

How can pharmacy help CYP with asthma to live their best lives?

Sarah Popple

Advanced Pharmacist Practitioner - Children's Respiratory Medicine

University Hospitals of Leicester



Objective

Understand how the pharmacy profession contributes to Children and Young people with asthma living their best lives.



"Blowing bubbles - IMG_1157a.jpg" by Dhammika Heenpella

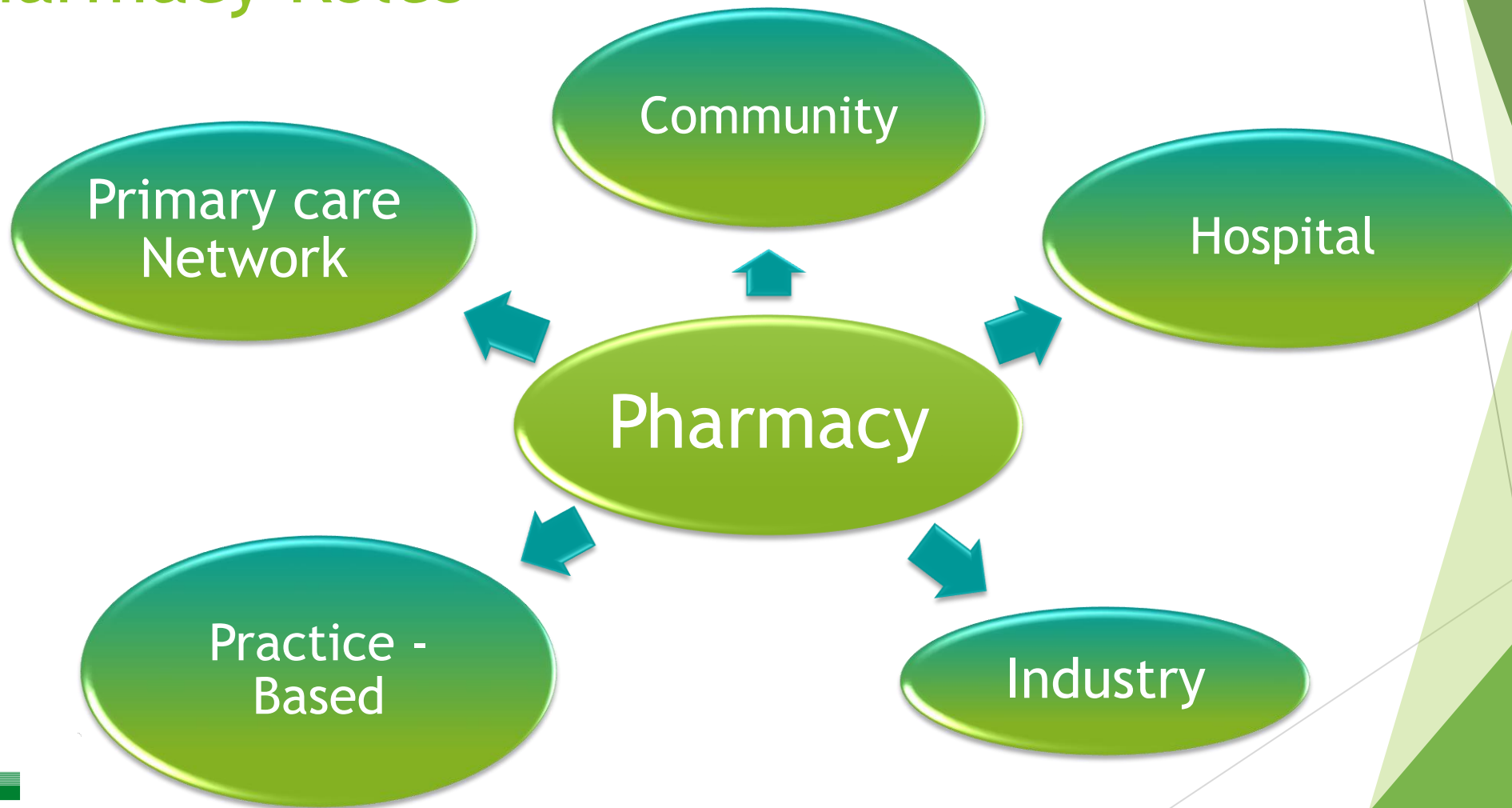


Unmet Needs and Challenges

- ▶ Poor Outcomes
- ▶ Preventable Hospital Admissions and Deaths
- ▶ SABA over-reliance
- ▶ Under use of ICS
- ▶ Perceptions of ‘asthma control’
- ▶ Adherence to asthma medications in CYP



