

www **W**heezing, the **W**eb and **W**ireless

Howard Last

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Member of Leeds Asthma Focus Group  
Member of Leeds Respiratory Network*



active medicine ltd



## Asthma

*'Lies, damn lies and.....'*\*\*

- Affects 5.4 million people in the UK\*
- Quality of life
- One person dies every 7 hours\*
- Cost to NHS £1 billion\*
- Emergency admissions cost £61 millions\*
- Huge regional variation
- Not a government priority

\* Asthma UK

\*\*Variously attributed to Benjamin Disraeli, Alfred Marshall, Mark Twain and many other dead people.



You Won't Believe.....

The things patients do with their inhalers





You Won't Believe.....

The things patients do with their inhalers





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You Won't Believe.....

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You Won't Believe.....

What patients accept as 'normal'

*'The goal of asthma care is to achieve and maintain control of the clinical manifestations of the disease for prolonged periods. When asthma is controlled, patients can prevent most attacks, avoid troublesome symptoms day and night, and keep physically active.'*\*

\*Global Initiative For Asthma (GINA)



You Won't Believe.....

What patients accept as 'normal'

Patient Expectations



You Won't Believe.....

What patients accept as 'normal'

Patient Expectations

The Living & Breathing Study: a study of patients' views of asthma and its treatment.\*

\*Prim Care Respir J. 2004 Mar;13(1):28-35. Haughney J, Barnes G, Partridge M, Cleland J.



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What patients accept as 'normal'

Patient Expectations

The Living & Breathing Study: a study of patients' views of asthma and its treatment.\*

## RESULTS

...Fifty-eight percent (n=301) were very satisfied with their asthma care, but this dropped to 33% (n=173) when respondents were shown asthma guidelines regarding what to expect from treatment...\*

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You Won't Believe.....

What patients accept as 'normal'

Patient Expectations

The Living & Breathing Study: a study of patients' views of asthma and its treatment.\*

## CONCLUSIONS

Most patients have low expectations of what can be achieved by asthma management and do not realise their condition can be improved. Many are resigned to the effects of poor asthma control until made aware that guidelines indicate this can be better.....\*

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You Won't Believe.....

What patients don't understand about their treatment



You Won't Believe.....

What patients don't understand about their treatment

GINA Component 1:

'.....Understand the difference between “controller” and “reliever” medications.....’\*

\*Global Initiative For Asthma (GINA)



You Won't Believe.....

What patients don't understand about their treatment

GINA Component 1:

'.....Understand the difference between “controller” and “reliever” medications.....’\*

“Relievers” treat the symptoms

\*Global Initiative For Asthma (GINA)



You Won't Believe.....

What patients don't understand about their treatment

GINA Component 1:

'.....Understand the difference between “controller” and “reliever” medications.....’\*

“Relievers” treat the symptoms

“Controllers” (“Preventers”) treat the underlying cause

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You Won't Believe.....

What patients don't understand about their treatment

GINA Component 1:

'.....Understand the difference between “controller” and “reliever” medications.....’\*

“Relievers” treat the symptoms

“Controllers” (“Preventers”) treat the underlying cause

Long-term consequences

\*Global Initiative For Asthma (GINA)



You Won't Believe.....

What patients do with their Asthma Care Plans



You Won't Believe.....

What patients do with their Asthma Care Plans

(Assuming they have one in the first place)



The British Thoracic Society  
Scottish Intercollegiate Guidelines Network

## British Guideline on the Management of Asthma

Quick Reference Guide



May 2008  
revised June 2009

## PATIENT EDUCATION

*'Patients with asthma should be offered self-management education that focuses on individual needs and be reinforced by a written personalised action plan....'*



You Won't Believe.....

What patients do with their Asthma Care Plans

(Assuming they have one in the first place)

**Patients without a Care Plan have a FOURFOLD increased risk of an emergency admission\***

\* Asthma UK



You Won't Believe.....!

What patients do with their Asthma Care Plans

(Assuming they have one in the first place)

Patients without a Care Plan have a FOURFOLD increased risk of an emergency admission\*

**Two thirds of asthma patients\* do not have a Care Plan**

\* Asthma UK



Two thirds of asthma patients\* do not have a Care Plan

Why?

- Paper-based & hand-written
- End of consultation....time constraints
- No standard Care Plan...or is it Action Plan.....?
- ?QOF

\* Asthma UK



One third of asthma patients do have a Care Plan

What do they do with it?

- Paper-based and only really valid on the day it is issued
- Does it end up in the bottom of a drawer?



