

Back to School ICAM CoP Session 3

31 Jan 2024

The content in this session is valid at date of presentation

Acknowledgement of Country

In the spirit of reconciliation we acknowledge the Traditional Custodians of the lands on which we meet, the Wurundjeri people of the Kulin Nation.

We pay our respects to the Elders past and present, and extend that respect to all Aboriginal and Torres Strait Islander peoples today, for they are the safekeepers of memories, traditions and culture.

We recognise their connection to Country, land, sea and community, and the role in caring for and maintaining Country over thousands of years. May their strength and wisdom be with us today.



Photo credit: Koori Curriculum

Housekeeping – Zoom Meeting

All attendees are muted

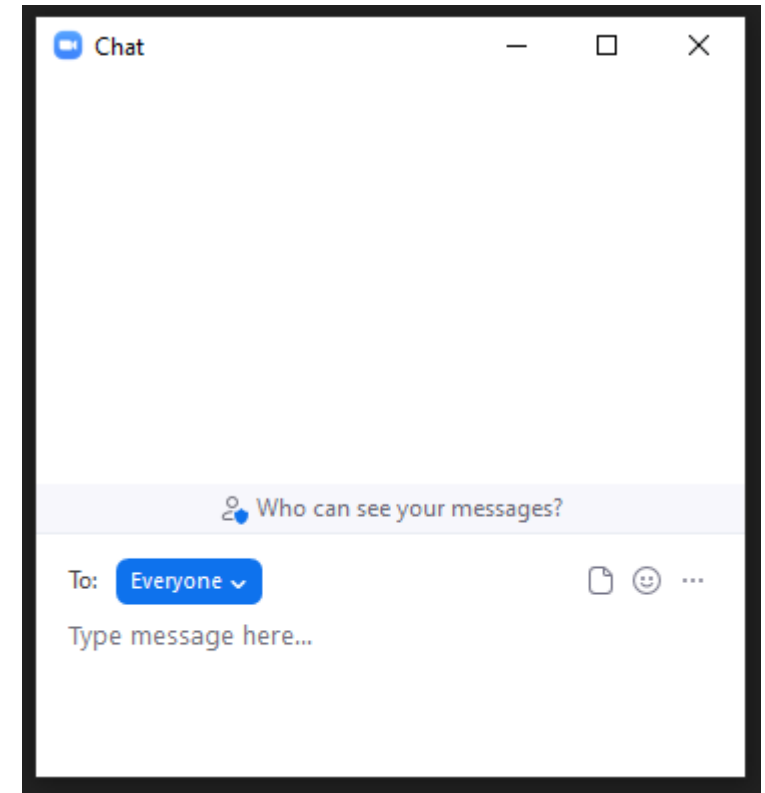
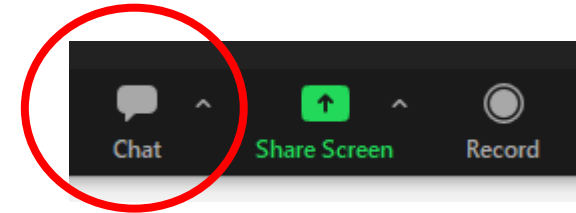
Please keep your microphone on mute

