



Appendices

The reality of asthma care in the UK

Annual Asthma Survey 2018 report

Appendices

Appendix A: Methodology

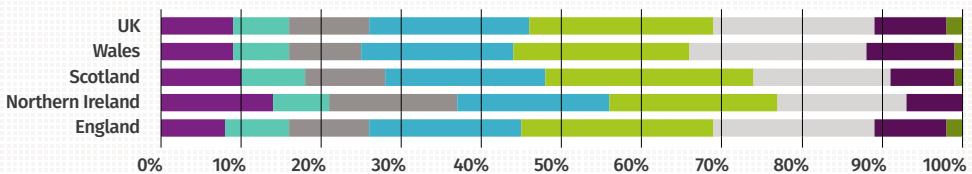
This is the sixth edition of Asthma UK’s Annual Asthma Survey report. Every year we ask the same questions on basic care, asthma control and emergency admissions. This allows us to track trends and spot reoccurring themes that need to be addressed. As well as providing an update for these questions, this year’s report has shown us new insight into reasons for not attending an annual review, emergency care follow-up and asthma attacks. We have proposed solutions to issues raised by the results of the survey including health advice for people with asthma and potential policy changes to tackle existing inequality in asthma care.

The survey was conducted online and ran from mid June to late August 2018. The survey was promoted through our email newsletter, social media channels and website.

Survey respondents

The survey received 10,161 responses, and after data cleaning 10,064 respondents were included in the analysis¹. Of these responses, 8361 were from England, 526 from Wales, 916 from Scotland and 261 from Northern Ireland (figure 1). The age group with the largest number of respondents was 50-59 (2407), equivalent to 24% of total respondents. We received a similar number to last year’s survey for under 17s (886) and these figures include those who completed the survey on behalf of their children.

Figure 1 Respondents by age and nation

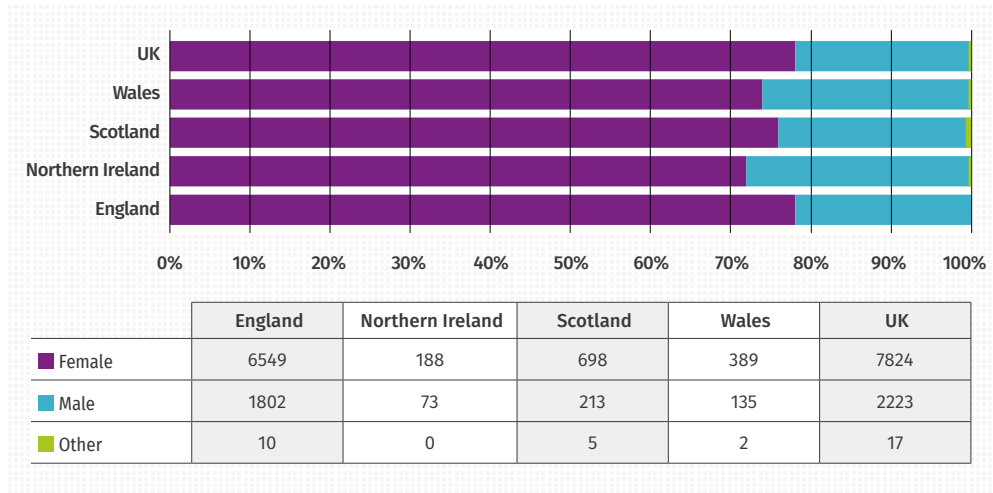


	England	Northern Ireland	Scotland	Wales	UK
17 or under	708	37	94	47	886
18-29	625	18	71	37	751
30-39	855	42	91	46	1034
40-49	1591	50	189	104	1934
50-59	2008	53	232	114	2407
60-69	1638	42	156	118	1954
70-79	812	16	78	55	961
80+	124	3	5	5	137

¹ The data cleaning included removing duplicates. Duplicates were indicated by IP address and similar demographic question answers.

