

# Improving Paediatric Asthma Care in the North East

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- The National Review of Asthma Deaths (NRAD 2014)
- Highlighted avoidable factors
- Lack of adherence common
- Conflicting management advice
- Tamara Mills

## Schoolgirl, 13, who died of asthma attack was making regular trips to A&E and running out of medication - but was NEVER referred to a specialist even when her lips turned blue, mother tells inquest

- Tamara Mills's asthma forced her to go to A&E department regularly
- But GPs did not increase her medication dose despite her struggles
- In April last year her grandfather found her having difficulty breathing and was unable to help her with inhalers
- Paramedics were called but the teenager died of cardiac arrest

By HUGO GYE FOR MAILONLINE 

PUBLISHED: 14:13, 13 October 2015 | UPDATED: 14:17, 13 October 2015



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A schoolgirl died from an asthma attack aged 13 after GPs decided not to refer her to a specialist even when her lips turned blue, an inquest has heard

Tamara Mills was regularly visiting A&E and ran out of medication unusually quickly in the months leading to her death, according to her mother.

However, doctors never suggested she had a heart condition, and did not say the condition appeared to be a congenital one, it was told.



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# RESILLIENCE Project

- Project developed to improve patient safety in children and young people in the North East and Cumbria
- Funding one day a week
- Overall aim to improve long term health outcomes
- Asthma arm of the project
- Most deaths occur in mild to moderate asthmatics not those within specialist respiratory service
- Opportunity to improve services for this group
- Education. Education. Education.

# Project Aims

- To improve knowledge around children's asthma and promote self management
- Improve/update the knowledge of healthcare professionals - primary and secondary care
- Ensure consistent advice - shared documentation
- Asthma advice available to all



What we did .....

# North East Paediatric Partnership

- Paediatric asthma steering group - primary/secondary care
- New asthma management plan
- Shared documentation/educational materials
- Website
- Good practise framework for all
- Promoted work



# Outcomes

- Regular hits to the website
- GP's direct access to documentation
- Increases in PAAP uptake
  - 4% - 45% Newcastle
  - 5% - 60% Gateshead
- Data collection ongoing
- Funding secured to develop the website



# PRIMARY CARE

- GP practices in Newcastle/Gateshead/Northumberland
- 5 study mornings arranged inviting all GP practices
- Delegates a mix of GP's and practice nurses
- 110 attended from 64 practices
- Focused on the basics