Please ask questions via the Chat box

This session is being recorded

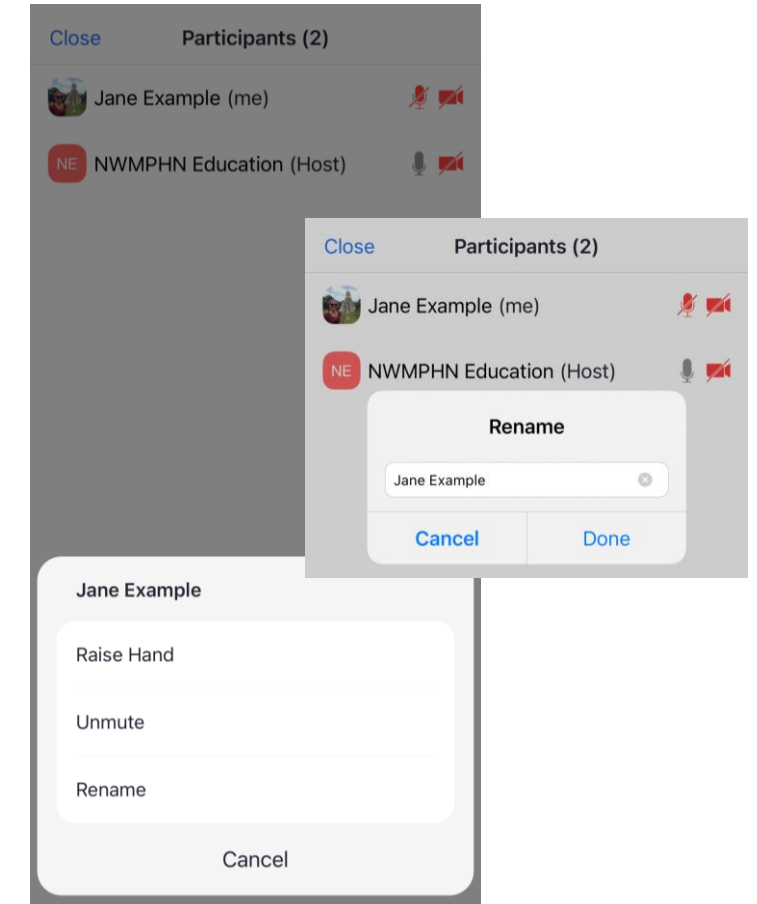
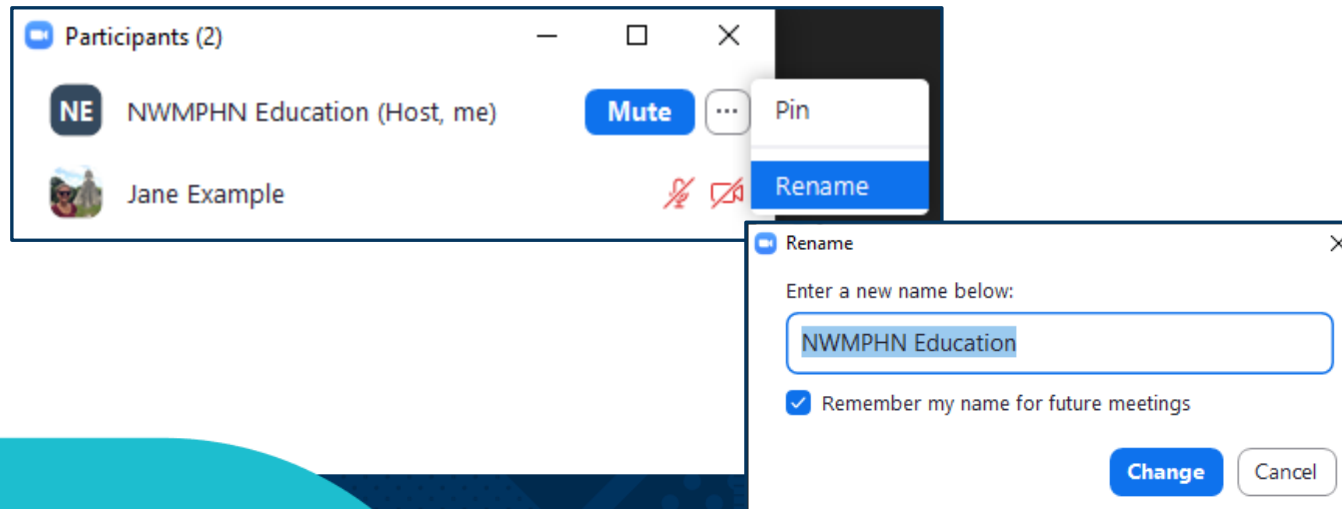
Please ensure you join the session using the name you registered with so we can mark your attendance