Women made up over three quarters (78%, 7824 of 10064) of the survey respondents (figure 2). This is similar to the previous survey results, with women providing 75% of total responses in 2017. The gender balance in asthma prevalence is 56% women and 44% men. This means that 2.4 million men have asthma in the UK, so once again encouraging more men to take part in next year's survey will be a priority.

Figure 2: Respondents by gender and nation



Appendix B: Survey questions

1) Who are you completing this survey for?

- a) Yourself
- b) Your child
- c) Other

2) Where do you live?

- a) England
- b) Northern Ireland
- c) Scotland
- d) Wales

3) What region do you live in? [Answer if England]

- a) East Midlands
- b) East of England
- c) London
- d) North East
- e) North West
- f) South East
- g) South West
- h) West Midlands
- i) Yorkshire and the Humber

Answer Northern Ireland:

- a) Belfast
- b) Northern
- c) South Eastern
- d) Southern
- e) Western

Answer if Scotland:

- a) Ayrshire and Arran
- b) Borders
- c) Dumfries and Galloway
- d) Fife
- e) Forth Valley
- f) Grampian
- g) Greater Glasgow and Clyde
- h) Highlands and Western Isles
- i) Lanarkshire
- j) Lothian
- k) Orkney and Shetland
- l) Tayside

Answer if Wales:

- a) Abertawe Bro Morgannwg
- b) Aneurin Bevan
- c) Betsi Cadwaladr
- d) Cardiff and Vale
- e) Cwm Taf
- f) Hywel Dda
- g) Powys

4) What is your gender?

- a) Male
- b) Female
- c) Other

5) Are you, or the person you are completing the survey for:

- a) 17 or under
- b) 18-29
- c) 30-39
- d) 40-49
- e) 50-59
- f) 60-69
- g) 70-79
- h) 80+

6) If you had to rate the care you have/your child has received for your asthma, would you say it was:

- a) Excellent
- b) Satisfactory
- c) Poor

7) Were you diagnosed with asthma as a child or an adult?

- a) I was diagnosed as a child (up to and including 17 years old)
- b) I was diagnosed as an adult (18 or older)

8) Have you ever talked to your doctor or nurse, at diagnosis or at another time, about whether your asthma could be caused or made worse by your job?

- a) Yes
- b) No
- c) I'm not sure / I can't remember

9) In the last four weeks, have you or your child had difficulty sleeping due to your asthma?

- a) Yes
- b) No

10) In the last four weeks, have you or your child had usual asthma symptoms such as cough, wheeze, chest tightness or shortness of breath during the day?

- a) Yes
- b) No

11) In the last four weeks, has you or your child's asthma interfered with usual daily activities, for example performing work/housework or going to school/activities?

- a) Yes
- b) No

12) Do(es) you/your child currently have a written action plan for managing your/their asthma to help understand when symptoms are getting worse and what to do about it?

- a) Yes
- b) No

13) Have you had a planned review or check-up of your asthma with your doctor or nurse in the last year?

- a) Yes
- b) No
- c) I'm not sure

14) Did you know that everyone with asthma needs to have an annual asthma review or check-up?

- a) Yes
- b) No

15) What reason best describes why you did not attend an annual review/appointment for your asthma?

- a) I did not receive a letter or SMS from my GP or asthma nurse to say I needed to attend a review
- b) I was reminded by letter or SMS to book a review, but did not book one
- c) I booked a review, but did not attend
- d) I was unable to book an asthma review appointment because the surgery was too busy

e) I did not know that I should have a regular asthma review

- f) I have not told my GP about my asthma
- g) I am not registered with a GP
- h) Other reason

16) What reason best describes why your child did not attend an annual review/appointment for their asthma?

