

Asthma				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
Tier 2				
<p style="text-align: center;">Knowledge and Understanding</p> <ul style="list-style-type: none"> <li>• Demonstrate an understanding of the tiered approach to diagnosis – when to diagnose, suspect and consider and where onward referral to specialist services are required<sup>1</sup>.</li> <li>• Demonstrate an understanding of Occupational Asthma and action to be taken<sup>2</sup></li> <li>• Demonstrate an understanding of the variety of inhaled medications available for the management of Asthma including the different types of devices in line with local and National Guidance<sup>3</sup> <sup>4</sup></li> <li>• Demonstrate an understanding of levels of Inhaled Corticosteroid (ICS) doses – Low, Medium and High and when to issue a Steroid safety card<sup>5</sup></li> </ul>				

<sup>1</sup> <https://www.nice.org.uk/guidance/ng80/chapter/recommendations#objective-tests-for-diagnosing-asthma-in-adults-young-people-and-children-aged-5-and-over>

<sup>2</sup> <https://www.nice.org.uk/guidance/ng80/chapter/recommendations#occupational-asthma>

<sup>3</sup> <https://bnf.nice.org.uk/treatment-summaries/asthma-chronic/#related-treatment-summaries>

<sup>4</sup> <https://www.rightbreathe.com/>

<sup>5</sup> <https://cks.nice.org.uk/topics/asthma/prescribing-information/inhaled-corticosteroids/>

<ul style="list-style-type: none"> <li>• Demonstrate an understanding of where Maintenance and Reliever Therapy (MART) use would be appropriate and arrange onward referral<sup>6 7</sup></li> <li>• Demonstrate an understanding of the environmental impact of inhaler use<sup>8</sup>.</li> <li>• Demonstrate an understanding of risk stratification of patients with asthma and how this will help plan interventions for those most at risk of poor outcomes<sup>9</sup></li> </ul> <p><b>Patient Management</b></p> <ul style="list-style-type: none"> <li>• <b>Diagnosis</b> <ul style="list-style-type: none"> <li>○ Be able to elicit patients understanding of the following and provide explanations, information and support where appropriate:           <ul style="list-style-type: none"> <li>▪ The different types of treatment, preventer and reliever, how they work and the different types available<sup>10 11</sup></li> <li>▪ The impact of air quality and pollution on Asthma control and provide advice on how to minimise this.<sup>12</sup></li> <li>▪ The environmental impact of inhaler use, providing information on choices that are more environmentally friendly where appropriate.<sup>13</sup></li> </ul> </li> <li>○ Have a shared decision-making discussion with the patient about:</li> </ul> </li> </ul>				
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<sup>6</sup> <https://www.nice.org.uk/guidance/ng80/chapter/recommendations#mart>

<sup>7</sup> <https://www.nice.org.uk/guidance/ng80/chapter/Recommendations#principles-of-pharmacological-treatment>

<sup>8</sup> <https://www.nice.org.uk/guidance/ng80/resources/asthma-inhalers-and-climate-change-patient-decision-aid-pdf-6727144573>

<sup>9</sup> <https://www.nice.org.uk/guidance/ng80/chapter/recommendations#risk-stratification-2>

<sup>10</sup> <https://www.rightbreathe.com/>

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

<sup>12</sup> <https://www.nice.org.uk/guidance/ng70/chapter/Recommendations#vulnerable-groups>

<sup>13</sup> <https://www.nice.org.uk/guidance/ng80/resources/asthma-inhalers-and-climate-change-patient-decision-aid-pdf-6727144573>

