

Introduction

Historically the prescribing of short-acting B2-agonists for relief of Asthma symptoms is well recognised. Using ≥ 3 canisters per annum is high use and associated with increased risk of exacerbations and suboptimal Asthma control (1, 2), yet is a common issue. A UK study showed $> 36\%$ of people with Asthma used ≥ 3 PA, and $13\% > 7$ PA (2).

The Dorset Intelligence and Insight Service (DiIS) is a population health management database created by Dorset Integrated Care System (ICS). This highlighted 17% ($8-23\%$) of people with Asthma were prescribed ≥ 6 SABA inhalers within the Weymouth and Portland Primary Care Network, the highest across the ICS with 11.5% prescribed ≥ 12 SABA's pa.

Aim

To reduce SABA prescriptions for patients with Asthma across Weymouth and Portland PCN.

Methodology

All 6 surgeries within the PCN were invited to participate. Whilst all took part, these are the results from 1 surgery.

DiIS searches was undertaken for this surgery

- for patients who had a coding of asthma and
- been issued with ≥ 12 SABA inhalers in the preceding 12 months.

This search was repeated every 2-3/12.

Several interventions were introduced to the practice supported by the PCN respiratory team including:

- Education of administrative staff on asthma allowing sufficient knowledge to understand patient requests for Salbutamol – See You Tube Link for education song
- Flagging to nurse practitioners when patients request monthly repeats.
- Use of DiIS data by practice nurses to target patients for reviews, exploring why repeats were requested, including mental health issues, automatic ordering, poor asthma control and understanding of condition.
- Joint clinics with specialist PCN nurses including FeNO testing.
- Where appropriate, switching to MART regimes.
- Reducing issue duration of salbutamol to 90 days
- Texting patients who over request repeats, asking them to book in for an asthma review.
- Development of a video sent to patients explaining why the project was running.
- Engagement of local pharmacies and the PCN pharmacy team to review repeats.