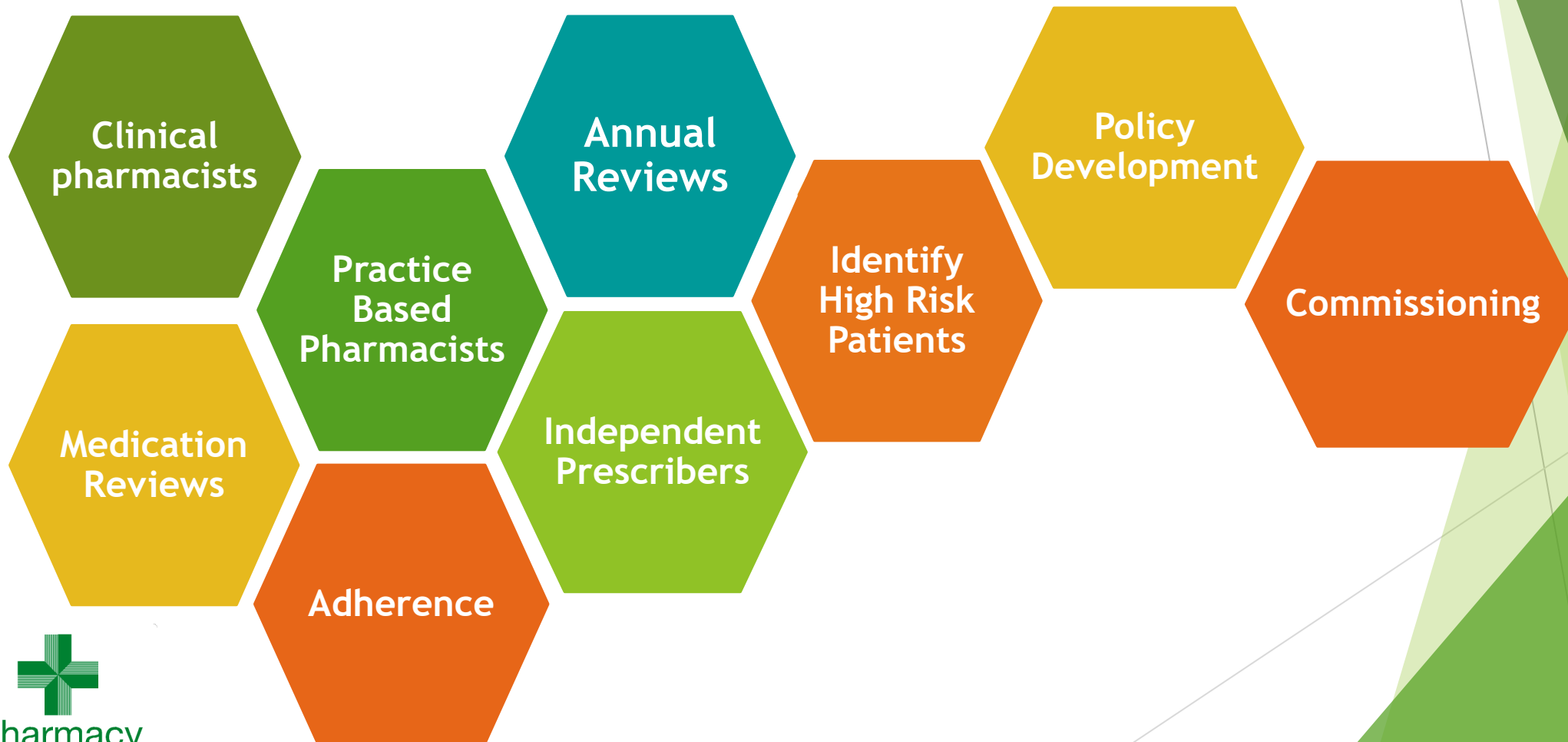
Pharmacy Roles



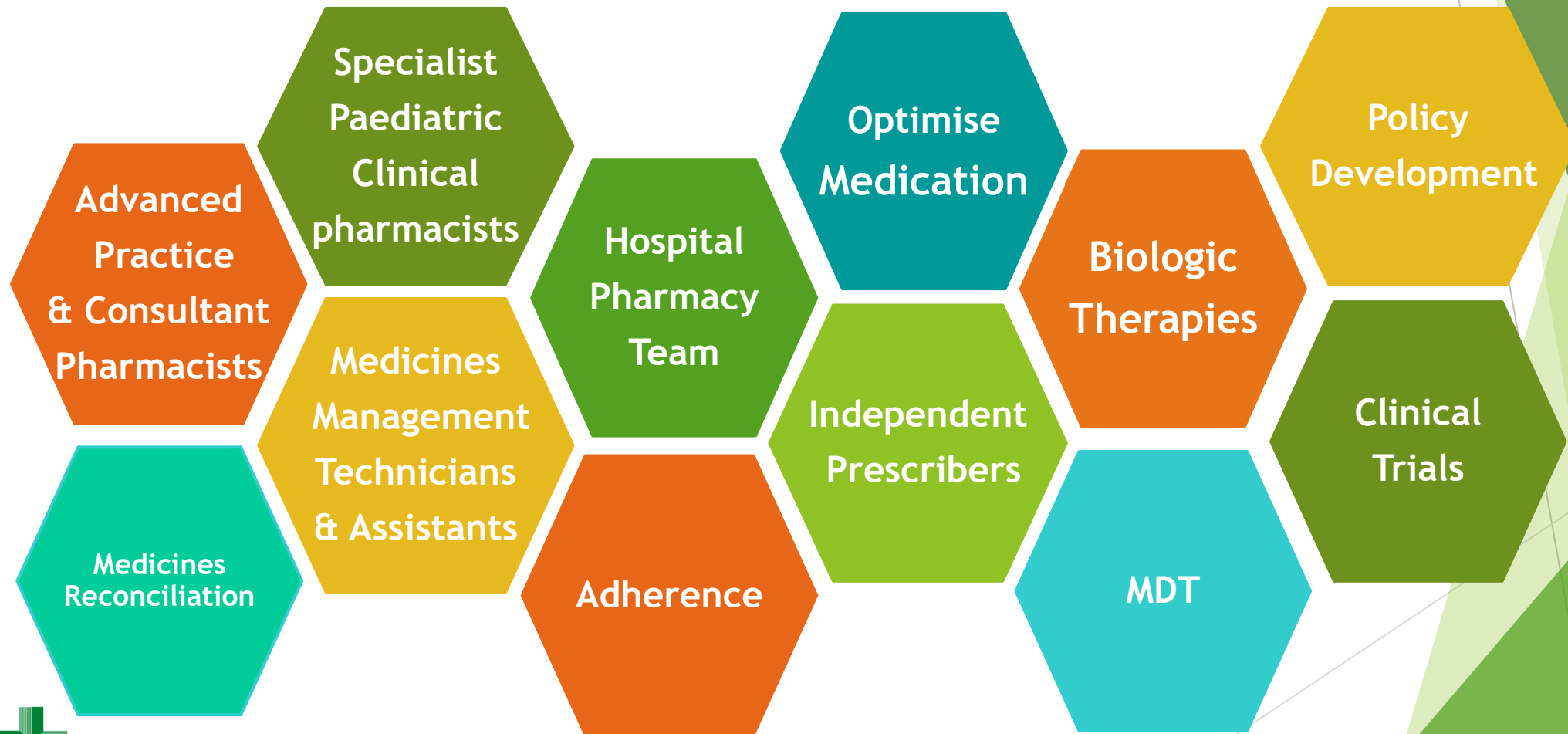
Pharmacy Roles - Community



Practice based and Primary Care Network

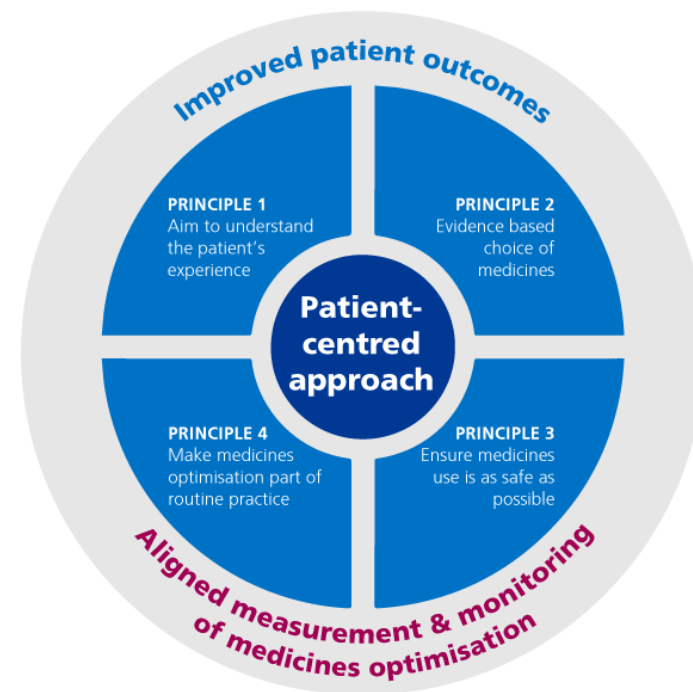


Pharmacy Roles - Hospital Pharmacy



Medicines Optimisation

- ▶ Patient centred
- ▶ Identify non-adherence
 - ▶ Medicines possession ratio (MPR)
 - ▶ Always Ask
 - ▶ “Is currently prescribed therapy being taken”
- ▶ Prescribing ratios SABA:ICS
- ▶ Address side effects, misconceptions, and educate



Effective Use of Devices

- ▶ Education and Counselling
 - ▶ Correct use essential
 - ▶ Inhalers, spacers, nasal spray
 - ▶ Changing needs
 - ▶ NHS Net Zero
- ▶ Trigger Avoidance
 - ▶ Pollution, pollen, indoor environmental, pets



Widmann T "Pudge with his inhaler"

<https://www.flickr.com/photos/viralbus/523977327/https://creativecommons.org/licenses/by-sa/2.0/>



Managing Minor Ailments

- ▶ Exacerbate asthma and atopic disease - colds, hayfever, atopic dermatitis
 - ▶ Over The Counter (OTC/Pharmacy only) therapies
- ▶ Pharmacy First Scheme
- ▶ Immunisations
 - ▶ Influenza
 - ▶ Covid



Pharmacy

NHS
Providing NHS services

Most pharmacies can help you with **seven common conditions** without needing a GP appointment



- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bite
- Impetigo
- Shingles
- Urinary tract infection (women)