## Needs

### Education

- Poor Inhaler technique
- Expectations
- Understanding treatment

### Care Plans

(Compliance)

....Poorly controlled asthma



# Asthma WebApp

REFERENCE

CLINIC

ACTION PLAN

PATIENT DETAILS

TREATMENT OPTIONS

DEVICE SELECTION

HOW TREATMENT WORKS

BACKGROUND INFORMATION

## PATIENT DETAILS

Name

NHS number

Sex  Male  Female

Date of birth

Age  years

Height  cm

Smoker?  Yes  No

Predicted peak flow  l/min  use ?

Best peak flow  l/min  use

Today's peak flow  l/min  use

## KEY QUESTIONS

Difficulty sleeping?

Daytime symptoms?

Limiting activities?

Average daily use of reliever  ?

## OPTIONS

Language preference  English  Urdu

Patient agrees to save details on internet website?  Yes  No

## INHALERS

- Accuhaler
- Autohaler
- Clickhaler
- Easi-breathe
- Easyhaler
- HandiHaler
- MDI/Evohaler
- Turbohaler

## SPACERS

- Aerochamber
- Aerochamber & mask
- Volumatic spacer

## MEASUREMENT

Peak flow meter

## VIDEO

User:

Language:



## INHALER INFORMATION

Option:

This medication acts quickly to relieve asthma symptoms (within 2-4 minutes) but the effect only lasts for a short time.

It reduces the **spasm** (tightening) in the airways quickly so is taken when needed.

It is usually used for quick relief of symptoms like wheezing and shortness of breath. It can also be used before exercise if you know your symptoms are brought on by exercise.

Using your reliever regularly 2 or more times a day suggests your asthma is not well controlled and you should contact your doctor or asthma nurse for advice.

Using IT to address established needs for improving asthma care

'Shared Health Application'

Web-based



## Using your Spacer

The Aerochamber<sup>®</sup> is a commonly used spacer

Spacers are used either for children or when patients have difficulties using an inhaler. They can also help reduce side effects of some inhaled medication. They are used with a metered dose inhaler (MDI).

This information should only be used in addition to the advice given by your doctor, nurse or pharmacist, it is not intended to replace it. For full information about your medication please read the patient information leaflet supplied with your inhaler.

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BACKGROUND INFORMATION

## PATIENT DETAILS

Name: JOHN SMITH

NHS number: [ ]

Sex:  Male  Female

Date of birth: 07 10 1952

Age: 55 years

Height: 180 cm

Smoker?  Yes  No

Predicted peak flow: 597 l/min  use  ?

Best peak flow: [ ] l/min  use

Today's peak flow: [ ] l/min  use

## KEY QUESTIONS

Difficulty sleeping? [ ]

Daytime symptoms? [ ]

Limiting activities? [ ]

Average daily use of reliever: Daily use...  ?

## OPTIONS

Language preference:  English  Urdu

Patient agrees to save details on internet website?  Yes  No

john.smith@hotmail.com

## INHALERS

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- Clickhaler
- Easi-breathe
- Easyhaler
- HandiHaler
- MDI/Evohaler
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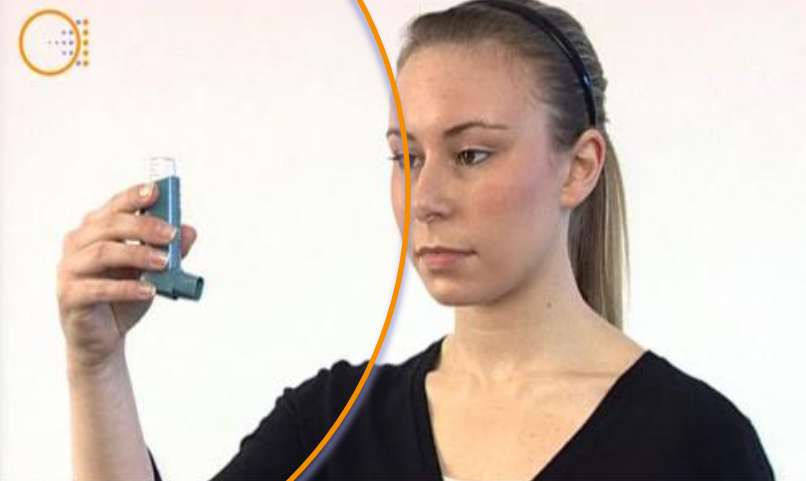
## MEASUREMENT

Peak flow meter

## VIDEO

User: All

Language: English Urdu



## INHALER INFORMATION

Option: Reliever Preventer Long acting Combination

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'Shared Health Application'

Web-based

Videos



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## KEY QUESTIONS

Difficulty sleeping?

Daytime symptoms?

Limiting activities?

Average daily use of reliever  ?