- i) I did not receive a letter or SMS from my GP or asthma nurse to say my child needed to attend a review
- j) I was reminded to by letter or SMS from my GP or asthma nurse to say my child needed to attend a review, but did not book one
- k) I booked a review for my child, but did not attend
- l) I was unable to book an asthma review appointment for my child because the surgery was too busy
- m) I did not know that I should have a regular asthma review
- n) I have not told my GP about my child's asthma
- o) My child does not have an asthma diagnosis
- p) Other reason

17) Did your doctor or nurse help you make sure you/your child could correctly use ALL your/their current types of inhaler before you started using them?

- a) Yes
- b) No
- c) Do not remember

18) Where do you receive your/ your child's regular asthma care?

- a) GP surgery
- b) Hospital
- c) Both
- d) Other

19) Thinking about the care provided for your/your child's asthma in the past 12 months from your GP or practice nurse, would you say it was:

- a) Excellent
- b) Satisfactory
- c) Poor

20) Thinking about the specialist care you/your child received in hospital the past 12 months, would you say it was:

- a) Excellent
- b) Satisfactory
- c) Poor

'Specialist care' includes non-emergency treatment received at a hospital, such as an outpatient appointment or a visit to a specialist asthma clinic

21) Have you/your child received emergency/unplanned care at a hospital or out-of-hours centre for your asthma in the past year?

- a) Yes
- b) No
- c) Don't remember

22) Thinking about the care you/your child received in hospital /A&E / out of hours in the past 12 months, would you say it was:

- a) Excellent
- b) Satisfactory
- c) Poor

23) The last time you/your child were treated at a hospital or out-of-hours centre, did you have a follow up appointment at your doctor's surgery for your asthma within 2 working days?

- a) Yes
- b) No
- c) I'm not sure / I can't remember

24) What reason best describes why you/your child did not attend a follow-up appointment after being treated at hospital?

- a) I was not informed that I/my child should have a follow-up appointment
- b) I tried to book a follow-up appointment, but there was no availability within 2 working days
- c) I/my child was not well enough to attend a follow-up appointment within 2 working days
- d) I forgot to book an appointment
- e) Other reason

25) How many asthma attacks have you/your child had in the last 12 months?

An asthma attack is when:

- Your reliever isn't helping or lasting over four hours
- Your symptoms are getting worse (cough, breathlessness, wheeze or tight chest)
- You're too breathless or it's difficult to speak, eat or sleep
- Your breathing is getting faster and it feels like you can't get your breath in properly.
- Your doctor has given you steroid pills to take because your asthma is so bad.

26) What did you do the last time you had an asthma attack?

- a) I called 999 and was taken to hospital by ambulance/emergency transport
- b) I called 999 and was treated by paramedics at the scene
- c) Someone else called 999
- d) I used an out-of-hours service
- e) I managed the asthma attack myself, but went to see my GP or asthma nurse about my asthma within the following 24 hours
- f) I managed the asthma attack myself and did not follow it up with my GP or asthma nurse
- g) I called the Asthma UK helpline
- h) Other

27) What did you do the last time you had an asthma attack?

- a) I called 999 and my child was taken to hospital by ambulance/emergency transport
- b) I called 999 and was treated by paramedics at the scene
- c) Someone else called 999
- d) I used an out-of-hours service to treat my child
- e) My child was treated at school
- f) My child and I managed the asthma attack ourselves, but went to see the GP or asthma nurse about their asthma within the following 24 hours
- g) My child and I managed the asthma attack ourselves and did not follow it up with my GP or asthma nurse
- h) I (or my child) called the Asthma UK helpline
- i) Other

Appendix C: Data tables

Table 1: Respondents by location and age

		17 or under	18-29	30-39	40-49	50-59	60-69	70-79	80+	All ages
England	Respondents	708	625	855	1591	2008	1638	812	124	8361
	Percentage	8%	7%	10%	19%	24%	20%	10%	1%	100%
Northern Ireland	Respondents	37	18	42	50	53	42	16	3	261
	Percentage	14%	7%	16%	19%	20%	16%	6%	1%	100%
Scotland	Respondents	94	71	91	189	232	156	78	5	916
	Percentage	10%	8%	10%	21%	25%	17%	9%	1%	100%
Wales	Respondents	47	37	46	104	114	118	55	5	526
	Percentage	9%	7%	9%	20%	22%	22%	10%	1%	100%
UK	Respondents	886	751	1034	1934	2407	1954	961	137	10064
	Percentage	9%	7%	10%	19%	24%	19%	10%	1%	100%