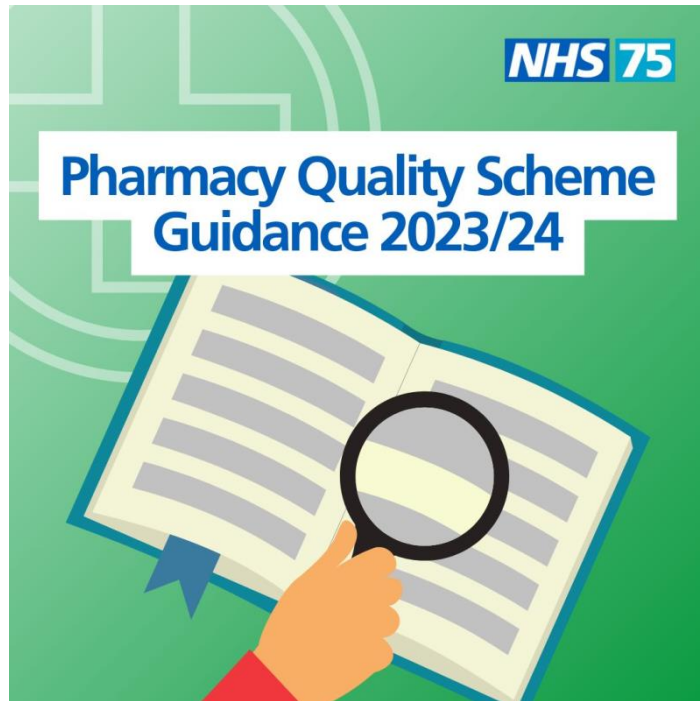
Ask your pharmacy for more information about this free* NHS service

Visit your Pharmacy First!

*NHS prescription charge rules apply where a medicine is supplied

Pharmacy First service - Community Pharmacy England (cpe.org.uk)

Pharmacy Quality Scheme



https://media.licdn.com/dms/image/v2/D4D22AQFLHKNpE5bxRw/feedshare-shrink_2048_1536/feedshare-shrink_2048_1536/0/1685953676422?e=2147483647&v=beta&t=RwpRchDRz14ed2J9sETWBAtbo6rchHB1iA35ouNcqEA



- ▶ Community Pharmacy Contract
 - ▶ Clinical Effectiveness
 - ▶ Patient Safety
 - ▶ Patient Experience
- ▶ Inhaler technique checks
- ▶ Inhaler Waste Management
- ▶ PAAP in over 5s
- ▶ Spacer use in 5-15 years
- ▶ Refer 3+ SABA in 6 months

Pharmacy Quality Scheme

► CPPE e-learning packages

The screenshot displays the CPPE website interface. At the top, there is a search bar labeled 'website search' and the CPPE logo. The navigation menu includes 'Home', 'About CPPE', 'NHS priorities', 'Clinical pharmacy', 'Public health', 'A-Z', and 'Log in/register'. The main content area is divided into two sections: 'Core and foundation learning' and 'Assessment'. The 'Core and foundation learning' section features four e-learning modules: 'Fundamentals of respiratory therapeutics', 'Inhaler technique for health professionals: getting it right', 'Modifying non-adherence to medicines in asthma' (highlighted as an 'Online Learning Module'), and 'Respiratory disease: Nebulisers'. The 'Assessment' section features three modules: 'Chronic obstructive pulmonary disease - focal point (2024)', 'Asthma (2024)', and 'Inhaler technique for health professionals (2024)'. Each module includes a thumbnail image and an information icon.



New Medicines Service (NMS)

- ▶ Long-term conditions including asthma
- ▶ Adults and children and young people
- ▶ CYP included in 2021 follow HSIB / DoH inquiry into near-fatal asthma attack in 5 year old.
- ▶ 3 stages
 - ▶ Patient engagement
 - ▶ Intervention
 - ▶ Follow-up
- ▶ Digital systems improvements needed



New Medicine Service: helping you with your new medicine

What this leaflet is for

If you have been invited to use the New Medicine Service (NMS) or want to know more about it, this leaflet will give you the information you need.

What is the New Medicine Service?

The New Medicine Service is a free NHS service, offered through your pharmacy, to help you understand your condition and get the most out of your new medicine.

Who is it for?

The service is for people who have received their first prescription for a medicine to treat one of a range of conditions which have been chosen by the NHS.

How will it help me?

Between 30% and 50% of prescribed medicines are not taken as recommended. This means that a lot of medicines are wasted or are not as effective as they could be.