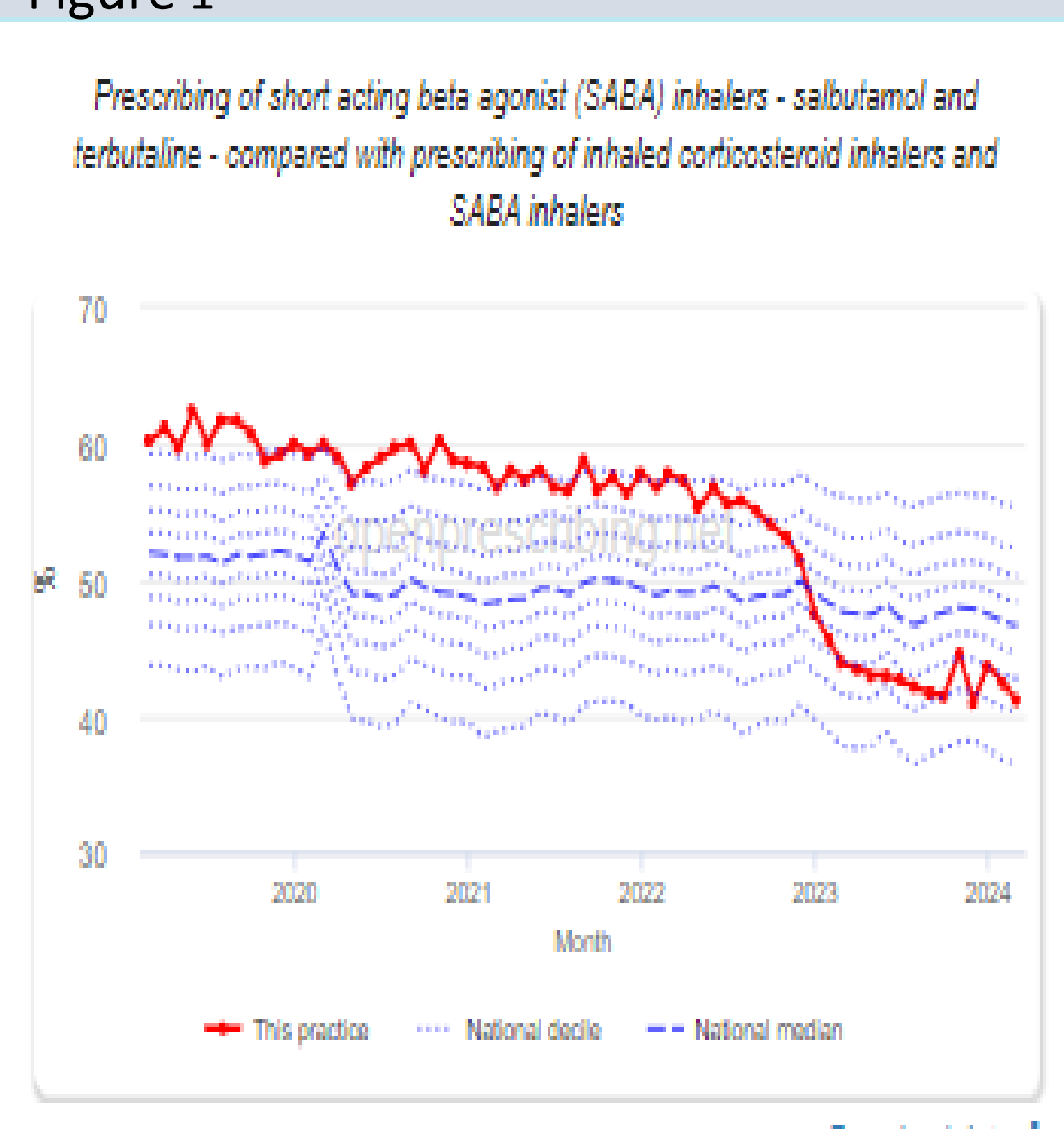
Results

Table 1 and figure 1 demonstrates pre and post intervention SABA and ICS prescriptions. There is almost a 10% reduction in those receiving ≥ 12 SABA's and almost 15% increase in ICS dispensed, which has positive health outcomes. The DiIS database was particularly helpful in supporting the continuation of the interventions as improvements could be seen visually to all involved. Environmentally, the impact is also significant, with NHS Dorset Pharmacy team calculating the carbon-savings in just one month equalled **101,479km** in a medium sized diesel car.