Table 2: Respondents by area and gender

		Female	Male	Other	Total
England	Respondents	6549	1802	10	8361
	Percentage	78%	22%	0%	100%
Northern Ireland	Respondents	188	73	0	261
	Percentage	72%	28%	0%	100%
Scotland	Respondents	698	213	5	916
	Percentage	76%	23%	1%	100%
Wales	Respondents	389	135	2	526
	Percentage	74%	26%	0%	100%
UK	Respondents	7824	2223	17	10064
	Percentage	78%	22%	0%	100%

Table 3: Asthma control trend 2014–2018

		2014	2015	2016	2017	2018
Interference with daily activities (answered yes)	Percentage	40%	43%	46%	46%	42%
	Answer yes / total respondents	2600/6511	2853/6675	2066/4572	3655/7611	4242/10064
Usual symptoms experienced (answered yes)	Percentage	76%	79%	80%	83%	78%
	Answer yes / total respondents	4946/6508	5246/6675	3673/4569	6291/7611	7865/10064
Difficulty sleeping due to asthma (answered yes)	Percentage	40%	42%	45%	49%	43%
	Answer yes / total respondents	2609/6508	2771/6675	2123/4572	3761/7611	4338/10064
Uncontrolled asthma	Percentage	78%	81%	82%	85%	81%
	Answer yes / total respondents	5106/6508	5394/6674	3762/4569	6500/7611	8149/10064
UK	Respondents	886	751	1034	1934	2407
	Percentage	9%	7%	10%	19%	24%

Table 4: Knowledge of annual review if did not attend

Knowledge of annual review if didn't attend					
	No	Yes	Total	No	Yes
England	559	870	1429	39%	61%
Northern Ireland	23	30	53	43%	57%
Scotland	59	107	166	36%	64%
Wales	43	63	106	41%	59%
UK	684	1070	1754	39%	61%

Table 5: Basic care provision trend 2013-18

		Overall basic care provision		Annual asthma review			Inhaler technique check			Asthma action plan	
		Met	Not met	Yes	No	Not sure	Yes	No	Do not remember	Yes	No
2013	Percentage	20%	80%	74%	26%	N/A	78%	22%	N/A	24%	76%
	Number	1148	4730	4377	1501	N/A	4578	1300	N/A	1398	4480
2014	Percentage	25%	75%	77%	23%	N/A	78%	22%	N/A	30%	70%
	Number	1648	4885	5014	1520	N/A	5068	1464	N/A	1972	4562
2015	Percentage	29%	71%	79%	21%	N/A	79%	21%	N/A	35%	65%
	Number	1906	4696	5197	1406	N/A	5236	1367	N/A	2342	4261
2016	Percentage	34%	66%	79%	21%	N/A	78%	17%	6%	42%	58%
	Number	1526	3027	3575	978	N/A	3531	768	254	1929	2624
2017	Percentage	35%	65%	77%	23%	N/A	76%	18%	5%	44%	56%
	Number	2661	4950	5858	1753	N/A	5810	1402	399	3344	4267
2018	Percentage	40%	60%	80%	17%	2%	81%	15%	4%	48%	52%
	Number	4022	6042	8064	1756	244	6775	1263	313	4044	4317

Table 6: Reason for not attending annual review

	Your Child		Yourself	
Booked a review, did not attend	0	0%	16	1%
No reminder	71	62%	947	59%
Reminded but did not book	5	4%	129	8%
I was too busy	1	1%	115	7%
Surgery too busy	17	15%	190	12%
Not registered with a GP	N/A	N/A	8	0%
Not told GP about asthma	N/A	N/A	27	2%
No diagnosis	11	10%	N/A	N/A
Other	10	9%	190	12%
Total	115	100%	1622	100%