The service will:

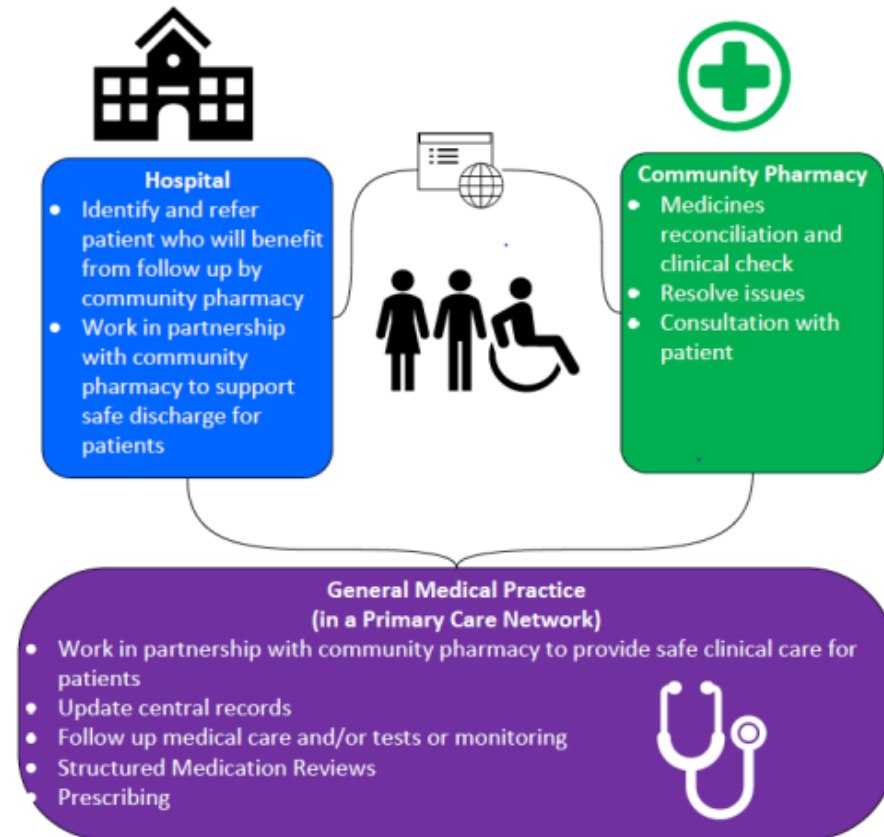
- help you to find out more about the new medicine you have been prescribed
- help to sort out any problems you are having with your new medicine
- give you a chance to ask questions about your medicine and discuss any concerns
- help to improve the effectiveness of your new medicine, for example, there may be an easier or better way to take it
- help you to make your own decisions about managing your condition
- help you to improve your health, which could lead to fewer GP and hospital visits.

The New Medicine Service will help provide better value for you and the NHS by making sure that your medicines are right for you.

How does the service work?

When you are given your new medicine, you will be asked if you want to be supported by the service, which will be provided in three parts. If you agree, your consent will be recorded by the pharmacy on your pharmacy clinical record to allow your pharmacist to share your information with other parts of the NHS (see below).

Discharge Medicines Service (DMS)



“

NHS

The NHS Discharge Medicines Service improves the transfer of care by significantly reducing avoidable harm and preventing readmissions.

Make discharge safer for your patients by referring patients to community pharmacy for medicines reconciliation and follow up.

David Webb
Chief Pharmaceutical Officer
NHS England and NHS Improvement

”



Inhaler Recycling

The Take AIR (Take Action for Inhaler Recycling) Scheme

12 million people in the UK have a chronic respiratory illness and every year 73 million inhalers are used.^{1,2}

77% of people would recycle their inhalers regularly if they could post them to a recycling centre.³

The Leicestershire Take AIR (Take Action for Inhaler Recycling) scheme, will enable you to safely and effectively recycle your empty, unwanted or expired inhalers through the post. The service is currently only available in the Leicestershire area.

227 pharmacies in Leicestershire and Rutland have been invited to participate.

Talk to your pharmacist about the Take AIR scheme.

Plastic made into pellets and recycled.

Aluminum crushed and recycled.

Non-recyclable materials will be converted into energy through a process called energy-from-waste.⁴

Propellant gas extracted and recycled.

Sealed envelopes are returned to the recycling plant through your local letter box.

Each envelope can fit up to four inhalers – any brand and type.

