

## Very Brief Advice Script: scaling up the implementation of the **NHS Wales asthma and COPD self-management apps**

Below are the 3 steps on how best to recommend the asthma and COPD apps to patients when they come to pick up their inhalers. This is one of the most effective ways community pharmacy can improve the standards of care for patients with asthma and COPD.

We have also added a script you can use or adapt. It should take no more than 30 seconds to give very brief advice to patients.



Downloading the apps means we, as healthcare professionals, can offer easily accessible information and support to our patients whenever they need it. This will improve the quality of life of our patients, empower self-management, and reduce avoidable admissions and utilisation of healthcare through proactive management of their condition.

### THE 3 STEPS:

#### 1. The app has been developed by experts in Wales for patients in Wales

"I think you will really benefit from downloading the NHS Wales [Asthma]/[COPD] app because it will help you better manage your condition and assist healthcare professionals to optimise your care. It's free and available to all patients in Wales.

Healthcare professionals from across the NHS have developed this app. It features loads of really useful information to help you take control of your [asthma]/[COPD]"

#### 2. The app has really useful functions to promote self-management

"The apps can be found on the App store and Google Play. Simply search for [AsthmaHub]/[AsthmaHub for parents]/[COPDHub].

When you register with the app, you will fill in some important information about your condition, which ensures the app is customised to you.

##### Key features include:

- Videos from the experts
- Support and advice about your medication
- Measure and track important information about your condition
- Your easily accessible personal care plan"

#### 3. The app will help optimise patient care

"Next time you visit your Doctor or nurse, you can discuss what you now know about your condition and any expectations you may have about your care.

Your healthcare professional will also appreciate seeing any information you have recorded as this will help them optimise your treatment"

**FOR MORE INFO:**

**There are three apps:**

- 1) AsthmaHub – for adults with asthma
- 2) AsthmaHub for parents – for parents of children with asthma
- 3) COPDHub – for adults with COPD

The apps have been developed in conjunction with the NHS Wales Respiratory Health Implementation Group (RHIG); a Welsh Government funded programme and collaboration of clinicians and leaders across Wales, with a core aim to improve the standards and to reduce variation in care given to patients across Wales.

**TO FIND OUT MORE ABOUT THE APPS:**

For healthcare professionals visit: [www.allwales.icst.org.uk](http://www.allwales.icst.org.uk)

For patients: [www.healthhub.wales](http://www.healthhub.wales)