

Patient information factsheet

Your appointment at the difficult asthma clinic

We have given you this factsheet because you have an appointment at the difficult asthma clinic. It explains the purpose of the clinic and the tests you may have at the clinic. We hope it answers some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

What is difficult asthma?

Difficult asthma is a term used to describe asthma that is not under control for several reasons.

What is the difficult asthma clinic?

The difficult asthma clinic is based at The Respiratory Centre on D level, West Wing, Southampton General Hospital. It sees people from across the region who are having significant difficulties with their asthma.

The aim of the difficult asthma clinic is to look at the individual nature of your asthma and breathing difficulties to help improve your symptoms.

At the clinic, you may be reviewed by several members of the asthma team, including:

- a clinical nurse specialist
- a physiotherapist
- a specialist pharmacist
- a specialist pharmacy technician

Tests and assessments

To help us find the best treatment to help improve your symptoms, you may need to have some tests and assessments. You may have had some of these before.

The tests and assessments may include:

- detailed lung function ('breathing') tests
- blood tests - To reduce delays and ensure timely results, we ask that you have these before your appointment. To book your blood tests, call **023 8120 4877** or visit the online booking system at: <https://patientbooking.uhs.nhs.uk>. You can arrange to have your blood tests on the day of your appointment at the difficult asthma clinic, or if you have breathing tests booked before your appointment, you can arrange to have the blood tests then.
- allergy skin prick tests - If you are taking antihistamines (hay fever or allergy tablets), stop taking them **72 hours (three days) before** your appointment (if possible).
- a chest x-ray
- health and symptom questionnaires (on asthma and related problems)
- a review of your inhaler and inhaler technique (please bring your inhalers with you)

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Research

We may invite you to take part in research. You do not have to do this, and whether you take part or not will not affect the care you receive in clinic.

We are currently enrolling some of our patients in an observational study called 'WATCH' (a separate information sheet may be enclosed). This study will allow us to gather anonymous information from patients living with asthma at various degrees of severity, to help guide and improve treatment for patients in the future. We would be grateful if you would consider taking part, although this is voluntary.

We are also enrolling some of our patients on the UKSAR (United Kingdom Severe Asthma Registry). With your permission, we will collect data so that we have a better idea of how many patients we are treating with severe asthma in the UK. This data will help guide and improve services in the future. We would be grateful if you would consider taking part, although this is voluntary. If you would like to take part, we will give you a consent form for you to read and sign which explains more about UKSAR.

Contact us

For more information about your appointment, or to cancel or re-book your appointment, please contact the relevant patient pathway coordinator below.

Patient pathway coordinator for Professor Kurukulaaratchy, Dr Haitchi and Dr Freeman
Telephone: **023 8120 8790**

Patient pathway coordinator for Dr Rupani
Telephone: **023 8120 5294**

Patient pathway coordinator for Dr Dennison's clinic
Telephone: **023 8120 6480**

The lines are answered Monday to Friday, 8am to 4pm. If you are calling outside of these hours, on a weekend or bank holiday, you can leave a message on the answer phone. We will return your call the next working day.

You can also email: asthma@uhs.nhs.uk

Useful links

Cambridge University Hospitals NHS Foundation Trust (CUH) - Severe asthma network video

You may find it useful to watch the following video produced by CUH which briefly describes what to expect when attending a severe asthma clinic. You can watch the video by scanning the QR code or clicking the link below.

www.youtube.com/watch?v=mdDK2tR5rcg



Asthma and Lung UK
www.asthmaandlung.org.uk

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**