Certificates and CPD will not be issued if we cannot confirm your attendance



How to change your name in Zoom Meeting

1. Click on **Participants**
2. **App:** click on your name
Desktop: hover over your name and click the 3 dots
Mac: hover over your name and click *More*
3. Click on **Rename**
4. Enter the name you registered with and click
Done / Change / Rename



Agenda

Topic	Speaker
Welcome and Introductions	Shivanthan Shanthikumar
Case study	Kirsty Tamis
Exercise-induced asthma	Shivanthan Shanthikumar
Asthma Plans	Kirsty Tamis & Shivanthan Shanthikumar
HealthPathways & CAP	Kirsty Tamis
Wrap Up: Feedback and Next Community of Practice	Shivanthan Shanthikumar

Learning Outcomes

By the end of this session, you will be able to:

- Implement best practice management for asthma in children
- Describe resources and local services available for children living with asthma
- Identify collaborative, multidisciplinary opportunities to improve care for children living with asthma
- Interpret local data and identify potential solutions to improve asthma care locally

Introduce yourself in the chat



Introducing your Facilitators



**Dr Shivanthan
Shanthikumar**

Paediatric Respiratory
Specialist, RCH
Clinician-scientist fellow,
MCRI



Dr Kirsty Tamis

General Practitioner
Forsyth Park Medical Centre



1

Case Study

Kirsty Tamis

Case 1

- Sibling 1, 14yo Male, new patient asking for asthma plan for school
- Diagnosed asthma preschool with wheeze in viral infection
- Used Ventolin PRN since, via spacer
- No admissions, no oral steroid, no antibiotic use, never required preventer
- Self-managed Ventolin use since 12 at school
- Reporting increased use at school, especially in sports
- Breathless after few minutes running, tight chest, no cough, unsure if wheeze
- Takes Ventolin when breathless, unsure if helping
- Reports main exercise is rugby
- PMH: Diagnosed ASD age 7, anxiety, NDIS, childhood trauma, hayfever with rhinitis

Poll Question



Where to go from here

Any further questions?

Next steps?

Asthma Plan?

Referrals?

Case 2

- Sibling 2, 12yo Female, new patient asking for asthma plan for school
- Diagnosed asthma preschool with wheeze in viral infection
- Few courses oral steroid between 5-12 for wheezy episodes in community
- Last exacerbation 5 months ago, attend ED and required steroid, oxygen, burst therapy, discharged after 2 hours
- Never prescribed preventer, Ventolin PRN via spacer, home predmix
- Increasing Ventolin use, several times a week, waking tight chested since moving and high school last year
- Breathless, gasping, lightheaded, can pass out
- No cough, thinks wheezy at the time
- PMH: cat allergy, rhinitis, complex PTSD, CSA, anxiety with multiple somatic symptoms, recently started SSRI
- SH: moved 5 schools in 7 years

Poll Question



Where to go from here

Any further questions?

Next steps?

Asthma Plan?

Referrals?

Case 3

- Sibling 3, 10yo Male, new patient asking for asthma plan for school
- Diagnosed asthma preschool with wheeze in viral infection
- Oral steroid twice/year for wheezy episodes in community, no admissions, few oral abx courses
- Ventolin PRN via spacer, uses more than twice a week regularly
- 4-5 exacerbations a year requiring few days inc Ventolin
- Increased Ventolin use since move, coughing, wheezy outdoors, responds to Ventolin
- Still needs help with technique and when to use
- PMH: rhinitis, hayfever, eczema

Poll Question



Where to go from here

Any further questions?

Next steps?

Asthma Plan?

Referrals?



