

HEALTHCARE PROFESSIONAL SERVICES

Asthma Australia is committed to supporting the delivery of best-practice, person-centred care for people with asthma. And we can't do that without you, our healthcare professional community.

This document is intended to be a reference guide to the services and support that we provide for healthcare professionals who work with people with asthma.

- Scroll down to learn about 1800 ASTHMA (1800 278 462), our Asthma Educator Service and how you can refer your patients for free evidence-based support.
- Discover some of the most requested and helpful rated Clinical practice tools created to support you in your practice, including the ACQ5 tool and Asthma Action Plan.
- Read on as we spotlight our Resources to support Professional Development, featuring accredited online medical education.

ASTHMA LINK

Asthma Australia's e-newsletter for healthcare professionals who care for people with asthma.

We recognise that you are busy and so in each edition, we curate a limited collection of articles which are relevant and useful in clinical practice.

Subscribe: asthma.org.au/health-professionals/asthmalink



1800 ASTHMA (1800 278 462)

SUPPORT FOR ASTHMA PATIENTS

When patients need extra help understanding their asthma, identifying their triggers or using their device, you can refer them to our Asthma Educators.

Phone consultations with the Asthma Australia Asthma Educators are funded by Federal and State Governments to improve patient education, based on the Australian Asthma Handbook (National Council of Australia, 2022).

People with asthma who engage with one of our Asthma Educators find the support they received has helped them to really understand their condition, triggers and the Asthma Action Plans and medications that you prescribe.

We see ourselves as a complementary service to the management pathways you set your patients on, and we have the time, experience in coaching people with asthma and resources at our fingertips.

Designed to fit within your workflow, and save you time, the Asthma Australia Asthma Action Plan is available to you in a variety of formats.

“ This is tremendously reassuring and raises my confidence. It is so comforting to be given this time to talk through medications and how to use them. You have indulged all my questions and their wide variety. ” - 1800 ASTHMA Caller



HOW TO REFER TO 1800 ASTHMA

You can refer patients 3 years and older to the Asthma Australia Asthma Educator support service. We offer a variety of options to suit your preferences.

- In **Best Practice, Medical Director or ZEDMED** a referral template is available within the software.
- An **online referral form** is available via the Asthma Australia website.
- **Downloadable referral forms** you can print, complete, and send via Fax to: 07 3257 1080 or Secure Message: Healthlink (asthmaus)

Refer your patients:

asthma.org.au/health-professionals/refer-to-asthma-australia



CLINICAL PRACTICE TOOLS

ACQ5: A SIMPLE TOOL FOR USE BY PATIENTS ONLINE

- As a healthcare professional, you understand the importance of effective asthma management. The Asthma Control Questionnaire (ACQ5) is a valuable tool that can help you and your patient assess how well their asthma is controlled.



The ACQ5 is a simple, 5 question survey to be completed by the patient, as an assessment of their perception of symptoms and asthma control. After completing the questionnaire on our website, they will receive a copy of their results and recommended next steps. As a prescriber, you can also use the score when completing the authority prescription criteria for select monoclonal antibodies for severe uncontrolled asthma.

- The ACQ5 was developed for use in clinical research studies and clinical practice. It is a well validated tool for measuring adequacy of asthma control and change in asthma control. Asthma Australia is a licensed provider of the online ACQ5 tool, developed by Elizabeth Juniper and is copyrighted by QOL Technologies Ltd.

Start the ACQ5: asthma.org.au/health-professionals/acq5

MY ASTHMA REVIEW WORKSHEET

People with asthma tell us that it can be hard to remember all of the issues they want to talk about with you at their consultation.

We created the **My Asthma Review** worksheet to facilitate more comprehensive conversations about multiple factors that need to be considered in asthma management. It is designed to be completed by the patient, with input from you, to empower them to more effectively self-manage their asthma.

