

# Foundations of Asthma for RHCPs

A course designed for Registered Health Care Professionals working in Primary Care

## Key Information



Who training is for  
**Registered Health Care Professionals**



Length of course  
**1 day**



Per delegate cost  
**£160**



Format of course  
**Live via Zoom or Face-to-Face**



Dates of course  
**TBC**



CPD Hours  
**7 hours**

## Course Summary



Our 'Foundations of Asthma' course provides RHCPs with the essential knowledge and skills needed to effectively manage asthma in primary care settings.

## Course Content



**Introduction to Asthma**



**Anatomy and Physiology of the Respiratory System**



**Diagnosis and Management in Primary Care**



**Pharmacological Management of Asthma**



**Patient Education and Self Management**



**Recognising and Managing Acute Asthma**



**Putting it all Together in Practice**



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# Detailed Course Description



Our 'Foundations of Asthma for RHCPs' course is designed to provide practice nurses and other RHCPs with the essential theoretical knowledge and practical skills in asthma diagnosis and management in primary care settings. The course will cover the fundamentals of asthma, including anatomy and physiology, diagnosis, pharmacology, inhaler techniques, self-management strategies and acute asthma recognition and management.

Developed in line with current UK National Standards and Guidelines (including those in England, Wales, Scotland and Northern Ireland) and guidance from the NHS, NICE and the British Thoracic Society/Scottish Intercollegiate Guidelines Network [BTS/SIGN].

## Foundations of Asthma for RHCPs: Core Modules

- **Introduction to Asthma**
  - Definition, epidemiology and impact of asthma
- **Anatomy and Physiology of the Respiratory System**
  - Overview of the respiratory system and its functions.
  - Pathophysiology of asthma
- **Diagnosis and Management in Primary Care**
  - Clinical assessment and diagnosis of asthma
  - Symptoms associated with asthma
  - Evidence-based diagnostic and treatment pathways
  - Role of FeNo, peak flow and spirometry in asthma assessment
- **Pharmacological Management of Asthma**
  - Basic management strategies for asthma
  - Controller and reliever medications
  - Inhaler devices and techniques
- **Patient Education and Self Management**
  - Lifestyle, personal, and environmental factors associated with asthma
  - Strategies for trigger identification and environmental control
  - Importance of patient education in asthma management
  - Creating asthma action plans and supporting self-management strategies
  - Signposting patients to relevant resources and services
- **Recognising and Managing Acute Asthma**
  - Identifying and managing acute asthma exacerbations
  - Guidelines and protocols for acute asthma management
- **Putting it all Together in Practice**
  - Case studies and practical examples
  - Q&A discussion

(A 'Foundations of Asthma for RHCPs' certificate will be allocated on successful completion of the course).

## Course Alignment

This course has been developed in line with the following guidelines:

British Thoracic Society/Scottish Intercollegiate Guidelines Network [BTS/SIGN]  
<https://www.brit-thoracic.org.uk/quality-improvement/guidelines/asthma/>

NICE guideline [NG80] Asthma: diagnosis, monitoring and chronic asthma management  
<https://www.nice.org.uk/guidance/ng80>

Global Initiative for Asthma [GINA]  
<https://ginasthma.org/>