



**ASTHMA
AUSTRALIA**

GET CONTINUOUS SUPPORT FOR YOUR ASTHMA PATIENTS

**GET MORE
ASTHMA SUPPORT**

[ASTHMA.ORG.AU/REFERRALS](https://www.asthma.org.au/referrals)



AT ASTHMA AUSTRALIA WE HELP PEOPLE TO BREATHE SO THEY CAN LIVE FREELY.

Asthma Australia provides:

- Support for people with asthma and their parents/ carers
- Patient referral service to our Asthma Educators
- Asthma education and training programs
- A wide range of asthma information and apps

Delivering results for people with asthma:

58% of people showed significant improvement in their level of asthma control after speaking with an Asthma Educator.*

87% of people receiving ongoing phone support via The COACH Program®, showed significant improvement in their level of asthma control.*

*Data from Asthma Australia's database over a 12 month period.

We can help your patients with asthma by delivering comprehensive and tailored guideline-based asthma education to suit their needs in-between visits.

1800 ASTHMA

Refer your patients to Asthma Australia for free telephone support from Asthma Educators.

Our Asthma Educators know when to listen, and are here to empower your patients to better manage their asthma.

When a patient calls 1800 ASTHMA (1800 278 462), they can ask about a range of topics. Our aim is to provide people with asthma, or those who care for someone with asthma with the support they need, right when they need it.

Our Asthma Educators work with people with asthma to make positive lifestyle changes. We provide comprehensive health coaching with a focus on addressing specific lifestyle risk factors such as smoking, physical activity, nutrition, weight and well-being. Our Coaches work in partnership with you and other health professionals.

COACH REFERRAL SERVICE

The COACH Program® is available for patients aged 12 years and older with a confirmed asthma diagnosis, the program is delivered over the phone by trained Asthma Australia Coaches.

This free telephone coaching and support service is available for patients with asthma.

The 6 month program aims to work with the referrer to achieve improved asthma control in patients by providing additional evidence-based asthma self-management education, support and goal setting.

HOW TO REFER YOUR PATIENT TO ASTHMA AUSTRALIA

OPTIONS TO REFER PATIENT

- 1** Download template for your practice software from asthma.org.au/referrals Complete referral form and send via fax or secure message.
- 2** Complete referral template in your supplied GP Pack and send via fax or secure message.
- 3** Complete the online referral form at asthma.org.au/referrals

Completed hard copy referrals can be sent via
Fax: 07 3257 1080 or via
Secure Message: search "asthma":
Medical-Objects (FA40060001U) or
Healthlink (asthmaus)

For more information, contact Asthma Australia on
1800 ASTHMA (1800 278 462) or visit asthma.org.au



ASTHMA FIRST AID

1



SIT THE PERSON UPRIGHT

- Be calm and reassuring
- Do not leave them alone

2



GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
 - **Repeat** until 4 puffs have been taken

OR give 2 separate inhalations of Bricanyl (6 years or older)
OR give 1 inhalation of Symbicort Turbuhaler (12 years or older)
OR give 2 puffs of Symbicort Rapihaler through a spacer

If no spacer available: Take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given

3



WAIT 4 MINUTES

- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above

OR give 1 more inhalation of Bricanyl
OR give 1 more inhalation of Symbicort Turbuhaler
OR give 2 puffs of Symbicort Rapihaler through a spacer

IF THERE IS STILL NO IMPROVEMENT

4



DIAL TRIPLE ZERO (000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR give 1 inhalation of a Bricanyl or Symbicort Turbuhaler every 4 minutes – up to a max of 3 more inhalations of Symbicort Turbuhaler
OR give 2 puffs of Symbicort Rapihaler through a spacer every 4 minutes – up to a max of 6 more puffs of Symbicort Rapihaler

CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it is asthma
- **the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid**

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.

This brochure has been developed for the community by Asthma Australia.

This brochure provides information about:

- 1800 ASTHMA (1800 278 462)
- The COACH Program®
- Support for your asthma patients

Keep your asthma patients on track between visits,
refer them to Asthma Australia.

asthma.org.au/referrals

Information and support:

1800 ASTHMA

(1800 278 462)

asthma.org.au



Translating and
Interpreting Service
131 450



All Asthma Australia information is consistent with the Australian
Asthma Handbook.

Asthma Australia information does not replace professional medical
advice. People should ask their doctor any questions about diagnosis
and treatment.

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