

Torbay Community Pharmacy Directed Asthma Medicines Use Review - Process

STEP 1	Pharmacy staff to identify patient's prescription identified with practice sticker to highlight need for an Asthma MUR and alert the pharmacist. Allocate a MUR reference number to the patient and include on the Asthma MUR Check List
STEP 2	Ask the patient if they have had an asthma review with their GP/asthma nurse in the previous 15 months <i>Action: if the patient has not attended the asthma clinic for a review in the last 15 months ask the patient the reason for this. If the patient has not been invited to one or has opted not to attend, record this as an 'issue' and recommend that the GP/asthma nurse contacts the patient to organise a review.</i>
STEP 3	Ask the five Asthma Control Test TM questions. <i>Action: Record the score on the Asthma MUR Check List. If the patient scores less than 20 their asthma is poorly controlled. Record this as an "issue" and recommend that the GP or asthma nurse reviews their treatment and/or self management plan.</i>
STEP 4	Ask the patient if they have been admitted to hospital in the last 12 months because of their asthma. <i>Action: record the response on the Asthma MUR Check List. This will be used as a quality of life measure</i>
STEP 5	Ask the patient whether they are adhering to their prescribed therapy i.e. using their preventer regularly and their reliever when required <i>Action: if the patient is not adhering to their prescribed therapy establish the reason for this. The patient may not understand the differences between preventers and relievers or the importance of using them. In this circumstance, advise the patient of their correct regime and discuss the role of each inhaler. Record the inhalers used on the Asthma MUR Check list. The patient may be experiencing side effects from their inhaler(s) which affect their adherence. In this circumstance advise them to rinse their mouth/gargle with water after using their preventer inhaler.</i> <i>If the patient:</i> <ul style="list-style-type: none"> • Is exceeding the prescribed dose on their preventer; • Is using their reliever on more than 3 days each week; • Has not been using their inhaler(s) as they are not symptomatic; • Has not been using their inhaler(s) due to side effects; <i>Record as an "issue" and recommend that the GP or asthma nurse reviews their treatment. Record the frequency that the patient uses their blue inhaler and the level of inhaled steroids used on the Asthma MUR Check list.</i>
STEP 6	Ask the patient to demonstrate how they use their inhaler(s). Ascertain whether their technique is incorrect and whether their device is appropriate for them <i>Action: if necessary, demonstrate the correct technique to the patient. If the patient still has difficulties using their inhaler(s) correctly or would benefit from an inhaler aid e.g. Haleraid[®], record this as an "issue" and recommend the GP or asthma nurse reviews the device/an inhaler aid</i>
STEP 7	Ask the patient if they use their peak flow meter at least once a week and record the results in their diary <i>Action: If the patient is not measuring their peak flow at least once a week, advise them that peak flow is an important indicator of lung function. Record this as an "issue" and refer the patient back to the asthma clinic. If the patient does not have a peak flow diary provide one for them and record this as an action</i>
STEP 8	Ask the patient if they have an asthma action plan <i>Action: If the patient does not have asthma action plan record this as an "issue". Remember to complete the Asthma MUR Check List to record whether or not the patient has an action plan.</i>
STEP 9	Ask the patient whether they smoke <i>Action: if the patient smokes, record this as an "issue". Advise patient that "Giving up smoking is the single most important thing you can do to improve your health". Record that you have provided this advice on the MUR check list. If your pharmacy is signed up to the smoking cessation service, offer structured support if not offer advice on available NRT therapies and refer the patient to local smoking cessation services.</i>
STEP 10	Ask the patient if their asthma restricts their ability to exercise <i>Action: if the patient indicates that their ability to exercise impaired by their asthma record this as an "issue" and refers to their GP or asthma nurse. Record the response on the Asthma MUR Check list</i>
STEP 11	When the MUR consultation is complete attach the top copy of the Asthma MUR Check list to the MUR form and send to the patient's GP. Return the second copy of the Asthma MUR check list to the LPC in the envelope provided and retain the third copy with your patient records in the pharmacy.
STEP 12	Recall patient after six months for an annual MUR. Repeat the process.