



East Suffolk and
North Essex
NHS Foundation Trust

Changes to COPD and Asthma Guidelines

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Why change?

- BTS asthma guidance updated 2019
- Gold Guidelines updated 2019
- Guidelines now joint across East Suffolk and North East Essex
 - Compromise required
- The changes are cost neutral
 - Potential cost saving on triple inhalers



Asthma Guidelines



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- Only change relates to Step 1



COPD guidelines

- Change in format to make clearer!
- Now specific suggestions for patients with COPD and asthma
- For LAMA:
 - Sebri is replaced by Eklira
- For LAMA / LABA
 - Duaklir and Anoro now are the options
- Triple inhalers are not for all patients
 - But are cheaper than 2 separate inhalers



Implementing the new guidelines



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- Slow start rather than big bang
- Please use guidelines for new prescriptions
- Consider changing at:
 - annual asthma or COPD reviews
 - Stepping up or down
 - Hospital admissions
- Changing inhalers via phone or letter not going to work
- If patient is desperate to stay on current inhaler
 - Forcing change unlikely to work



Questions?



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