Download: asthma.org.au/Asthma-Review-Worksheet

MY ASTHMA REVIEW WORKSHEET

WHAT IS YOUR ASTHMA GOAL?
An asthma goal is what you would like to be able to do if asthma didn't get in the way.
I want to...
- be able to play with my kids without coughing
- be able to exercise without wheezing
- enjoy my retirement

MY NOTES

BEFORE YOUR APPOINTMENT
Check if you need to have a lung function test, and if so, how to prepare
Take all your inhalers, spacers and any rescue sprays with you
BENT due to a longer appointment time for your Asthma Review

MY SYMPTOMS
Cough
Wheezing
Short of breath
Chest tightness
Other:
In the past week:
I had daytime asthma symptoms more than 2 days a week
I had some trouble with daily activities or exercise due to my asthma
I had some symptoms during the night or when I woke up
I needed to use my rescue inhaler more than 2 days a week
How do you feel about your asthma control?
Your asthma symptoms are: well controlled | Your asthma symptoms are: partially controlled | Your asthma symptoms are: not controlled
Have you had any recent asthma attacks or unusual symptoms?
How do your other conditions affect your breathing?

MY MAY FEVER OR ALLERGIES
I get May Fever (please circle one): often / occasionally / never / I'm not sure
I treat my May Fever with:
I also have other allergies:
(food allergy, drug allergy, eczema, sinusitis)

GP/NURSE NOTES
Symptoms due every 1-2 years for most people with asthma
Consider impact on asthma and test treatment
Is patient motivated for a recommended next step?

ASTHMA AUSTRALIA
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ASTHMA ACTION PLAN

Creating an Asthma Action Plan and leveraging the opportunity to educate your patients is a cornerstone of successful asthma management for people of all ages.

Designed to fit within your workflow, and save you time, the Asthma Australia Asthma Action Plan is available to you in a variety of formats.

Download: asthma.org.au/manage-asthma/asthma-action-plan

- Within Best Practice (Premier) and Medical Director (Clinical) an **Asthma Action Plan template** can be pre-populated with some of the patient's key details. Once completed, simply print or email a copy for the patient.
- A **fillable pdf form** is available via the Asthma Australia website. Complete together with your patient, then print or email for them to keep, and save in your patient's electronic medical record.
- Colour or black and white **downloadable versions** are also offered for you to print, complete and give to the patient to take away.
- **Translated language versions** of the Asthma Action Plan are also available.

You might see other versions of an Asthma Action Plan in circulation. Our plans are regularly reviewed by clinical experts and consumer advisors to ensure they are up-to-date, correct and useful.

ASTHMA ACTION PLAN
Take me when you visit your doctor

Name: _____
Plan date: _____ Review date: _____
Doctor details: _____

Emergency Contact
Name: _____
Phone: _____
Relationship: _____

WELL CONTROLLED is all of these...
• ☒ needing reliever medicine no more than 2 days/week
• ☒ no asthma at night
• ☒ no asthma when I wake up
• ☒ can do all my activities

☐ **TAKE preventer**
I am ☐ using ☐ preventer for ☐ days then back to well controlled dose
• ☐ preventer not used well controlled
• ☐ preventer not used well controlled

☐ **TAKE reliever**
• ☐ preventer not used well controlled
• ☐ preventer not used well controlled

FLARE-UP Asthma symptoms getting worse such as any of these...
• ☒ needing reliever medicine more than usual OR more than 2 days/week
• ☒ wake up frequently overnight with asthma
• ☒ had asthma when I wake up
• ☒ can't do all my activities

☐ **TAKE preventer**
I am ☐ using ☐ preventer for ☐ days then back to well controlled dose
• ☐ preventer not used well controlled
• ☐ preventer not used well controlled

☐ **TAKE reliever**
• ☐ preventer not used well controlled
• ☐ preventer not used well controlled

☐ **START other medicine**
• ☐ preventer not used well controlled
• ☐ preventer not used well controlled

☐ **MAKE appointment to see my doctor** **same day or as soon as possible**

SEVERE Asthma symptoms getting worse such as any of these...
• ☒ reliever medicine not lasting 3 hours
• ☒ wake up frequently overnight with asthma
• ☒ had asthma when I wake up
• ☒ difficulty breathing

☐ **TAKE preventer**
I am ☐ using ☐ preventer for ☐ days then back to well controlled dose
• ☐ preventer not used well controlled
• ☐ preventer not used well controlled

☐ **TAKE reliever**
• ☐ preventer not used well controlled
• ☐ preventer not used well controlled