Table 7: Basic care provision across UK

	Met		Unmet	
	Percentage	Number	Percentage	Number
England	40%	3355	60%	5006
Northern Ireland	50%	131	50%	130
Scotland	40%	370	60%	546
Wales	32%	166	68%	360
UK	40%	4022	60%	6042
East Midlands	39%	317	61%	494
East of England	39%	387	61%	609
London	36%	254	64%	455
North East	43%	183	57%	247
North West	41%	456	59%	655
South East	40%	682	60%	1010
South West	41%	421	59%	599
West Midlands	44%	357	56%	451
Yorkshire and the Humber	38%	298	62%	486

Table 8: Annual review provision across UK

	Annual review					
	I'm not sure	No	Yes	I'm not sure	No	Yes
England	199	1431	6731	2%	17%	81%
Northern Ireland	5	53	203	2%	20%	78%
Scotland	25	165	726	3%	18%	79%
Wales	15	107	404	3%	20%	77%
UK	244	1756	8064	2%	17%	80%
East Midlands	23	147	641	3%	18%	79%
East of England	32	173	791	3%	17%	79%
London	24	155	530	3%	22%	75%
North East	7	73	350	2%	17%	81%
North West	27	173	911	2%	16%	82%
South East	22	308	1362	1%	18%	80%
South West	30	171	819	3%	17%	80%
West Midlands	19	124	665	2%	15%	82%
Yorkshire and the Humber	15	107	662	2%	14%	84%

Table 9: Action plan provision

Action plan				
	No	Yes	No	Yes
England	4317	4044	52%	48%
Northern Ireland	98	163	38%	62%
Scotland	470	446	51%	49%
Wales	324	202	62%	38%
UK	5209	4855	52%	48%
East Midlands	438	373	54%	46%
East of England	519	477	52%	48%
London	386	323	54%	46%
North East	213	217	50%	50%
North West	575	536	52%	48%
South East	864	828	51%	49%
South West	516	504	51%	49%
West Midlands	375	433	46%	54%
Yorkshire and the Humber	431	353	55%	45%

Table 10: Inhaler technique check provision across the UK

Inhaler technique						
	Do not remember	No	Yes	Do not remember	No	Yes
England	313	1273	6775	4%	15%	81%
Northern Ireland	9	41	211	3%	16%	81%
Scotland	34	125	757	4%	14%	83%
Wales	23	76	427	4%	14%	81%
UK	379	1515	8170	4%	15%	81%
East Midlands	31	132	648	4%	16%	80%
East of England	46	151	799	5%	15%	80%
London	32	130	547	5%	18%	77%
North East	12	57	361	3%	13%	84%
North West	43	167	901	4%	15%	81%
South East	69	243	1380	4%	14%	82%
South West	33	144	843	3%	14%	83%
West Midlands	25	139	644	3%	17%	80%
Yorkshire and the Humber	22	110	652	3%	14%	83%

Table 11: Asthma control by age

	Difficulty sleeping (yes)		Usual symptoms (yes)		Usual activities (yes)	
	Percentage	Number	Percentage	Number	Percentage	Number
17 or under	41%	360	71%	629	39%	347
18-29	53%	401	85%	636	50%	375
30-39	52%	534	84%	869	48%	492
40-49	47%	908	82%	1583	44%	849
50-59	43%	1044	77%	1864	43%	1023
60-69	38%	743	76%	1487	39%	765
70-79	33%	320	75%	717	37%	353
80+	20%	28	58%	80	28%	38
All ages	43%	4338	78%	7865	42%	4242