NRAD

Getting the Diagnosis Right

Managing Childrens Asthma

Inhaler devices

The use of Spirometry in Children

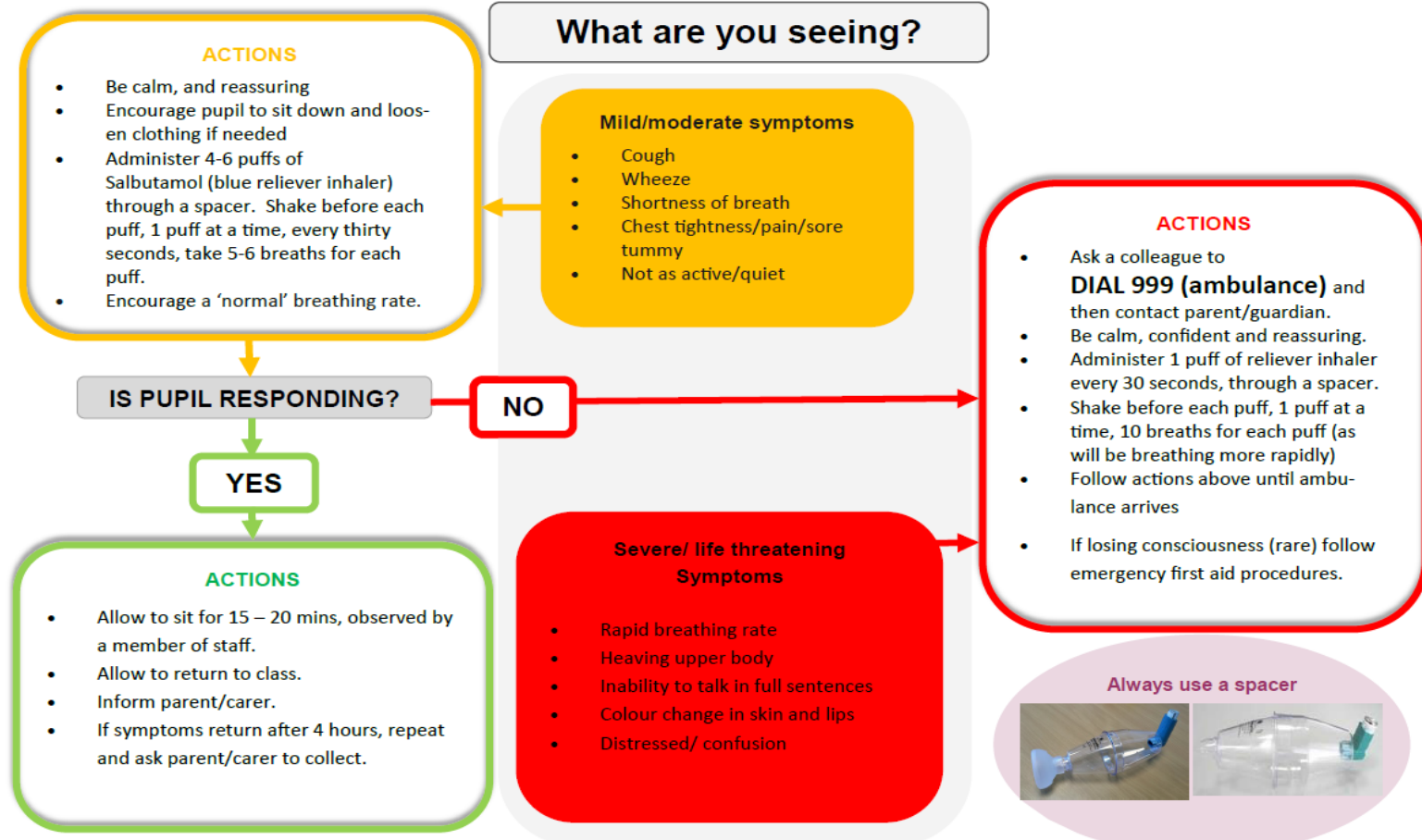
# Outcomes

- Sessions all evaluated well
- Improved communication - regularly contacted for advice
- Opportunity to promote shared paperwork - particularly the asthma management plan (PAAP)
- Update sessions - at least yearly

# Schools

- Managing medical conditions in schools morning
- Updates delivered to Newcastle/Gateshead/North Tyneside/South Tyneside/Cumbria school nurses on asthma management at school
- Presentation developed - offered to schools
- Emergency inhalers - documentation/guidance for schools

## Asthma attack procedure



# Asthma awareness stand

- Display in central area raising awareness
- Trust employees
- General public
- Inpatients
- Promotion of work
- Promotion of website
- Inhaler technique assessment

# One stop clinic

- Funding for 2nd project year - until September 2017
- Benefit from education/management advice
- Referral's from GP'S/general paediatricians
- Diagnosis of asthma
- Spirometry/FENO/skin prick testing/peak flow/inhaler device review/education/asthma control test (ACT)
- Once only review - back to referring clinician with a treatment plan/recommendation where appropriate
- Follow up phone call to repeat ACT at 2 months

# Outcomes

- Well received
- Need for an “asthma nurse”
- Addressed poor technique/inappropriate devices
- Increased awareness - “I have never been told this before”
- Increased ACT scores

