that will guide you through a range of asthma management topics with a strong patient education focus. Find them at: asthma.org.au/what-we-do/training/asthma-workshop-series

National Asthma Council Australia education and training workshops

National Asthma Council Australia (NAC) offers a [program of free asthma best practice education workshops](#) for primary health care professionals and allied health professionals.

Two training formats are available, face-to-face workshops and online webinars. These are facilitated by members of the NAC's team of respiratory experts, including asthma and respiratory educators, respiratory scientists, GPs and nurse practitioners.

Quality Improvement (QI)

QI templates, including those for paediatric asthma, are available for general practices to improve patient outcomes and deliver best practice care.

Visit nwmpnh.org.au/qi-activities hub to download the following quality improvement activities:

1. Increase the number of paediatric patients who have had a 6-monthly asthma review (moderate to severe asthma)
2. Increase the number of paediatric patients who have a complete asthma action plan.

Home medicines review - local participating pharmacies

GPs can refer to a local participating pharmacy to arrange a Home Medicines Review (HMR). An accredited pharmacist will arrange to visit the patient's home to check medicine management, including inhaler technique, correct storage and tips for adherence.

Business name	Address	Suburb	Post code	Phone number
Hobsons Bay local government area				
Priceline Pharmacy Williamstown	2/19-21 Douglas Parade	Williamstown	3016	03 9397 5114
Blackshaws Road Night Chemist	310A Blackshaws Road	Altona North	3025	03 9391 3257
Chemist Discount Centre Altona	88-90 Pier Street	Altona	3018	03 9398 1133
Chemcare Wellness Pharmacy	8 Harrington Square	Altona	3018	03 9398 1309
PharmaSave Central Square Pharmacy	Shop 15, 1 Central Avenue	Altona Meadows	3028	03 9315 7900
Laverton Pharmacy	Shop 2, 8 Neville Avenue	Laverton	3028	03 9362 2409
Scown's Pharmacy	17D Vernon Street	Kingsville South	3015	03 9391 3954
Maribyrnong local government area				
Miles Yarraville Village Pharmacy	40 Anderson Street	Yarraville	3013	03 9687 1000
Yarraville Square Pharmacy	Shop 4, 1-3 High Street	Yarraville	3013	03 9314 4868
Maria Stogiannis Pharmacy	24 Wembley Avenue	Yarraville	3013	03 9314 7057
Carnovale Pharmacy	149 Somerville Road	Yarraville	3013	03 9314 7557
Footscray Plaza Pharmacy	Shop 1 Footscray Plaza, 18 Albert Street	Footscray	3011	03 9687 1601
Direct Chemist Outlet Central West	Shop T21 Central West Shopping Centre, 67 Ashley Street	Braybrook	3019	03 9689 7788
Advantage Pharmacy Maidstone	101 Rosamond Road	Maidstone	3012	03 9317 8362
Priceline Pharmacy Highpoint	Shop 2539, Level 2 Highpoint Shopping Centre, 120-200 Rosamond Road	Maribyrnong	3032	03 9318 6708

Business name	Address	Suburb	Post code	Phone number
Brimbank local government area				
Priceline Pharmacy Sunshine Marketplace	Shop 45 Sunshine Marketplace, 80 Harvester Road	Sunshine	3020	03 9364 7133
Hampshire Pharmacy	Shop 6, 314 Hampshire Road	Sunshine	3020	03 9311 1417
Terry White Chemmart Sunshine	Shop 34 Sunshine Plaza Shopping Centre, 324-328 Hampshire Road	Sunshine	3020	03 9312 3155
Terry White Chemmart Keilor Village	686 Old Calder Highway	Keilor	3036	03 9336 7395
Quality Pharmacy Keilor Downs	Shop 23 Keilor Downs Plaza, Taylors Road	Keilor Downs	3038	03 9364 0294
Taylors Lakes Pharmacy	Shop 6 Taylors Lakes Shopping Centre, Corner Melton Highway and Sunshine Avenue	Taylors Lakes	3038	03 9390 9496
Sydenham Pharmacy	523 Melton Highway	Sydenham	3037	03 9449 0524
Terry White Chemmart Watergardens	Shop 101 Watergardens Town Centre, 399 Melton Highway	Taylors Lakes	3038	03 9449 2999
Kings Pharmacy	149 Kings Road	Kings Park	3021	03 9367 8899
Direct Chemist Outlet Brimbank	Shop T097 Brimbank Central Shopping Centre, 28-72 Neale Road	Deer Park	3023	03 8372 6774
Terry White Chemists Brimbank	Shop T51 Brimbank Central Shopping Centre, Corner Neale and Station Road	Deer Park	3023	03 9363 6065
Priceline Pharmacy Cairnlea	Shop 4 Cairnlea Town Centre, 100 Furlong Road	Cairnlea	3023	03 9361 2800
Alfrieda Street Pharmacy	30 Alfrieda Street	St Albans	3021	03 9366 3173
McCrossin & Phan Pharmacy	8 Alfrieda Street	St Albans	3021	03 9366 2197
PharmaSave Graeme Wurm Pharmacy	104 Station Street	Deer Park	3023	03 9363 4202
Deer Park Pharmacy	811A Ballarat Road	Deer Park	3023	03 9363 1026



For more information:
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