

5 facts about asthma



1

The treatable traits approach improves patient outcomes in chronic asthma

The use of a treatable traits model in severe asthma has been shown to:

- improve health-related quality of life
- improve asthma control
- reduce healthcare use.



2

Sarcopaenia and osteopaenia can be addressed with regular exercise and physical activity

Pulmonary rehabilitation to tackle loss of muscle mass and bone mass and to promote weight loss includes:

- aerobic training
- resistance training
- physical activity counselling
- feedback on objectively measured physical activity
- resistance and balance training in conjunction with bisphosphonate therapies.



3

Dysfunctional breathing is a common, but often undiagnosed, treatable trait

Physiotherapy and breathing retraining are at the core of dysfunctional breathing management, which has been shown to improve:

- symptoms
- health-related quality of life.



4

Ensuring good inhaler technique is everyone's responsibility

Resources to assist physios in reviewing inhaler device polypharmacy and poor inhaler technique include:

- the Asthma and COPD Medications Chart
- inhaler technique checklists
- demonstration videos
- asthma action plans.

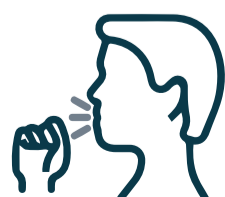


5

The need for airway clearance should be assessed in all patients with chronic asthma

Physios can prescribe a range of airway clearance techniques including:

- the forced expiratory technique for patients with self-reported cough and sputum
- active cycle of breathing and oscillatory positive expiratory pressure devices for patients with bronchiectasis
- mucolytics, including humidification and saline nebulisation, which may be beneficial for patients having difficulty expectorating sputum.



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