# **Appendices**

## Appendix 1: Asthma attack poster





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Cases

# Appendix 2: Asthma action plan

#### My asthma triggers

List the things that make your asthma worse so you can try to avoid or treat them.

Always keep your reliever inhaler (usually blue) and your spacer with you. You might need them if your asthma gets worse.

Last reviewed and updated 202t next review 2024.

Ashma and lung UK, a drantable company infield by guaranteewith company registration number 0990044, with registrate charity number 200700 in England and Wales, SC0039451 in Society and, and Iff'! In the Island Man.

I will see my doctor or asthma nurse at least once a year (but more if I need to)

Date my asthma plan was up dated:

Date of my next asthma review:

Doctor/asthma nurse contact details:

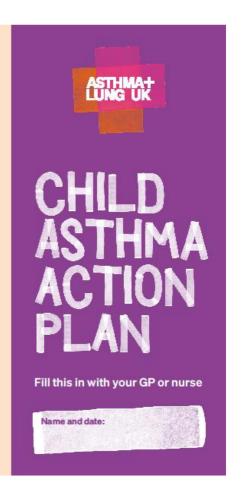
#### Parents and carers - get the most from your child's action plan

- Take a photo and keep it on your mobile (and your child's mobile if they have one)
- Stick a copy on your fridge door
- · Share your child's action plan with their school

Learn more about what to do during an asthma attack asthmaandlung.org.uk/child-asthma-

# ASTHMA QUESTIONS?

Parents and carers ask our respiratory nurse specialists Call 0300 222 5800 WhatsApp 07999 377 775 (Monday-Friday, 9am-5pm over 16 only)



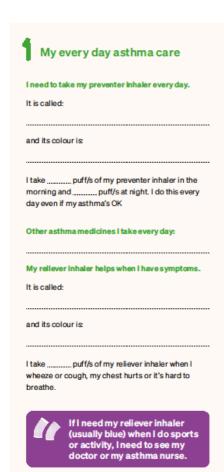


Introduction

Cases

2

Case Commentaries



# My asthma is getting worse if...

- I wheeze, cough, my chest hurts, or it's hard to
- I need my reliever inhaler (usually blue) three or more times a week or
- I'm waking up at night because of my asthma. (this is an important sign and I will book a next day appointment with my GP or nurse).

#### If my asthma gets worse, I will:

- Take my preventer medicines as normal
- And also take \_\_\_\_\_ puft/s of my reliever inhaler (usually blue) every four hours if needed
- See my doctor or nurse within 24 hours if I don't

# **URGENT!**

If your reliever inhaler is not lasting four hours, you need to take emergency action now

Remember to use my spacer with my inhaler if I have one.

If I don't have one, I'll check with my doctor or nurse if it would help me.

Other things my doctor or nurse says I need to do if my asthma is getting worse (e.g. check my

## I'm having an asthma attack if...

- My reliever inhaler isn't helping or I need it more
- I can't talk, walk or eat easily or
- I'm finding it hard to breathe or
- I'm coughing or wheezing a lot or my chest is

#### If I have an asthma attack I will:

- 1. Call for help. Sit up don't lie down. Try to keep calm.
- 2. Take one puff of my reliever inhaler (with my spacer, if I have it) every 30 to 60 seconds, up to a total of 10 puffs.
- 3. If I don't have my reliever inhaler, or it's not helping, or if I am worried at any time, call 999 for an ambulance.
- 4. If the ambulance has not arrived after 10 minutes and my symptoms are not improving, repeat step 2.
- 5. If my symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately.



Even if I start to feel better, I don't want this to happen again, so I need to see my doctor or asthma nurse today.

# You can access a MART plan here;

mart-asthma-action-plan

#### And an AIR plan here:

AIR action plan A4 trifold colour Final.pdf

# N.B please check the licensed age for MART and AIR inhalers here;

AIR-and-MART-inhalers.pdf

Introduction

Cases



# Appendix 3: Asthma control test for children aged 4-11 years



4

Case Commentaries

Name:		
HILL ON WAR		
Date:		



# Childhood Asthma Control Test for Children 4 to 11 years

This test will help your doctor decide if your asthma is well controlled or not.

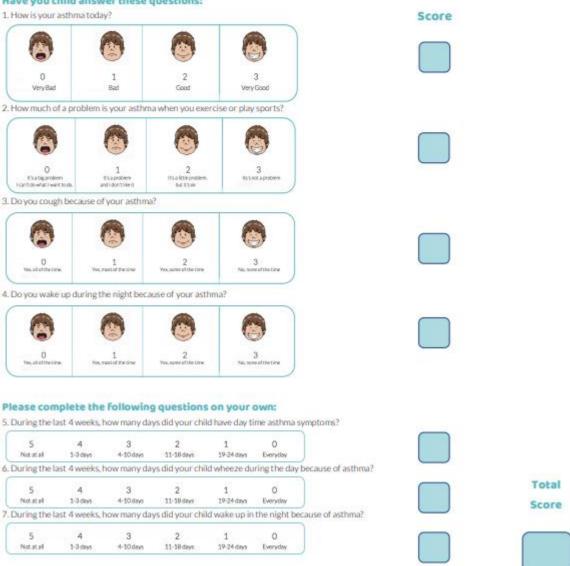
How to take the Childhood Asthma Control Test:

- Step 1: Let your child answer questions 1-4. You may help your child understand the question but let them select the response.
- Step 2: Complete questions 5-7 on your own without letting your child's response influence your answers.
- Step 3: Write the number of each answer in the score box provided
- Step 4: Add up each score box to find out your child's total score
- Step 5: Take the total score to your doctors to talk about your child's asthma.



If you child's score is less than 19, it may be a sign that their asthma is not as controlled as it could be. Take this score to your doctor to talk about the results.

#### Have you child answer these questions:



www.beatasthma.co.uk



# **Appendix 4: Current STU respiratory searches**

- People (including COPD) prescribed >=12 SABA in 12 months
- Non-COPD Patients prescribed >=12 SABA in 12 months
- Non-COPD Patients prescribed 6-11 SABA in 12 months
- Non-COPD Patients prescribed 3-5 SABA in 12 months
- Patients who are only prescribed a SABA
- Patients prescribed LABA without ICS
- Patients prescribed high strength ICS (adults 16 years and over)
- Patients prescribed high strength ICS (children)
- Patients prescribed 14 or more ICS in last 12 months
- Patients prescribed both pMDI and DPI/soft mist inhalers
- Patients prescribed separate inhalers for pMDI or DPI/soft mist where a combination is available
- Patients suitable to be prescribed triple therapy
- Patients prescribed mucolytics > 6 months.



Introduction

Cases

6

Information section