

5. Asthma

Asthma				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<p>Knowledge and Understanding</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the holistic care of a patient with asthma. • Demonstrate an understanding of respiratory anatomy and physiology. • Demonstrate an understanding of the pathophysiology of asthma • Demonstrate an understanding of the diagnostic criteria for asthma in adults, young people and children over 5 in line with local and national guidance.^{5 6} • Demonstrate an understanding of when to consider a differential diagnosis.⁷ • Demonstrate an understanding of the local and national guidance for the management of asthma.⁸ • Demonstrate an understanding of the identification and management of asthma exacerbation and be able to stratify this in to moderate acute severe or life threatening in line with local and National guidance.⁹ • Demonstrate an understanding of the correct technique for using the different types of inhaler devices and explain what will guide your device recommendations for a specific patient in line with local and national guidance.^{10 11} • Demonstrate and understanding of the aims of asthma treatment.¹² • Demonstrate an understanding of the impact of poor air quality on asthma.¹³ <p>Patient Management</p> <ul style="list-style-type: none"> • Initial Assessment: <ul style="list-style-type: none"> ○ Be able to take a detailed history from the patient.¹⁴ 				

⁵ <https://www.nice.org.uk/guidance/ng80/chapter/Recommendations#objective-tests-for-diagnosing-asthma-in-adults-young-people-and-children-aged-5-and-over>

⁶ <https://www.nice.org.uk/guidance/ng80/chapter/recommendations#algorithms>

⁷ <https://cks.nice.org.uk/topics/asthma/diagnosis/diagnosis/>

⁸ <https://www.nice.org.uk/guidance/ng80/chapter/Recommendations>

⁹ <https://cks.nice.org.uk/topics/asthma/management/acute-exacerbation-of-asthma/>

¹⁰ <https://www.rightbreathe.com/>

¹¹ <https://www.asthmaandlung.org.uk/living-with/inhaler-videos>

¹² <https://cks.nice.org.uk/topics/asthma/management/newly-diagnosed-asthma/#how-should-i-manage-someone-with-newly-diagnosed-or-suspected-asthma>

¹³ <https://www.nice.org.uk/guidance/ng70/chapter/Recommendations#vulnerable-groups>

¹⁴ <https://www.nice.org.uk/guidance/ng80/resources/algorithm-a-initial-clinical-assessment-for-adults-young-people-and-children-with-suspected-asthma-pdf-4656176749>

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<ul style="list-style-type: none"> ○ Discuss history with GPN/ACP/GP to identify appropriate objective testing, explain this to the patient and what the next steps will be.^{15 16} ○ Be able to explain the need for an annual review and familiarise patient with a validated assessment questionnaire such as the Asthma Control Test (ACT or Asthma Control Questionnaire (ASQ) to enable self-monitoring and improved engagement with future reviews, in line with local and national guidance.¹⁷ ○ Be able to explore with the patient their triggers and discuss ways to help avoid or reduce the impact of these.¹⁸ <p>On Review:</p> <ul style="list-style-type: none"> ○ Be able to confirm patient's adherence to treatment.¹⁹ ○ Be able to support patient to achieve good inhaler technique.^{20 21} where needed, and provide support materials ○ Be able to discuss spacer use with patient and explain rationale for use.²² ○ Be able to assist patient with performing a Peak Expiratory Flow Recording (PEFR) or if trained (see appropriate section) spirometry to support monitoring and identification of deterioration.²³ ○ Be able to recognise when treatment may need to be changed and discuss on to appropriate prescribing clinician. ○ Be able to arrange appropriate follow up with senior clinician for the patient following any change to medication.²⁴ ○ Be able to provide health promotion advice that could improve asthma control, and make onward referral, where appropriate: ²⁵: <ul style="list-style-type: none"> ▪ Diet. ▪ Exercise. ▪ Smoking cessation. ▪ Vaccination. ○ Be able to signpost the effect of asthma on mental health and signpost patient to appropriate support.²⁶ ○ Be able to support patient to address adverse living and environmental conditions that may be affecting asthma control, including but not limited to: <ul style="list-style-type: none"> ▪ Pets.²⁷ ▪ Pollution.²⁸ ▪ At home.²⁹ ○ Providing signposting to advice and support to local support services where appropriate and available. ○ Ensure that the patient has access to a senior clinician who is able to provide patient with robust safety netting advice relating to deterioration of their asthma and asthma exacerbation.^{30 31} ○ Be able to recognise when patient complexity exceeds competence and refer on to senior clinician service. 				