How it works

All inhalers - of any brand and type - can also still be returned to ANY community pharmacy for safe disposal.

This is a Chiesi Limited scheme supported by University Hospitals of Leicester NHS Trust and Leicestershire and Rutland Local Pharmaceutical Committee (LPC).



References:

1. BRF Lung disease in the UK - big picture statistics. Available at: <https://statistics.brf.org.uk/lung-disease-uk-big-picture>. Last accessed December 2020.
2. RecycleNow. What to do with inhalers. Available at: <https://www.recyclenow.com/what-to-do-with/inhalers-0>. Last accessed December 2020.
3. Chiesi UK Asthma Surveys April 2020. [data on file].
4. Department for Environment and Food Affairs. Energy from Waste: a guide to the debate. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/284612/pb14130-energy-waste-201402.pdf. Last accessed December 2020.

Job code: UK-CH-2000791 Date of preparation: December 2020

- ▶ Do not dispose in household waste
- ▶ Pharma' funded schemes GSK & Chiesi
- ▶ Take AIR - 2 year pilot
 - ▶ 52,148 inhalers recycled
 - ▶ 305.3 tonnes CO2 emissions
 - ▶ With GSK scheme recycled 3million inhalers in 1 year
 - ▶ Equivalent to 16,174 cars

Reference: /www.grundon.com/services/clinical-waste/inhaler-recycling/



Smoking Cessation



- ▶ Advanced service smoking cessation programmes
- ▶ >18 years only
- ▶ Refer following hospital discharge
- ▶ Nicotine replacement products
- ▶ ‘Swap to Stop’ scheme different, available in some pharmacies.
- ▶ Increasing evidence of harm from passive vaping.



Vaping Cessation?

- ▶ Currently not available
- ▶ Resources focus on prevention and educating young about risks
- ▶ How do we tackle those CYP already vaping and addicted to nicotine?
- ▶ 1 search result of school based targeted cessation interventions for KS3 and KS4.
- ▶ Future role for pharmacists?

Northern Ireland Chest Heart & Stroke

"IT'S JUST BUBBLEGUM FLAVOURED AIR..."

But it could just link to future heart attacks, strokes and respiratory illness.

1 x 20mg/ml vape = 20 nicotine cigarettes.

super stressy
- on your -
mind & body

GETS YOUR HEART RACING

NICOTINE VAPE

The sickest new trend

Don't Smoke? Don't Vape!

NOT SO NICE NOW IS IT?

Warning: Vaping is bad for you.

VISIT [NICHES.ORG.UK](https://www.niches.org.uk) FOR MORE VAPING FACTS
BASED ON NICOTINE VAPES.

Chest Heart & Stroke



Transition Care

The transition process

Child patient/
Parent- centred care

Adult patient/
Self-centred care



Start transition early
(age 11-13)

Use a structured
multidisciplinary
approach

Continuously
monitor
& assess progress
Tailored - developmentally
appropriate

Involve family & peers

Support until age 25



Agree individualised care plan
& simplified medication
regimes

Empowerment

+/- Transfer

Identify
misunderstandings &
psycho-social-economic
issues

Transfer across
services where
necessary

Promote knowledge
disease, treatments/medicines,
triggers, risks, helpful strategies

Promote skills for self-management
adherence, self-advocacy, decision making, emergency
management (asthma & inhalers, anaphylaxis & auto-injectors)

Discuss implications
for education & work

Education about self-management



Asthma Friendly Schools

- ▶ Supply of inhalers for emergency use.
 - ▶ 86% of children have been without an inhaler at school.
- ▶ Training and Guidance
 - ▶ Use of inhalers and spacers
 - ▶ Understanding PAAPs
 - ▶ MART regimens
- ▶ Communication
 - ▶ Schools, parents, healthcare providers
- ▶ Future roles?

