

SPECTRA: Identification of Suspected Severe Asthma in Adults Practice Follow-up Report

Demo Practice Two

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Practice Code: B23456

NORTH DEMO PCN

NHS Demoshire ICB

Practice List Size: 49,197

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Purpose of SPECTRA

Severe asthma may be a **life-threatening** and **debilitating condition** that can **affect quality of life**.¹

This **may** happen **despite taking** high-dose inhaled corticosteroids (ICS) maintenance inhalers and other controller medications.¹

Severe asthma is a **complex condition** and **may be driven by different inflammatory pathways**.²

The **purpose** of the **SPECTRA** primary care clinical system resources are to **support primary care** to **identify potential severe asthma patients** who are **inadequately treated/controlled**. **Once identified** their **care can be optimised** and, if required, be **referred as early as possible** to **severe asthma centres**.

Appropriate and timely review of patients, with **difficult-to-treat asthma** in specialist care, **improves outcomes** by **facilitating accurate diagnosis, identification and control** of **comorbidities** and **optimisation of adherence**.

This programme supports primary care to **identify adult patients** who may have severe asthma and **review, assess and refer appropriate patients** to **severe asthma centres**.



The **objective** of the follow-up report is to **demonstrate the impact** of the **interventions since baseline**.

Potential severe adult asthma hidden in your practice

Severe asthma patients are at increased risk for severe, potentially life-threatening asthma attacks.

8% of **asthma patients** in primary care **potentially have severe asthma³**



What does this equate to in your practice?



* Patients aged 18 and over

Once patients have been **diagnosed with severe asthma**, by a tertiary care centre, their **primary care record** should be **updated** for a diagnosis of **severe asthma** using either **663V3** (Read 2 code) or **370221004** (SNOMED code)

Patients diagnosed with Severe Asthma

Search Number	Search Title	Patient Numbers	
		Baseline	Follow-up
9	Patients with Severe Asthma coded	4	3

Patients **coded** for **Severe Asthma**, in their medical records, are **excluded from the SPECTRA audit results** as they are assumed to be **under specialist care**. Please **check** the results of **Search 9** to **ensure** that **ALL patients** have been **referred** to a **Severe Asthma Specialist** to **confirm the diagnosis** and **receive ongoing care**.

The HASTE Model

If you **find patients** (*identified by the SPECTRA searches*) that have **not been referred**, these patients should be **appropriately reviewed** and **optimised**. Consider using the **HASTE model** to **manage** those **patients** that **may need** an **onward referral** to a **Severe Asthma Specialist**.

If your patient is experiencing uncontrolled symptoms, consider these checks:

H

High-intensity treatment

Is the patient already at the high end of the treatment escalator?

A

Adherence

Is the patient taking their medication at the correct dosages?

S

Severe exacerbations

Has the patient had ≥ 2 exacerbations requiring hospitalisation or OCS? in the last 12 months⁴

T

Technique

Is the patient's inhaler technique correct?