2

Exercise-induced asthma

Shivanthan Shanthikumar

Poll Question



Exercise Induced Shortness of Breath

Differential Diagnosis

- Asthma

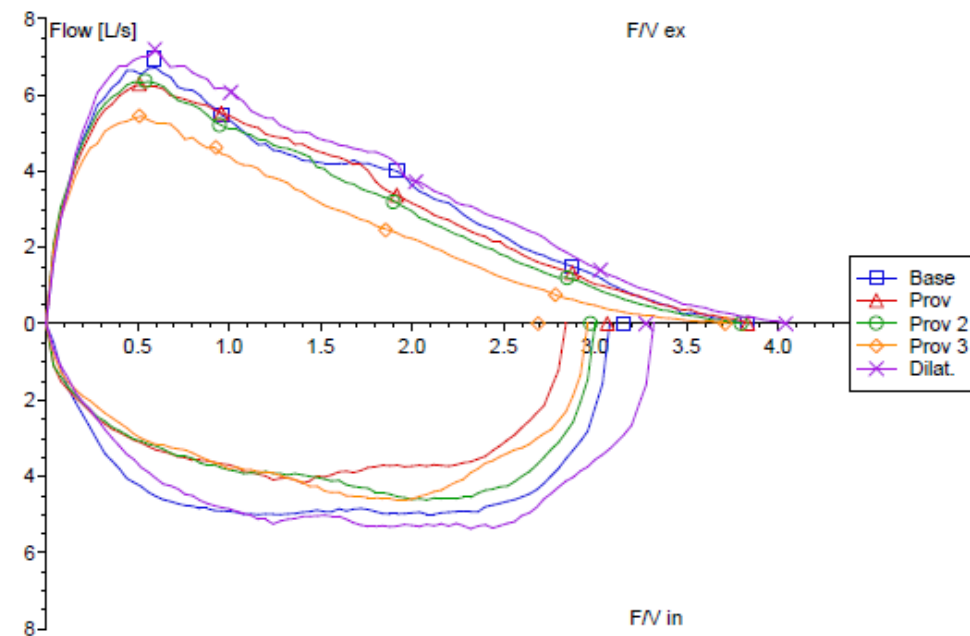
Exercise Induced Shortness of Breath

Differential Diagnosis

- Asthma

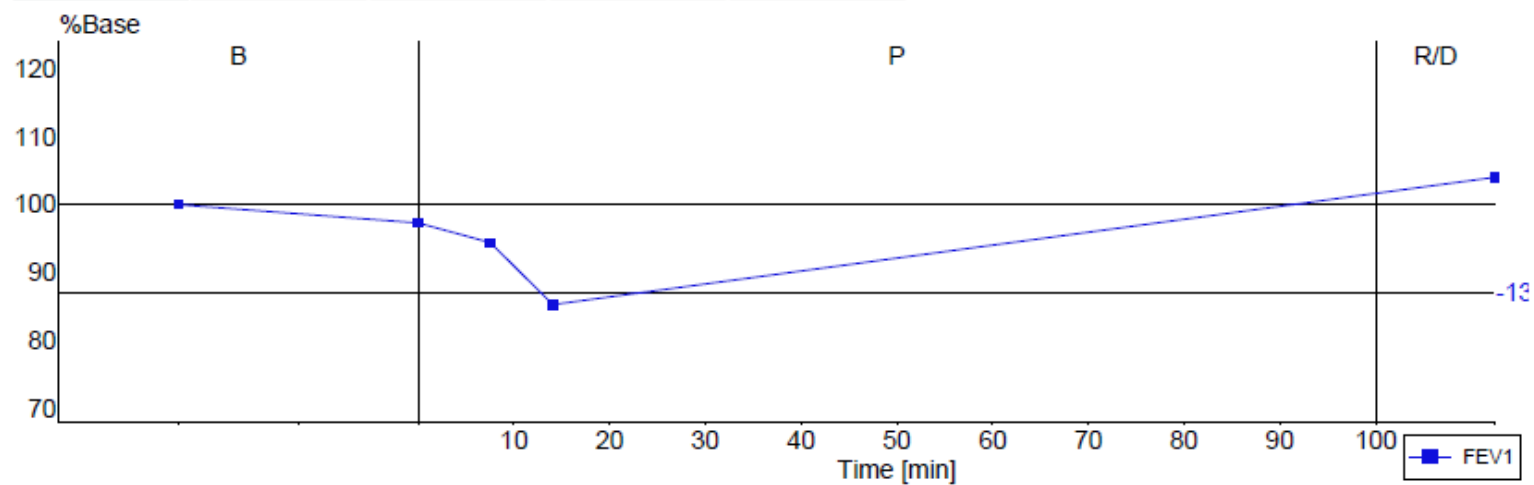
Can Also Be

- Deconditioning/Fitness
- Anxiety
- Vocal Cord Dysfunction



Percentage Change in FEV1 Post Exercise

		1 min	5 mins	10 mins	Post BD
FEV 1	L	-2.7	-5.6	-14.7	4.0



	Asthma	Other Causes
Duration of exercise prior to symptoms starting	Significant amount of exercise	Quick onset
What happens when exercise stops	Continues/Gets Worse	Quick Relief
Duration of symptoms post exercise	Prolonged	Short
Effect of Bronchodilator	Helpful	Unhelpful*
Other	Wheeze	Stridor, throat pain



3

Asthma Plans

**Kirsty Tamis & Shivanthan
Shanthikumar**

Poll Question





4

How to improve communication between the health and education sectors

Kirsty Tamis

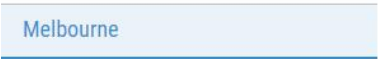


5

HealthPathways Melbourne and CAP

Kirsty Tamis

What is HealthPathways?

Immunology - Child

▼

▼



HEALTHPATHWAYS

Latest News

20 September

health.vic

[Health alerts and advisories](#) 

19 September

Listeriosis – advice for people at risk

There are currently a number of multi-state clusters of listeriosis under investigation nationally. People at increased risk of listeriosis should avoid consuming high-risk foods. [Read more...](#)

13 September

60-day dispensing – PBS medicines and current item codes

From 1 September 2023, GPs are able to write scripts for 60 days with 5 repeats for certain PBS medications. For further information, see [60-day prescriptions of PBS medicines](#), [searchable table PBS for 60-day dispensing](#) and [information kit](#).

1 September

Pathway Updates

