

Introduction of the 'MyAsthma' application to aid managing complex asthma patients in the outpatient setting

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Background

The NHS is constantly developing ways to empower patients and reduce service burden. Due to the COVID-19 pandemic outpatient reviews have required adaption to protect and support vulnerable patients, noticeably those with chronic respiratory diseases.

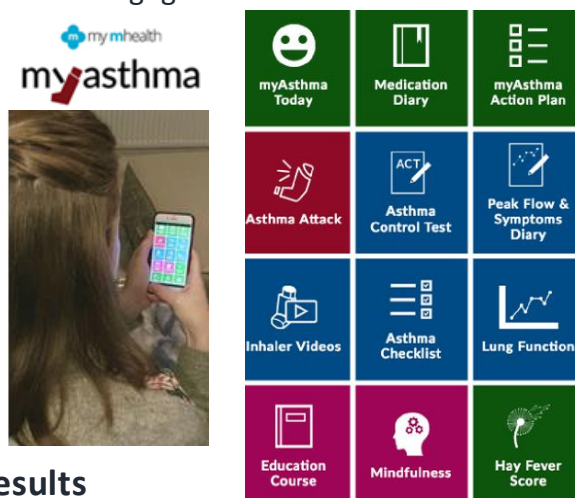
The 'MyAsthma' application (app) supports this by creating an effective remote monitoring platform, alongside empowering patients to review and respond appropriately to their asthma symptoms.

Aim

- Enrol complex asthma patients in the 'MyAsthma' app
- Review patient engagement with 'MyAsthma'
- Obtain patient feedback on 'MyAsthma'

Method

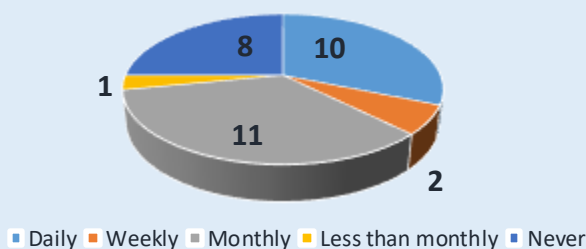
- Introduce the 'MyAsthma' application to asthma patients receiving biologic therapy within Aneurin Bevan University Health Board (ABUHB), via telephone consultation
- Patients answered a questionnaire regarding their asthma
- Patients who consented were sent an electronic link to 'MyAsthma' app
- Patient engagement monitored



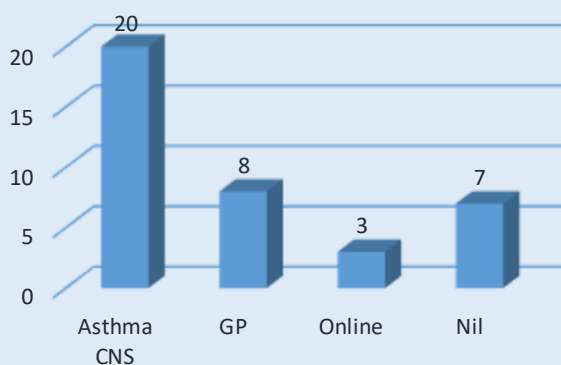
Results

- Total number of patients enrolled 26
- Age range 21-73 years (median age 54)
- 62% of patients engaged within a month
- 46% patients completed an online ACT, median score 10
- 9 patients declined enrolment
- Most patient were confident with their understanding of asthma but still engaged

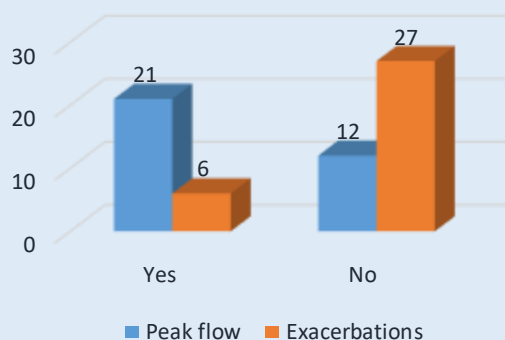
Graph 1: How frequently patients currently review their asthma symptoms



Graph 2: Resources currently used by patients to access information about asthma



Graph 3: Patient documentation of peak flow and asthma exacerbations



Discussion

- Although in the early stages, the 'MyAsthma' app has shown good early engagement.
- All patients who were previously aware of the app have already accessed it.
- Common reason for declining enrolment was lack of suitable technology.
- Graph 3: only 6 patient currently record their exacerbations, the app has the potential to be a resource to increase this.
- Graph 2: Most used information access points are Asthma CNS and GP, resulting in a high burden on resources. Good 'MyAsthma' engagement supports a potential move towards online resources.

Take home messages

- Virtual monitoring is likely a permanent feature of healthcare in the future.
- The 'MyAsthma' app is to be rolled out to all asthma patients in ABUHB
- There is potential for similar programmes with other chronic conditions



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