E

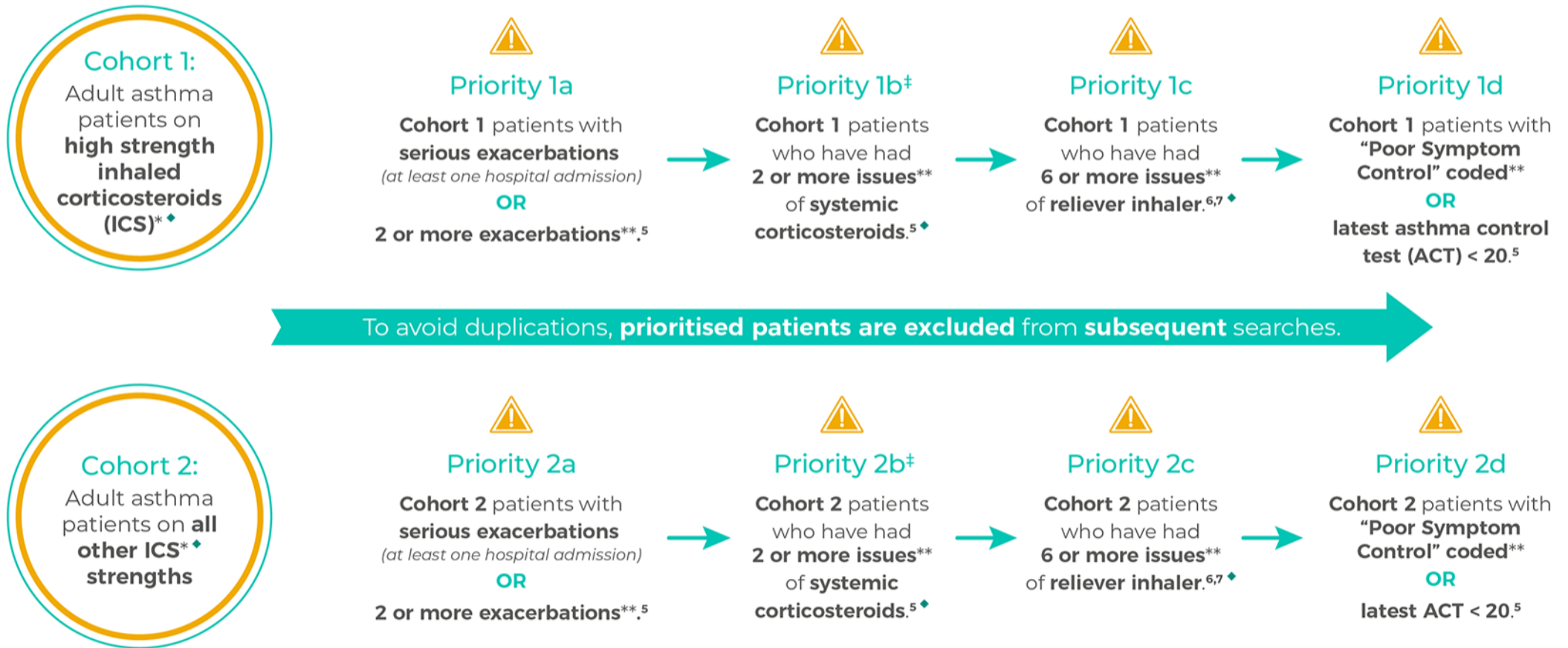
Excluding other conditions

Have you ruled out other conditions?
e.g. laryngeal obstruction

If the answer to all questions is YES, consider referral to secondary care for further assessment

Rationale used to identify patients for review and assessment prior to referral

The **definition of severe asthma**, which underpins the algorithm, is **based on** the **ERS/ATS 2014 statement** which has **not been superseded**. To **prioritise patients** for review and assessment, **each cohort** is **categorised** into **priority groups**, as shown below.

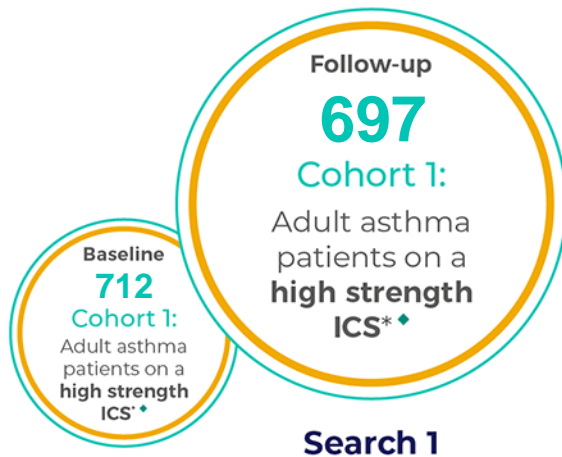


† See Appendix for full list of drugs * No referral in the last 12 months or current biologic ** In the last 12 months

‡ Priority group B is divided into those patients with < 4 OCS issues in the last 12 months & those patients with ≥ 4 OCS issues in the last 12 months

Cohort 1 : Adult asthma patients on high strength ICS*

To **access patients for review**, locate these searches within the **“SPECTRA: Suspected Adult Severe Asthma”** folder in your **clinical system reporting module**.



Search Number	Search Title	Patient Numbers	
		Baseline	Follow-up
1a	Cohort 1 patients with serious exacerbations (at least one hospital admission) OR 2 or more exacerbations** . ⁵	2	23
1b	Cohort 1 patients who have had 2 or more issues** of systemic corticosteroids . ⁵ ♦ N.B.: Further searches within the clinical system identify: 1 bi) Cohort 1 patients who have had 2 or 3 issues OCS in last 12m 1 bii) Cohort 1 patients who have had 4 or more issues OCS in last 12m	134	117
1c	Cohort 1 patients who have had 6 or more issues** of reliever inhaler . ^{6,7} ♦	220	215
1d	Cohort 1 patients with “Poor Symptom Control” coded** OR Latest ACT < 20 . ⁵	28	27

Once patients have been **reviewed**, please **add** the **code** for **“Severe Asthma Exacerbation Risk Assessment”**, **38B8** (Read 2) or **966031000000101** (SNOMED) to record that the review has been completed.