Updated – 25 September
Managing Type 2 Diabetes

Updated – 21 September
Motor Neurone Disease

Updated – 21 September
COVID-19 Vaccination

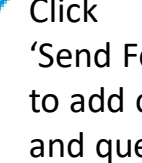
Updated – 20 September
Behavioural Disturbance in C

Updated – 20 September
Asymmetrical Sensorineural

[VIEW MORE UPDATES...](#)

About HealthPat

i ABOUT HEALTHPATHWAYS

 BETTER HEALTH CHANNEL RACGP RED BOOK USEFUL WEBSITES & RES NPS MEDICINEWISE PBS

Click
'Send Feedback'
to add comments
and questions
about this
pathway.



Community Asthma Program

CAP is DHHS funded

(free service)



*CAP Poll
Question*





6

Wrap up

Feedback

Your feedback is important to us, and helps us to get the most out of the Community of Practice

- Please answer the survey questions
- Share with us what you would you like to discuss at future Community of Practice Meetings?

Stay up to date with ICAM news!

Sign up to the ICAM CoP Basecamp to keep up to date with resources and recordings, and chat to the community.

To sign up, please email the NWMPHN education inbox.



education@nwmphn.org.au

Scan QR Code or Click Link Below

<https://www.surveymonkey.com/r/DPX2LLL>



Next Community of Practice

Date and time:









Wednesday March 27th

6:30-8pm



Asthma Australia Competition


<https://asthma.org.au/back-to-school-2024/>

SHOPBLOGCONTACTTRAININGRESOURCES     1800 278 462

ASTHMA ▾TREATMENT ▾OUR WORK ▾PROFESSIONALS ▾GET INVOLVED ▾ABOUT US ▾DONATE

BACK TO SCHOOL

[HOME](#) > BACK TO SCHOOL




WIN 1 OF 20

AIR PURIFIER

PRIZE PACKS

Includes 1 x InspireAir 72 Air Purifier
and 2 x replacement air filters



WORTH OVER
\$700

ENTER NOW

T&Cs apply. See asthma.org.au for full details and to enter.
Competition ends 12pm AEST on Friday 16/02/24. Permit numbers:
(SA) T23/1906 (NSW) TP/02828 (ACT) 23/02489



Thank you