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Language preference  English  Urdu


Patient agrees to save details on internet website?  Yes  No

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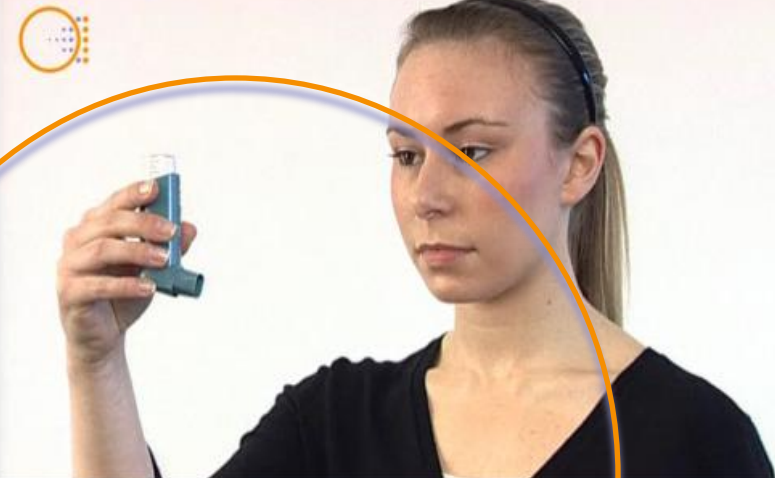
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Peak flow meter

## VIDEO

User:

Language:



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Using IT to address established needs for improving asthma care

Integrated Education

Care Plans



# Asthma WebApp

HOME REFERENCE **CLINIC** PERSONAL CARE PLAN

**PATIENT DETAILS** TREATMENT OPTIONS

## PATIENT DETAILS

Reset clinic forms for new patient...

Name

NHS number

Sex  Male  Female

Date of birth

Age  years

Height  cm

Smoker?  Yes  No

## KEY QUESTIONS

In the past 7 days:

Asthma had disturbed sleep:

Asthma caused symptoms during the day:

Asthma had limited normal activities:

Used reliever Inhaler:

## PEAK FLOW MEASUREMENTS

Predicted value  l/min  use

Best value  l/min  use

Today's best value  l/min

## CURRENT CONTROL STATUS

Good  
MAX(3Q,SABA)=0 >= PF  
(94.7867298578199%)=0 SO RESULT=0

## OPTIONS

Language preference  English  Urdu

DEVICE SELECTION

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## MEASUREMENT

Peak flow meter

HOW TREATMENT WORKS

BACKGROUND INFORMATION

## VIDEO

User:

Language:

Option:

Care Plans

Control



## YOUR PERSONAL ASTHMA CARE PLAN • CONSULTATION: 11-NOV-2009 • CONTROL STATUS: GOOD

### Your personal care plan

Your personal care plan can make a big difference to your health and help prevent severe asthma attacks. The aim of the plan is to put you in control of your asthma.

Use the **online monitoring tool** to check how well your asthma is controlled. Then follow the treatment advice.

### Smoking

Stopping smoking is an important part of improving your symptoms. For help and support visit:

- [www.gosmokefree.co.uk](http://www.gosmokefree.co.uk)

Smoking clinic details:

#### Opening hours:

Wednesday & Tuesday  
4pm- 5pm

### Using your peak flow meter

- Know your **best** peak flow;
- Always take a peak flow reading **before** using your reliever;
- Check your peak flow more often if your symptoms are getting worse.
- Use the **online monitoring tool** to watch a video clip of the correct way to use your peak flow meter

### Your status at the consultation

During the consultation you reported that during the previous seven days:

- Asthma had disturbed sleep: **Not at all**
- Asthma caused symptoms during the day: **Not at all**
- Asthma had limited normal activities: **Not at all**
- Used your reliever Inhaler: **Not at all**

Your predicted peak flow is **633** litres/minute

Your peak flow measured at the consultation was  litres/minute.

Your control status was recorded as: **Good**

Use the **online monitoring tool** at least **once a week** to check your status.

### Your current asthma treatment

RELIEVER	VENTOLIN EVOHALER Metered Dose Inhaler (MDI)
2 PUFFS WHEN NEEDED	
PREVENTER	CLENIL MODULITE Metered Dose Inhaler CFC free (MDI)
2 PUFFS MORNING & 2 PUFFS AT NIGHT	
Take everyday	

### Your personal goals

Run the Leeds Abbey Dash in under 40 minutes

### Using the online monitoring tool

Visit [www.activemedicine.co.uk/asthma](http://www.activemedicine.co.uk/asthma) and enter your email address and the code **Z13L3O** into sign-in panel.

There you can:

- Watch a video clips of the correct way to use your inhaler(s) and peak flow meter;
- Find out more information about asthma and your medication;

You will be able to update your current asthma control status and personal care plan.

