Poor Asthma Control Dave Burns Respiratory Education UK

1 Smoking Ruins effect of both ICS and of Prednisolone

2 Inhaler Technique MDI hardest to use correctly

3 Not Taking Rx 1/3 or less of doses are taken
Not using the spacer
Not cleaning the spacer [wash in warm soapy water and leave to dry on first getting it and then every month. Washing stops the drug from sticking to the sides]

4 Not Attending Reviews Check Technique
Action Plan [written] can be symptom based or PF based

5 Also Having Allergic Rhinitis worsens Asthma 2/3 Asthma also AR
Antihistamine plus Steroid Nose spray. Technique- don't sniff it in forcefully also point it to the side of the nose not to the septum