# Success to date

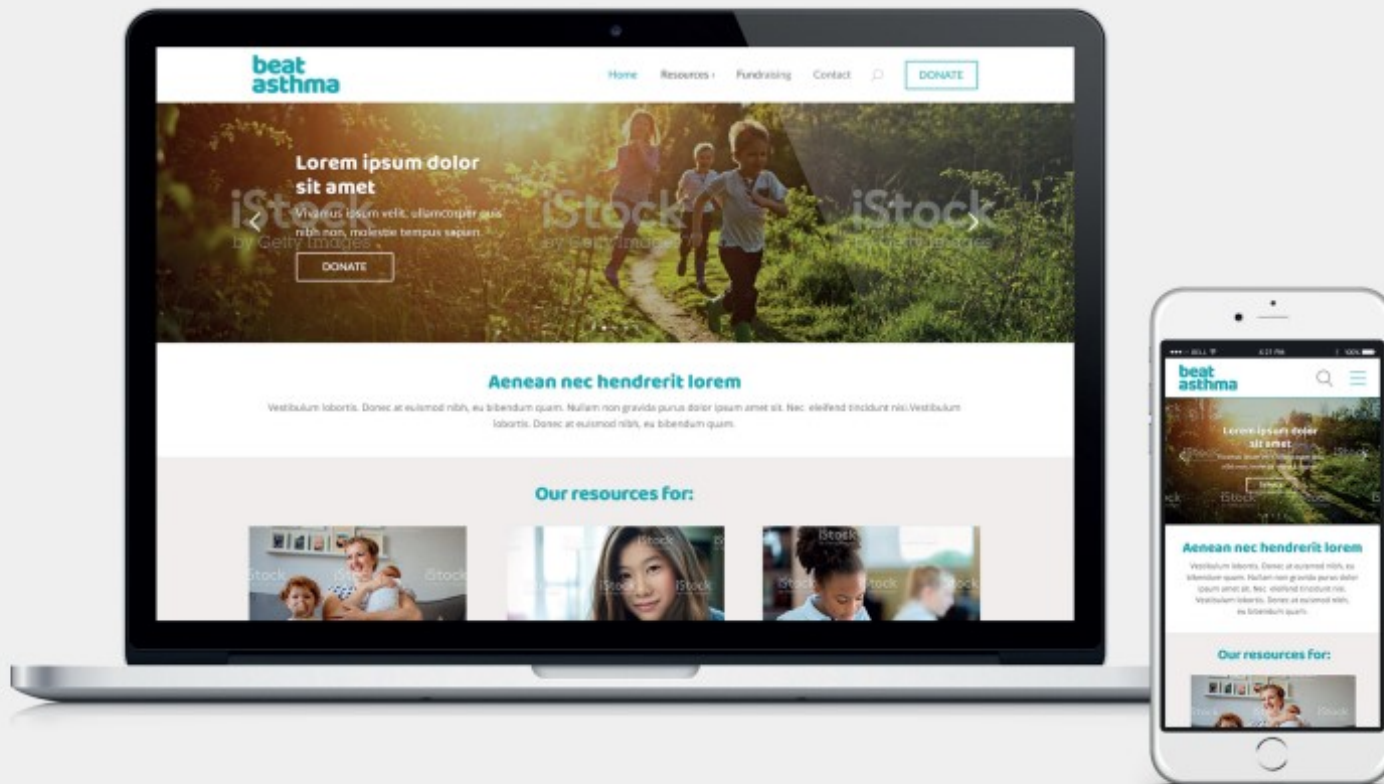
- 51 patients reviewed - 32 follow up calls
- 27 - increased score
- 2 - maximum as baseline (unchanged)
- 2 - reduced scores (exacerbations)
- 1 - unable to contact
- MID (Minimally improved difference) - increased score of 2
- So far - average increase of 5.6
- Suggests an improvement in asthma management
- Quality initiative funding



# Website

- Relaunch bigger and better
- User groups
- Schools/families/healthcare professionals
- [www.beatasthma.co.uk](http://www.beatasthma.co.uk)

www.beatasthma.co.uk



"Just to say I had a little lad and his mum in my clinic the other day who you reviewed for me in your one-stop nurse led asthma clinic. They were both very happy with the appointment with you.

Mum said to me yours was the most useful consultation they had had and that it was exactly the sort of service that should be provided for children with asthma

Thought you'd want to know!"