You will need to enter your latest peak flow measurement and answer the following key questions:

- **Is asthma disturbing your sleep?**
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- **Is asthma limiting your usual activities?**
- **How often are you using your reliever?**

### Oakley Medical Practice

**Dr Howard Last**, General Practitioner  
12 Oakley Terrace  
Leeds  
LS11 5HT

Opening hours:  
ASTHMA CLINICS Monday & Tuesday 1-4pm



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Care Plans

Control

Dynamic & interactive



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Care Plans

Control

Dynamic & interactive

No 'sell by' date



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Care Plans  
Control  
Dynamic & interactive  
No 'sell by' date  
Web-based



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Dynamic & interactive

No 'sell by' date

Web-based

Remote asthma review



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### Oakley Medical Practice

Dr Howard Last, General Practitioner  
12 Oakley Terrace  
Leeds  
LS11 5HT

Opening hours:  
ASTHMA CLINICS Monday & Tuesday 1-4pm

Care Plans

Control

Dynamic & interactive

No 'sell by' date

Web-based

Remote asthma review

Hard to reach asthmatics



## YOUR PERSONAL ASTHMA CARE PLAN • CONSULTATION: 11-NOV-2009 • CONTROL STATUS: GOOD

### Your personal care plan

Your personal care plan can make a big difference to your health and help prevent severe asthma attacks. The aim of the plan is to put you in control of your asthma.

Use the **online monitoring tool** to check how well your asthma is controlled. Then follow the treatment advice.

### Smoking

Stopping smoking is an important part of improving your symptoms. For help and support visit:

- [www.gosmokefree.co.uk](http://www.gosmokefree.co.uk)

Smoking clinic details:

#### Opening hours:

Wednesday & Tuesday  
4pm- 5pm

### Using your peak flow meter

- Know your **best** peak flow;
- Always take a peak flow reading **before** using your reliever;
- Check your peak flow more often if your symptoms are getting worse.
- Use the **online monitoring tool** to watch a video clip of the correct way to use your peak flow meter

### Your status at the consultation

During the consultation you reported that during the previous seven days:

- Asthma had disturbed sleep: **Not at all**
- Asthma caused symptoms during the day: **Not at all**
- Asthma had limited normal activities: **Not at all**
- Used your reliever Inhaler: **Not at all**

Your predicted peak flow is **633** litres/minute.

Your peak flow measured at the consultation was  litres/minute.

Your control status was recorded as: **Good**

Use the **online monitoring tool** at least **once a week** to check your status.

### Your current asthma treatment

RELIEVER	VENTOLIN EVOHALER Metered Dose Inhaler (MDI)
2 PUFFS WHEN NEEDED	
PREVENTER	CLENIL MODULITE Metered Dose Inhaler CFC free (MDI)
2 PUFFS MORNING & 2 PUFFS AT NIGHT Take everyday	

### Your personal goals

Run the Leeds Abbey Dash in under 40 minutes

### Using the online monitoring tool

Visit [www.activemedicine.co.uk/asthma](http://www.activemedicine.co.uk/asthma) and enter your email address and the code **Z13L3O** into sign-in panel.

There you can:

- Watch a video clips of the correct way to use your inhaler(s) and peak flow meter;
- Find out more information about asthma and your medication;

You will be able to update your current asthma control status and personal care plan.

You will need to enter your latest peak flow measurement and answer the following key questions:

- **Is asthma disturbing your sleep?**
- **Are you experiencing daytime asthma symptoms?**
- **Is asthma limiting your usual activities?**
- **How often are you using your reliever?**

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Expectations



## Telehealth

- *“...information technology and health education to improve the efficiency and quality of healthcare.”\**
- *“...remote care delivery or monitoring between a healthcare provider and a patient...”\*\**

### Asthma WebApp

- Collection and transmission of asthma control data via the internet (telemonitoring)
- Remote asthma reviews by phone/email

\* Highland NHS Board

\*\* [www.medqic.org](http://www.medqic.org)



## Telehealth

- Vena-enabled inhaler
- Data collection
- Added value
- Asthma control
- Treatment compliance
- Mobile phones



## Telehealth

Who has access to the information?

- Healthcare professionals
- PCTs
- Government
- Insurance



## Telehealth

### Healthcare Debate

- Patient 'choice'
- Personal responsibility
- Social responsibility
- Health resources
- Patient 'choice'?.....'Responsible choice'?



## www Wheezing, the Web and Wireless

- Established needs to improve asthma care
- Shared web-applications can address these needs
- Wireless technology has huge potential to interface with web-applications and deliver an improvement in personal health and the health of the nation