

## Adult Asthma Programme

### Programme Overview:

Our CPD-accredited Adult Asthma Programme is designed specifically for primary care nurses and allied professionals responsible for the diagnosis, optimisation and long-term management of asthma in adults.

Delivered across four structured modules, the programme provides a clinically grounded, evidence-based approach to accurate diagnosis, structured review, inhaler optimisation and risk reduction in primary care.

With increasing emphasis on personalised care, exacerbation prevention and safe prescribing, this programme supports clinicians to move beyond symptom control alone and towards proactive, guideline-aligned asthma management.

### Educational Framework:

The programme follows a consistent, structured pathway:

- Normal airway structure and function.
- Disease aetiology and pathophysiology.
- Clinical presentation and differential diagnosis.
- Assessment, monitoring and risk stratification.
- Management and optimisation.

This framework ensures a strong physiological foundation before progressing to confident interpretation of spirometry, treatment decisions and long-term care planning.

### Programme Aim:

To strengthen the knowledge, clinical reasoning and confidence required to accurately diagnose, assess and optimise asthma management in adults within primary care.

### Learning Objectives:

By the end of the programme, participants will be able to:

- Diagnose asthma accurately, applying current national guidance and interpreting spirometry and objective testing appropriately.
- Undertake structured asthma reviews, identifying poor control, adherence issues, inhaler technique errors and modifiable risk factors.
- Optimise pharmacological management safely, including appropriate inhaled corticosteroid use, add-on therapy and stepwise treatment adjustment.
- Assess and reduce exacerbation risk, recognising high-risk features and implementing proactive prevention strategies.
- Deliver personalised asthma care, incorporating self-management education and written asthma action plans to improve long-term outcomes.

### Programme Structure:

Delivered across four structured modules, combining live teaching with comprehensive eLearning.

All modules are CPD-accredited, with certification provided on completion.