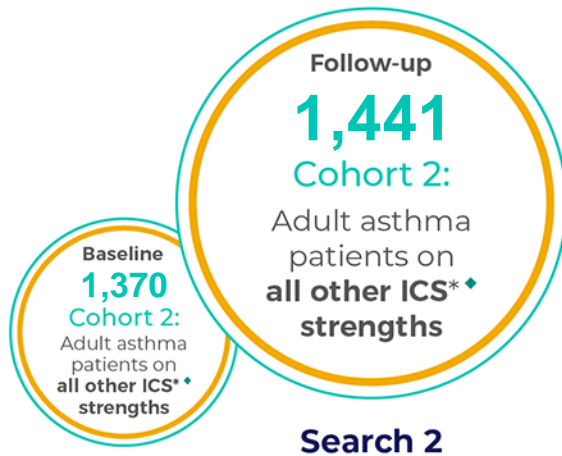
If a patient is **referred following** review, please **code** for **“Referral to Asthma Clinic”**, **8HTT** (Read 2) or **415265005** (SNOMED).

N.B.: This code will remove the patient from the audit for the next 12 months

♦ See Appendix for full list of drugs * No referral in the last 12 months or current biologic ** In the last 12 months

Cohort 2 : Adult asthma patients on all other ICS* strengths

To **access patients for review**, locate these searches within the **“SPECTRA: Suspected Adult Severe Asthma”** folder in your **clinical system reporting module**.



Search Number	Search Title	Patient Numbers	
		Baseline	Follow-up
2a	Cohort 2 patients with serious exacerbations (at least one hospital admission) OR 2 or more exacerbations** . ⁵	5	47
2b	Cohort 2 patients who have had 2 or more issues** of systemic corticosteroids . ⁵ ♦ N.B.: Further searches within the clinical system identify: 2bi) Cohort 2 patients who have had 2 or 3 issues OCS in last 12m 2bii) Cohort 2 patients who have had 4 or more issues OCS in last 12m	142	162
2c	Cohort 2 patients who have had 6 or more issues** of reliever inhaler . ^{6,7} ♦	452	469
2d	Cohort 2 patients with “Poor Symptom Control” coded** OR Latest ACT < 20 . ⁵	72	62

Once patients have been **reviewed**, please **add** the **code** for **“Severe Asthma Exacerbation Risk Assessment”**, **38B8** (Read 2) or **966031000000101** (SNOMED) to record that the review has been completed.

If a patient is **referred following** review, please **code** for **“Referral to Asthma Clinic”**, **8HTT** (Read 2) or **415265005** (SNOMED).
N.B.: This code will remove the patient from the audit for the next 12 months

♦ See Appendix for full list of drugs * No referral in the last 12 months or current biologic ** In the last 12 months

Patients in Cohorts 1 & 2 who require an asthma control test (ACT)

International guidelines for the treatment of asthma have identified that the **primary clinical goal of asthma management** is to **optimise asthma control** (*minimisation of symptoms, activity limitation, bronchoconstriction and rescue β 2-agonist use*) and thus **reduce the risk of life-threatening exacerbations** and **long-term morbidity**.⁸

The Asthma Control Test is a tool commonly used by healthcare providers globally, and has been scientifically tested with hundreds of people with asthma.⁹

Completing the ACT ensures up-to-date symptom control and **scores are recorded** for the **target cohorts** of patients identified.

Cohort 1: Adult asthma patients on high strength ICS



696 Adult asthma patients on a **high strength ICS** (*with no referral in the last 12 months or current biologic*) **still require an ACT to be completed**

These patients can be accessed from **Search 3** within the **"SPECTRA: Suspected Adult Severe Asthma"** folder in your **clinical system reporting module**.

Cohort 2: Adult asthma patients on all other ICS strengths



1,440 Adult asthma patients on **all other ICS strengths** (*with no referral in the last 12 months or current biologic*) **still require an ACT to be completed**

These patients can be accessed from **Search 4** within the **"SPECTRA: Suspected Adult Severe Asthma"** folder in your **clinical system reporting module**.

Impact of the review and referral process

Total number of patients reviewed & assessed since baseline



19

patients have been **reviewed & assessed** since baseline



Patients will **only appear** as “**reviewed and assessed**” if the “**Severe Asthma Exacerbation Risk Assessment**” code [38B8 (Read 2) or 966031000000101 (SNOMED)] has been added since baseline

Coded asthma referrals since baseline



39

patients have been **referred** since baseline



Patients will **only appear** as “**referred**” if the “**Referral to Asthma Clinic**” code [8HTT (Read 2) or 415265005 (SNOMED)] has been added since baseline.