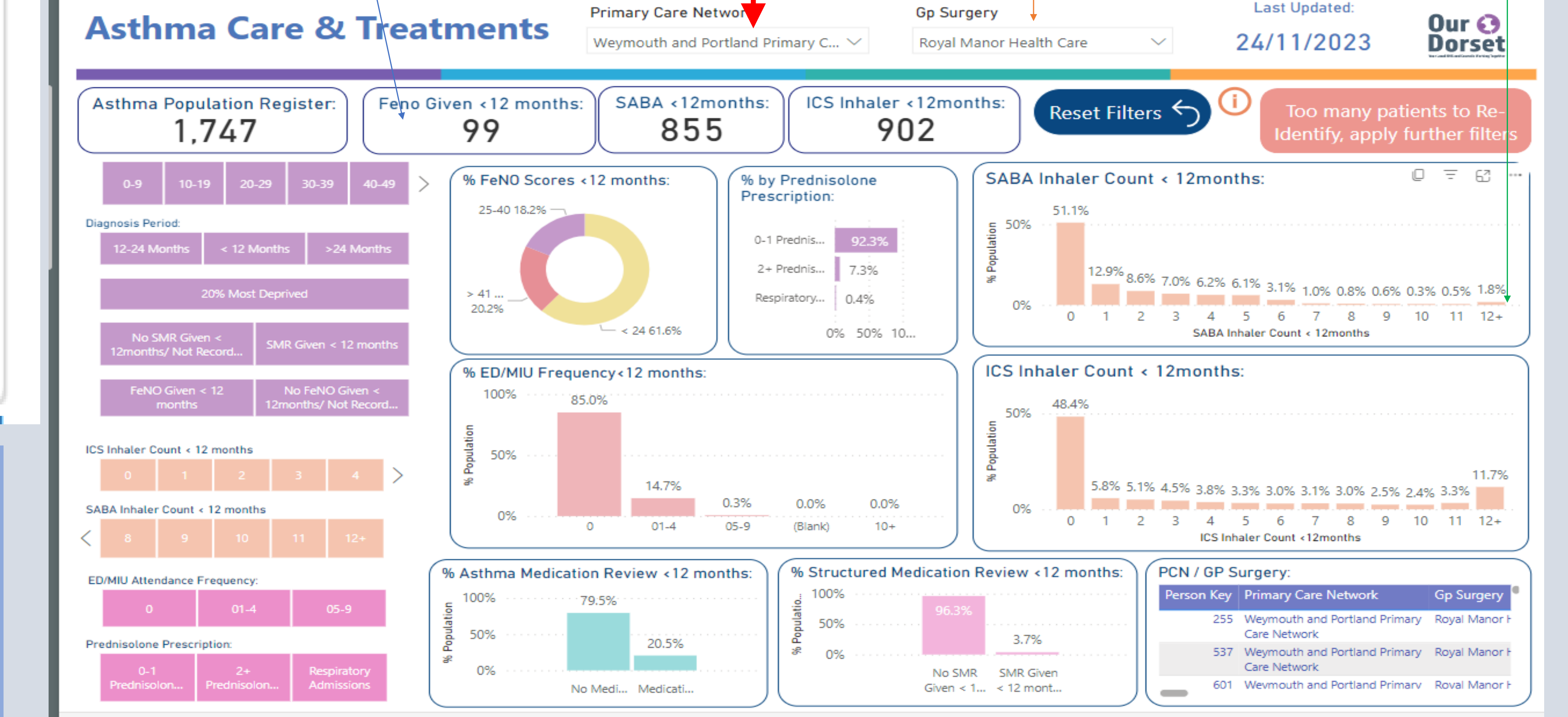
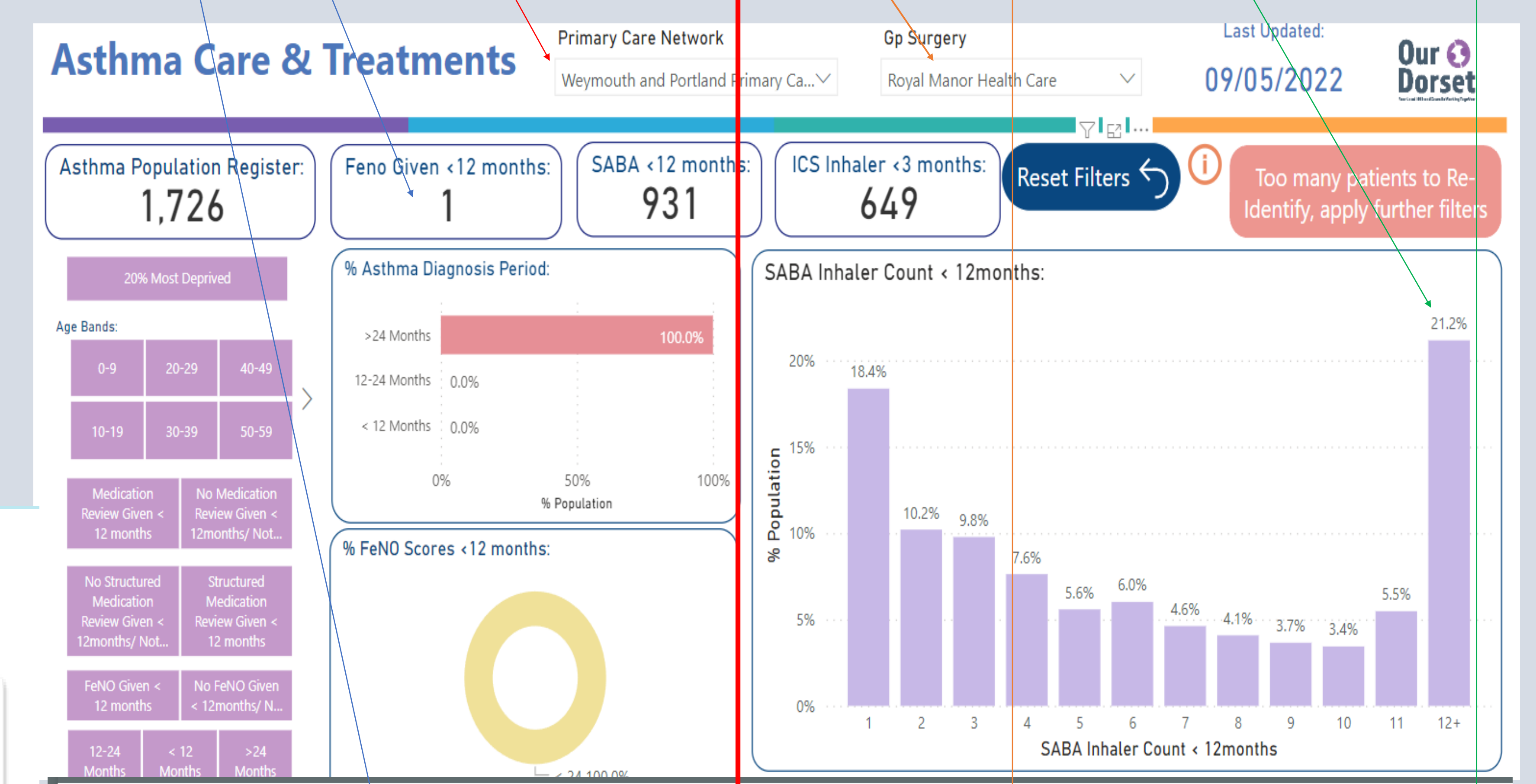
Table 1

