

## **USEFUL LINKS**

HOW TO USE YOUR INHALER – ASTHMA UK

<https://www.asthma.org.uk/advice/inhaler-videos/>

ASTHMA MART REGIME – ASTHMA UK

<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/mart/>

SMART ASTHMA ACTION PLAN - AZ

<https://medicines.astrazeneca.co.uk/content/dam/multibrand/uk/en/resources/respiratory/My-Symbicort-SMART-Asthma-action-plan-digital-version.pdf>

ASTHMA UK ASTHMA PLAN

<https://www.asthma.org.uk/globalassets/health-advice/resources/adults/adult-asthma-action-plan.pdf>

TURBOHALER DEVICE Q&A - AZ

<https://medicines.astrazeneca.co.uk/content/dam/multibrand/uk/en/resources/respiratory/Turbohaler-QA-booklet.pdf>

SMART INFORMATION BOOKLET - AZ

[https://medicines.astrazeneca.co.uk/content/dam/multibrand/uk/en/resources/respiratory/Symbicort\\_SMART\\_patient\\_information.pdf](https://medicines.astrazeneca.co.uk/content/dam/multibrand/uk/en/resources/respiratory/Symbicort_SMART_patient_information.pdf)

SEREFLO

Sereflo 25 microgram/125 microgram per actuation pressurised inhalation, suspension

<https://www.medicines.org.uk/emc/product/10146/smpc>

Sereflo 25 microgram/250 microgram per actuation pressurised inhalation, suspension

<https://www.medicines.org.uk/emc/product/10145>

CHIESI RESOURCES

<https://www.chiesirespiratory.co.uk/hcp/resources-for-hcps/downloads/>

GSK RESOURCES

<https://gskpro.com/en-gb/>

PEAK FLOW DIARY

[https://medicines.astrazeneca.co.uk/content/dam/multibrand/uk/en/resources/respiratory/Asthma\\_Peak\\_Flow\\_Diary.pdf](https://medicines.astrazeneca.co.uk/content/dam/multibrand/uk/en/resources/respiratory/Asthma_Peak_Flow_Diary.pdf)

PEAK FLOW VIDEO

<https://youtu.be/baLYBXcglm>

<https://www.nhs.uk/conditions/peak-flow-test/>

ASTHMA CONTROL TEST - <12 & 12+

<https://www.asthmacontroltest.com/en-gb/welcome/>

CAT TEST (COPD)

<https://www.mdcalc.com/copd-assessment-test-cat>

## **INHALER USE VIDEOS**

<https://www.asthma.org.uk/advice/inhaler-videos/pmdi/>

PMDI

<https://www.asthma.org.uk/advice/inhaler-videos/pmdi/>

EASIBREATHE

<https://www.asthma.org.uk/advice/inhaler-videos/easi-breathe/>

RESPIMAT

<https://www.asthma.org.uk/advice/inhaler-videos/respimat/>

AUTOHALER

<https://www.asthma.org.uk/advice/inhaler-videos/autohaler/>

ACCUHALER

<https://www.asthma.org.uk/advice/inhaler-videos/accuhaler/>

SPIROMAX

<https://www.asthma.org.uk/advice/inhaler-videos/spiromax/>

ELLIPTA

<https://www.asthma.org.uk/advice/inhaler-videos/ellipta/>

NEXTHALER

<https://www.asthma.org.uk/advice/inhaler-videos/nexthaler/>

TIDLE BREATHING

<https://www.asthma.org.uk/advice/inhaler-videos/tidal-breathing/>

SINGLE BREATH & HOLD

<https://www.asthma.org.uk/advice/inhaler-videos/single-breath-and-hold/>

SPACER USE – CHILD – NO FACE MASK

<https://www.asthma.org.uk/advice/inhaler-videos/child-no-facemask/>

SPACER USE – FACE MASK

<https://www.asthma.org.uk/advice/inhaler-videos/facemask-child/>

CHEST CLEARANCE LINKS

<https://www.nhsggc.org.uk/your-health/health-services/respiratory-services/respiratory-resources-bronchiectasis>

<https://www.acprc.org.uk/publications/patient-information-leaflets/>

<https://www.blf.org.uk/support-for-you/bronchiectasis/treatment>

<https://www.pcrs-uk.org/>

<https://www.blf.org.uk/>

<https://www.brit-thoracic.org.uk/>

<https://ginasthma.org/>

<https://letstalkrespiratory.com/>