Recording advanced therapies in the clinical system

Patients that are **referred** to **specialist** centres **may** be **initiated on advanced therapies**.

It is important the **patient's GP prescribing record** is updated with the medication given **outside the practice**, so that the **record provides a full picture** of the patient, to **staff across the health system** who are **directly involved** in the **patient's care**.

It is also **important** to **record advanced therapies** in severe asthma patients for this audit, as these patients are **excluded from the target cohort** to prevent them from reappearing in searches for review.



For guidance on how to **add** any **medication prescribed outside the GP practice**, either **click on the NHS Digital link below** or **access the GP clinical system's help files**.

<https://digital.nhs.uk/services/summary-care-records-scr/recording-medicines-prescribed-elsewhere-into-the-gp-practice-record>

Appendix

List of drugs included in Cohort 1 - High Strength ICS

Doses (*puffs and frequency*) of inhalers cannot be identified through clinical system searches. In order to identify Inhaled Corticosteroid devices that deliver high doses, strengths are used in the search criteria.

Strengths of ICS that can be used to **deliver both medium and high doses**¹⁰ have been **marked with an asterisk (*)**.

BECLOMETASONE

Beclometasone 200mcg dose inhaler*
 Clenil Modulite pMDI 250mcg
 Beclometasone 250mcg dose inhaler
 Kelhale pMDI (extrafine) 100mcg*
 Qvar pMDI (extrafine) 100mcg*
 Qvar Autohaler (extrafine) 100mcg*
 Qvar Easi-breathe (extrafine) 100mcg*
 Beclometasone 100mcg breath actuated inhaler
 CFC free
 Soprobec pMDI 250mcg

CICLESONIDE

Alvesco pMDI 160mcg*
 Ciclesonide 160mcg dose inhaler*
 Ciclesonide cfc-free inhaler 160mcg - 60 doses*
 Ciclesonide cfc-free inhaler 160mcg - 120 doses*

FLUTICASONE

Flixotide Evohaler 250mcg
 Flixotide Accuhaler 500mcg
 Fluticasone propionate 500mcg dry powder
 inhaler

BUDESONIDE

Easyhaler (Budesonide) 400mcg
 Budesonide dry powder inhaler 400mcg
 Budesonide 200mcg dry powder inhalation
 cartridge
 Budesonide 200mcg dry powder inhalation
 cartridge with refill
 Budelin Novolizer 200mcg*
 Budelin Novolizer 200mcg refill*
 Pulmicort Turbohaler 400mcg*

BECLOMETASONE/FORMOTEROL

Fostair (pMDI) 200/6
 Fostair (NEXThaler) 200/6
 Beclometasone 200mcg /Formoterol 6mcg
 inhaler CFC free
 Beclometasone 200mcg /Formoterol 6mcg dry
 powder inhaler

BUDESONIDE/FORMOTEROL

DuoResp Spiromax 320/9*
 Budesonide 400mcg /Formoterol 12mcg dry
 powder inhaler*
 Symbicort Turbohaler 400/12*
 Fobumix Easyhaler 320/9*

FLUTICASONE/FORMOTEROL

Flutiform MDI 250/10

FLUTICASONE/SALMETEROL

Aerivio Spiromax 500/50
 Airflusal Forspiro 500/50
 AirFlusal pMDI 250/25
 Aloflute pMDI 250/25
 Combisal pMDI 250/25
 Fusacomb Easyhaler 500/50
 Sereflo pMDI 250/25
 Seretide Accuhaler 500/50
 Seretide Evohaler 250/25
 Sirdupla pMDI 250/25
 Stalpex Orbicel 500/50
 Fluticasone 500mcg/ Salmeterol 50mcg inhaler
 CFC free
 Fluticasone 250mcg/ Salmeterol 25mcg inhaler
 CFC free

FLUTICASONE/VILANTEROL

Relvar Ellipta 184/22
 Fluticasone furoate 184mcg /Vilanterol 22mcg
 dry powder inhaler

Appendix *(continued)*

List of drugs included in Cohort 2 - Other Strength ICS

This search is created by including patients on **all others strengths** of **inhaled corticosteroids** and **excluding** patients from **Cohort 1**.

Systemic corticosteroids used in the searches

Drugs in this group include **all strengths** of **tablet, solution, suspension, suppository** and **injection formulations** of **Prednisolone**:

Reliever inhalers

Drugs in this group include, **all strengths** of **short-acting beta-2 agonist (SABA)**:

- **Salbutamol**
- **Terbutaline sulfate**

References

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