Royal Manor Surgery	Pre Intervention (May 22) N (%)	Post Intervention (Nov 23) N (%)
Total asthma population	1726	1747
≥ 12 SABA dispensed in preceding year	198 (11.5%)	29 (1.7%)
Total ICS number in preceding year	649 (37.6%)	902 (52%)

Figure 1



Use of FeNO testing PCN selection Surgery 12+ SABAs Issued



<https://www.youtube.com/watch?v=rBVoRwFaQ4>
Click to hear 'My Blue Inhaler' Song, a useful tool for education



Conclusions

A local database supported the commencement and continued support for this work. A number of interventions were implemented and it is suggested that supportive systems and MDT working enabled this project to be successful. Specific interventions highlighted at the start of the project are now embedded in routine Asthma care within the practice with plans to engage others across the PCN

References.

- Bateman ED, et al. Short-acting β_2 -agonist prescriptions are associated with poor clinical outcomes of asthma: the multi-country, cross-sectional SABINA III study. *Eur Respir J* 2021; Sep 24:2101402. doi: 10.1183/13993003.01402-2021. Epub ahead of print. PMID: 34561293.
- Chloe I Bloom 1, Claudia Cabrera 2 3, Sofie Arnetorp 2, Karen Coulton 4, Cassandra Nan 2, Ralf J P van der Valk 4, Jennifer K Quint 5 Asthma-Related Health Outcomes Associated with Short-Acting β_2 -Agonist Inhaler Use: An Observational UK Study as Part of the SABINA Global Program *Adv Ther* 2020 Oct;37(10):4190-4208. doi: 10.1007/s12325-020-01444-5. Epub 2020 Jul 27.
- Asthma-Related Health Outcomes Associated with Short-Acting β_2 -Agonist Inhaler Use: An Observational UK Study as Part of the SABINA Global Program - PubMed (nih.gov)

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