

BTS Asthma 4: an asthma attack bundle: 2024

This care bundle describes 4 high impact actions to ensure the best clinical outcome for patients with an acute asthma attack (often referred to as an exacerbation). The aim is to reduce the risk of further asthma attacks, reduce the number of patients who are readmitted to hospital following discharge, and encourage follow-up and appropriate onward referral (if necessary).

The asthma care bundle is designed to be used in any healthcare setting where a patient could present with an asthma attack. It applies to adults, or adolescents (16+) transitioning to adult services. For children who have an asthma attack, we refer you to the advice outlined in the [National Bundle of Care for CYP with Asthma](#).

Patient sticker

COMPLETE FOR PATIENTS WITH AN ASTHMA ATTACK

ACTION 1: MEDICATION REVIEW

- a) The patient should be observed using their inhalers and coached to improve their technique as necessary (links to videos available below).
- b) Preventer (inhaled corticosteroid [ICS] containing) inhaler should be prescribed if the patient does not have a preventer inhaler.
- c) Adherence to the preventer (ICS-containing) inhaler should be assessed objectively (e.g., medication pick up rate). If it is suboptimal (<75% pick up rate in the previous 6-12 months), importance of adherence to preventer inhaler should be discussed and where possible, individualised support provided to improve this.
- n.b. If the attack occurs despite good inhaler technique and good adherence to a low or medium dose ICS inhaler (≥75% medication pick up rate), treatment should be stepped up as per BTS and/or local guidelines.

Preventer (ICS-containing) inhaler prescribed Yes Already prescribed Patient inhaler technique observed and optimised Yes No

Adherence assessed objectively Yes No Unable to assess Importance of adherence to ICS inhaler discussed Yes No

Signature

Date

ACTION 2: PERSONALISED ASTHMA ACTION PLAN

A Personalised Asthma Action Plan (PAAP) should be provided to the patient on how to carry out disease specific elements of self-care, including identifying factors in their environment that could trigger further attacks. Existing plans should be checked and updated. This is associated with improved patient/carer understanding of asthma and reduces risk of further attacks and hospitalisation

Personalised Asthma Action Plan provided Yes No Already has one If already has plan, has it been checked and updated Yes No N/A

Signature

Date

ACTION 3: TOBACCO DEPENDENCE ADVICE AND SUPPORT FOR CURRENT SMOKERS

Patients who are current smokers should be provided with tobacco dependence advice and referred to specialist support. Very Brief Advice (VBA) on tobacco dependence should be given as a minimum.

Current smoker provided with tobacco dependence advice and referred to specialist support Yes No N/A

Signature

Date

ACTION 4: CLINICAL REVIEW WITHIN 4 WEEKS

A clinical review should take place within 4 weeks for all patients, although some patients may require one sooner. Clinical review can be by any healthcare professional trained in asthma care and should cover reviewing asthma attack history and biomarkers, optimising treatments and arranging onward referral if needed.

*If the patient has required ≥3 courses of oral corticosteroids in the previous 12 months for asthma attacks despite good adherence to a medium-high dose ICS they may require additional treatment with biologic therapy. Please follow local referral pathways for asthma and ensure follow-up is arranged

*If the patient is on maintenance oral corticosteroids for their asthma, please refer directly to a severe asthma centre

Clinical review within 4 weeks arranged Yes No

Signature

Date

Resources

Links to Asthma + Lung UK personalised asthma action plans and inhaler technique videos

Asthma + Lung UK personalised asthma action plan

URL: <https://www.asthma.org.uk/conditions/asthma/your-asthma-action-plan>

QR code:



Asthma + Lung UK's videos on improving inhaler technique

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

QR code:

