

Physiotherapist (Physio)

Physiotherapists work with you and your family to achieve better control of your asthma symptoms through therapy programmes tailored to you. These include pulmonary rehabilitation or:

- **Breathing pattern therapy** – this helps people think about the way they breathe. It reduces breathlessness, and other symptoms, by helping you breathe better
- **Airway clearance techniques** – this teaches you how to clear phlegm from your lungs
- **Cough control therapy** – this reduces the impact of excessive coughing
- **Physical activity advice and exercise programmes** – this helps you feel more confident and able to take exercise, remain active and stay as fit as possible

Psychologist

Psychologists improve mental health and wellbeing by helping people to understand and cope with the emotional impact of their conditions. They will help you better understand how your breathing and psychological pressures (including past or current stress, health experiences, trauma, relationship difficulties, discrimination, mental health difficulties) affect one another and may meet with you individually or with your partner or family members to develop strategies to help.

Speech and language therapists (SLT) and ear, nose and throat specialists (ENT)

People with asthma can also have problems in their nose and throat that affect breathing. Your SLT will find these problems, then offer advice, support and exercises to help manage them. You may also need

to see an ENT specialist for further assessment and treatment if needed.

Nursing or Healthcare Assistant

The nursing assistant will take your blood pressure, pulse, oxygen levels, height and weight and may also take blood and do your breathing tests.

Respiratory Physiologist (the Lung Function Team)

The respiratory physiologists carry out tests to check how your lungs are working.

Dietitian

Dietitians help people have regular healthy meals. You may benefit from seeing a dietitian if you are overweight, have heartburn (reflux) or food allergies that trigger asthma symptoms.

Administration team

The administration (“admin”) team will help you to schedule and manage your clinic appointments.

If you need any more information before your clinic appointment please call us on:

Useful contact numbers

Respiratory Department
(clinic reception) _____

Your asthma nurse: _____

Asthma UK specialist nurses:

www.asthma.org.uk

Asthma + Lung UK has a really helpful website with lots of handy information for people with asthma, including information about managing asthma.

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WHAT TO EXPECT FROM YOUR ASTHMA MULTIDISCIPLINARY TEAM (MDT)

Each member of the MDT has different skills and they all work together to help you feel better.

The **AHSN** Network

What to expect from your Asthma Multidisciplinary Team (MDT)

You have been referred, or are being considered for referral, to an asthma centre. There, members of the team have different skills, but all work together to help you feel better. Your doctor will decide with you who will be useful for you to see and with your permission, will discuss your care with the rest of team. This leaflet aims to help you understand the role of the members of the asthma team.

What is an Asthma Centre and why have I been referred to one?

Most people with asthma can control their asthma with preventer inhalers, but some need additional help to feel better. This is called uncontrolled asthma, and usually needs tests, medicines and specialist care that is not available from your local doctor (GP).

The asthma centre team will:

- **Confirm** that you have asthma and clarify which type it is
- **Determine** why your asthma is not responding to the current treatments
- **Identify** anything else that may be making your asthma symptom(s) seem worse and offer courses of therapy to help improve these
- **Review** your current medicines to ensure they are right for you, and offer you new or different treatments if they think it would help to make you feel better

Some people under the care of an asthma centre are diagnosed with "severe asthma". People with severe asthma experience similar symptoms as those with milder asthma, however, these symptoms occur despite high doses of treatment or their asthma may only be controlled when they take high dose treatment long term.

Who is part of the Hospital Asthma Team?

Helping people with uncontrolled asthma requires a specially trained multidisciplinary team (MDT). Your doctor will decide who from the team you could benefit from seeing, but the team includes: doctors, nurses, pharmacists, physiotherapists, psychologists, and speech/language therapists. However, you may also meet nursing assistants, lung function scientists and administrators when you visit the asthma centre. Depending on your individual needs, you may be referred to other services such as ear nose and throat (ENT) specialists, dietitians or the research team.



Meet the Severe Asthma Multidisciplinary team

Specialist Asthma Doctor

Doctors working in the Severe Asthma Centre (SAC) are experts in lung health and have in-depth specialist knowledge of asthma. At first, you may see a senior doctor (the consultant) or a doctor training in lung medicine who works under the supervision of the consultant. They will work with you to advise if you have asthma, what type of asthma you have and advise what treatment is best for you.

Asthma Clinical Nurse Specialist (CNS)

Nurses in the SAC play a role in every part of your asthma care. You may meet them at your first appointment or at a follow up appointment to see how you are doing. They are available for advice and support if you are having problems or have questions about your condition. They may administer some treatments in clinic if needed.

Asthma Specialist Pharmacist

The pharmacists working in the SAC are specialists in lung medicines. They help you understand why you need to take medicines, make sure that the treatments suit you, and ensure that they work well. They will discuss with you the benefits to expect from the medicines, any possible side-effects and help you perfect your inhaler technique. Pharmacists can answer questions about your medicines, and dispose of your old medicines in a safe, environmentally friendly way.