☐ **START other medicine**
• ☐ preventer not used well controlled
• ☐ preventer not used well controlled

☐ **MAKE appointment to see my doctor** **TODAY**
• ☐ preventer not used well controlled
• ☐ preventer not used well controlled

OTHER INSTRUCTIONS
• ☐ preventer not used well controlled
• ☐ preventer not used well controlled

EMERGENCY is any of these...
• ☒ reliever medicine not working at all
• ☒ can't speak a full sentence
• ☒ extreme difficulty breathing
• ☒ feel asthma is out of control
• ☒ lips turning blue

☐ **CALL AMBULANCE NOW**
Dial Triple Zero (000)

☐ **START ASTHMA FIRST AID**
Turn page for Asthma First Aid

If you are using a dual purpose reliever, your doctor will discuss the correct plan for you. VCB Updated 13 October 2023

RESOURCE LIBRARY

Did you know that we have a range of free digital resources available on our website? The Resource Library not only includes asthma resources for your patients but also for you. For example, there is information for specific populations such as the **Asthma in Pregnancy Toolkit**, Asthma Action Plan and other resources **translated in many languages** (Arabic, Chinese, Swahili, Vietnamese and more), and our popular **device technique information and videos**.

Visit: asthma.org.au/resources

RESOURCES TO SUPPORT YOUR PROFESSIONAL DEVELOPMENT

ONLINE MEDICAL EDUCATION – ASTHMA IN AUSTRALIA: PRACTICAL SOLUTIONS FOR CHALLENGES IN PRIMARY CARE

Asthma Australia is a content partner with ThinkGP, and proudly sponsors the **Asthma in Australia** series. This is free, evidence-based, up-to-date and accessible learning for healthcare professionals.

This patient-focused and clinically relevant medical education is provided with flexibility in mind and includes:

- six single Modules, each worth 1 hour of Educational Activity (EA) time
- an Advanced Course which will provide 6 hours of EA time and 2 hours of Reviewing Performance (RP) time
- videos of different perspectives on lived experience with asthma.

The **Asthma in Australia** series is one of the most popular training on the platform, so join the thousands of healthcare professionals like you who have completed one, or more, of the Modules and gain confidence in the practical implementation of guidelines and use of Asthma Action Plans.

"This activity is a must for any GP who has asthma patients to improve their knowledge and confidence in managing patients with asthma, either kids or adults." -GP

Accreditation information:

These activities are accredited for general practitioners with both the RACGP CPD program and the ACRRM PDP program. For nurses and other professions, you may be able to self-claim this activity via your CPD governing body. Each individual module provides 1 hour of Educational Activity (EA) time while completing the Advanced Course will provide 5 hours of EA time and 2 hours of Reviewing Performance (RP) time.

Cost: Free

Register: asthma.org.au/what-we-do/training/asthma-workshop-series



FUNDAMENTALS IN SPIROMETRY – ONLINE TRAINING

Asthma Australia, in partnership with Spirometry Training Company, is offering Fundamentals in Spirometry. This online spirometry training course is designed to give participants a solid theoretical foundation in how to perform quality spirometry to international best practice standards to optimise asthma diagnosis and management.

Register: asthma.org.au/spirometry-training



LUNG LEARNING HUB

The Lung Learning Hub hosts quality evidence-based respiratory health education and training for primary healthcare professionals to optimise patient outcomes. Through the self-appraisal tool, you can assess your current skill level against competencies and capabilities in the Lung learning Framework.

NEW FOR 2024: THE QUAD

The QUAD: the new Quality use of Medicines in Chronic Airways Disease healthcare professional education program is now available.



The project, funded by the Australian Government Department of Health and Aged Care under the Quality Use of Diagnostics, Therapeutics and Pathology Program, is delivered by the Lung Learning Partnership, a consortium of the Lung Foundation Australia, The Thoracic Society of Australia and New Zealand (TSANZ), and Asthma Australia.

The program and three education packages on breathlessness, COPD and asthma, have been informed by a consultative design process with both healthcare professionals and people with lived experience, to deliver useful and relevant content that meets the contemporary needs of healthcare professionals as they support people with chronic airways disease.

The QUAD: lunglearninghub.com.au/the-quad