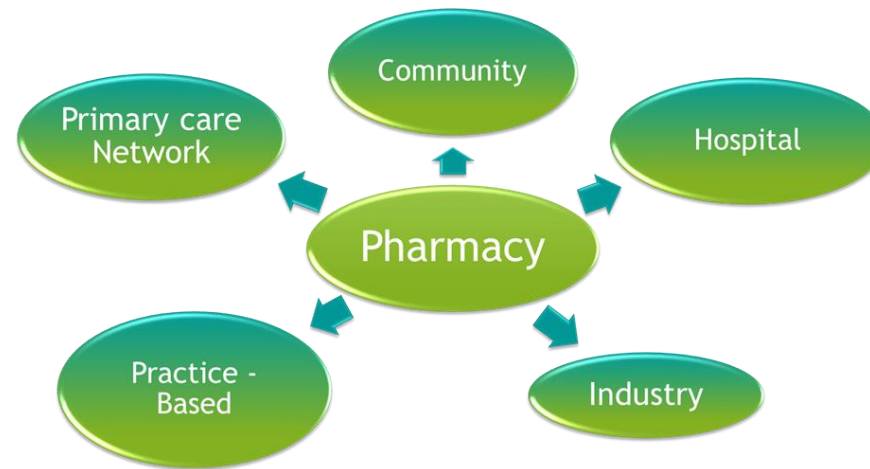


<http://www.transformationpartners.nhs.net/askaboutasthma-2024>



Where do we go from here? Improving pharmacy care for CYP with asthma.

- ▶ National Bundle of Care
 - ▶ Essential to implementing and supporting in all sectors
 - ▶ Contribute to deliverable targets
 - ▶ prescribing rates,
 - ▶ preventer:reliever ratios,
 - ▶ adherence and collection rate
 - ▶ ED attendances and admissions.
 - ▶ Standards should be routine practice,
 - ▶ 'make every contact count'



Improving pharmacy care for CYP with asthma

The screenshot shows the NHS e-lfh website interface. At the top left is the NHS England logo, and at the top right is the e-lfh logo with the tagline 'elearning for healthcare'. Below these are navigation links: Home, Programmes, About, News, Support, Demo, and Contact us. A search bar is located to the right of the navigation links. Below the navigation is a 'Sections' dropdown menu. The main content area features a banner with the Asthma logo and the text 'Learning resources for professionals caring for children and young people with asthma'. Below the banner is a blue bar that reads 'This programme is in partnership with...'. At the bottom of the screenshot are logos for NHS England, George Cotler, education for health, beat asthma, Child Health and Wellbeing Network, and Rotherham Respiratory.

- ▶ NHSE CYP Asthma Capability Framework
www.e-lfh.org.uk/programmes/children-and-young-peoples-asthma/
- ▶ Tier 1
 - ▶ Community pharmacy teams
- ▶ Tier 2
 - ▶ Community pharmacists
 - ▶ Specialists technicians in secondary care
 - ▶ All secondary care pharmacist with CYP involvement
- ▶ Tier 3
 - ▶ Primary Care Network Pharmacists working with CYP
 - ▶ Advanced specialist pharmacists
- ▶ Tier 4 (funding required)
 - ▶ Advanced Pharmacist practitioners
 - ▶ Consultant pharmacists



#AAA Pharmacy Webinar

- ▶ How can pharmacy work with GP practices to improve CYP asthma care?
- ▶ The value of community Pharmacists in managing asthma holistically in Newham.
- ▶ How can the new pharmacy data dashboard improve CYP asthma care?



Changing Pharmacy Workforce



2026
All pharmacy graduates will have a prescribing qualification



Pharmacists and the pharmacy team are uniquely placed on the high street, in primary and secondary care to help children and young people with asthma to **live their best lives.**



Thanks to....

- ▶ Heidi Wright - Practice and Policy Lead, England- Royal Pharmaceutical Society
- ▶ Anna Murphy - Consultant Pharmacist - University Hospitals Leicester
- ▶ Sukeshi Makhecha - Paediatric Respiratory Specialist Pharmacist - Evelina Children's Hospital / Royal Brompton Hospital
- ▶ Sarah Evans - Senior pharmacy technician learning development - Centre for Pharmacy Postgraduate Education