<ul style="list-style-type: none"> <li>▪ The use of Pharmacological management of Asthma<sup>14</sup></li> <li>▪ The use of Inhaled Corticosteroids (ICS) explaining the systemic impact and providing a risk/benefit summary to the patient or parent.<sup>15</sup></li> <li>▪ The choice of inhalers taking in to account: <ul style="list-style-type: none"> <li>• The pharmacological components that would be needed to achieve good control.<sup>16</sup></li> <li>• The patients' dexterity and ability to manage particular devices.<sup>17</sup></li> <li>• The ethnicity, cultural, economic and social needs of the patient.</li> <li>• The environmental impact<sup>18</sup>.</li> </ul> </li> <li>○ Be able to provide the patient with an Inhaled Steroid Safety card where high dose ICS is being used <sup>19</sup></li> <li>○ Be able to explain the importance of adherence to medication, explaining the cumulative effect of ICS and the impact of missed doses.<sup>20</sup></li> <li>• <b>Review</b> <ul style="list-style-type: none"> <li>○ Be able to recognise when treatment may need to be changed: <ul style="list-style-type: none"> <li>▪ Where a reduction may be needed with maintained good control <sup>21</sup></li> </ul> </li> </ul> </li> </ul>				
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<sup>14</sup> <https://www.nice.org.uk/guidance/ng80/chapter/Recommendations#principles-of-pharmacological-treatment>

<sup>15</sup> <https://cks.nice.org.uk/topics/corticosteroids-inhaled/management/corticosteroids-inhaled/>

<sup>16</sup> <https://www.nice.org.uk/guidance/ng80/chapter/Recommendations#principles-of-pharmacological-treatment>

<sup>17</sup> <https://cks.nice.org.uk/topics/asthma/management/newly-diagnosed-asthma/#delivery-systems>

<sup>18</sup> <https://www.nice.org.uk/guidance/ng80/resources/asthma-inhalers-and-climate-change-patient-decision-aid-pdf-6727144573>

<sup>19</sup> <https://cks.nice.org.uk/topics/corticosteroids-inhaled/management/corticosteroids-inhaled/>

<sup>20</sup> <https://www.nice.org.uk/guidance/cg76>

<sup>21</sup> <https://www.nice.org.uk/guidance/ng80/chapter/Recommendations#decreasing-maintenance-therapy>

<ul style="list-style-type: none"> <li>▪ Where increase may be needed with sub-optimal control <sup>22 23 24</sup></li> <li>▪ Following hospital admission</li> </ul> <p>And discuss or refer on to appropriate prescribing clinician.</p> <ul style="list-style-type: none"> <li>○ Be able to re-visit Shared Decision-Making discussions to encourage ongoing adherence<sup>25</sup></li> <li>○ Be able to assess the effect of Asthma on Mental Health and signpost patient to appropriate support <sup>26</sup></li> <li>○ 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"> <li>▪ Pets <sup>27</sup></li> <li>▪ Pollution<sup>28</sup></li> <li>▪ At home<sup>29</sup></li> </ul> </li> </ul> <p>Providing advice and support and referral on to local support services where appropriate and available.</p> <ul style="list-style-type: none"> <li>○ Be able to recognise and address when frailty/frailty syndrome is impacting on the patients ability to safely manage their Asthma<sup>30</sup></li> </ul>				
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<sup>22</sup> <https://www.nice.org.uk/guidance/ng80/chapter/Recommendations#pharmacological-treatment-pathway-for-adults-aged-17-and-over>

<sup>23</sup> <https://www.nice.org.uk/guidance/ng80/chapter/Recommendations#pharmacological-treatment-pathway-for-children-and-young-people-aged-5-to-16>

<sup>24</sup> <https://www.nice.org.uk/guidance/ng80/chapter/Recommendations#pharmacological-treatment-pathway-for-children-under-5>

<sup>25</sup> <https://www.nice.org.uk/guidance/cg76>

<sup>26</sup> <https://www.asthmaandlung.org.uk/living-with/mental-health>

<sup>27</sup> <https://www.asthmaandlung.org.uk/living-with/indoor-air-pollution/allergies>

<sup>28</sup> <https://www.nice.org.uk/guidance/ng70/chapter/Recommendations#vulnerable-groups>

<sup>29</sup> <https://www.nice.org.uk/guidance/ng149/chapter/Recommendations#healthcare-professionals>

<sup>30</sup> <https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/frailty-resources/>