Table 12: Respondents receiving emergency care by age

Age	Don't remember	Did not go to hospital	Went to hospital	Don't remember	Did not go to hospital	Went to hospital
17 or under	12	479	395	1%	54%	45%
18-29	12	480	259	2%	64%	34%
30-39	11	717	306	1%	69%	30%
40-49	4	1387	543	0%	72%	28%
50-59	17	1884	506	1%	78%	21%
60-69	5	1622	327	0%	83%	17%
70-79	2	807	152	0%	84%	16%
80+	1	116	20	1%	85%	15%
All ages	64	7492	2508	1%	74%	25%

Table 13: Received follow-up within 2 days after emergency care

	Received follow-up					
	I'm not sure / I can't remember	No	Yes	I'm not sure / I can't remember	No	Yes
England	96	1306	674	5%	63%	32%
Northern Ireland	1	59	21	1%	73%	26%
Scotland	7	152	78	3%	64%	33%
Wales	6	77	31	5%	68%	27%
UK	110	1594	804	4%	64%	32%

Table 14: Control level and respondents receiving emergency care

Control level and emergency care						
	Don't remember	No	Yes	Don't remember	No	Yes
Controlled	6	1598	311	0%	83%	16%
Uncontrolled	58	5894	2197	1%	72%	27%
Scotland	7	152	78	3%	64%	33%
Wales	6	77	31	5%	68%	27%
UK	110	1594	804	4%	64%	32%

Table 15: Ways of managing an asthma attack

	Yourself		Your child	
	Number	Percentage	Number	Percentage
Called 999 & taken to hospital	334	5%	70	13%
Called 999 & treated by paramedics	105	2%	15	3%
Called the Asthma UK helpline	24	0%	5	1%
Self-management no follow-up	2216	36%	100	19%
Self-management & follow-up	2133	35%	143	27%
Used an out-of-hours service	481	8%	135	26%
Went to hospital myself	492	8%	34	2%
Someone else called 999	236	4%	12	6%
Treated at school	N/A	N/A	11	2%
Other	54	1%	3	1%
Total	6075	100%	528	100%

Table 16: Overall care rating across the UK

Overall care rating						
	Excellent	Poor	Satisfactory	Excellent	Poor	Satisfactory
England	3073	964	4286	37%	12%	51%
Northern Ireland	88	39	134	34%	15%	51%
Scotland	365	107	438	40%	12%	48%
Wales	181	73	269	35%	14%	51%
UK	3707	1183	5127	37%	12%	51%

Table 17: Primary care rating across the UK

GP care rating						
	Excellent	Poor	Satisfactory	Excellent	Poor	Satisfactory
England	3018	890	3642	40%	12%	48%
Northern Ireland	107	25	106	45%	11%	45%
Scotland	356	80	385	43%	10%	47%
Wales	181	64	240	37%	13%	49%
UK	3662	1059	4373	40%	12%	48%

Table 18: Emergency care rating across the UK

Emergency unplanned/unscheduled care						
	Excellent	Poor	Satisfactory	Excellent	Poor	Satisfactory
England	1129	207	740	54%	10%	36%
Northern Ireland	44	8	29	54%	10%	36%
Scotland	147	15	75	62%	6%	32%
Wales	64	11	39	56%	10%	34%
UK	1384	241	883	55%	10%	35%

Table 19: Occupational asthma across the UK

Occupational asthma						
	I'm not sure / I can't remember	No	Yes	I'm not sure / I can't remember	No	Yes
England	778	4798	2055	10%	63%	27%
Northern Ireland	17	141	65	8%	63%	29%
Scotland	75	514	233	9%	63%	28%
Wales	48	305	122	10%	64%	26%
UK	918	5758	2475	10%	63%	27%

Table 20: Trend in basic care, Wales, Northern Ireland and Scotland 2013-2018

	2013	2014*	2015	2016	2017	2018
Wales	16%	17%	27%	32%	26%	32%
Northern Ireland	42%	53%	54%	48%	48%	50%
Scotland	27%	33%	36%	41%	43%	40%
UK	20%	25%	29%	34%	35%	40%

*data only available for adults