

Tackling SABA Overuse in Asthma

A

Assessment

Have they been assessed in the last year?
If not, encourage them to book a review.



S

SABA overuse

Is there evidence of SABA overuse?
(more than 3 in the last 12 months).



T

Treatment

No-one should be on SABA alone. SABA eases symptoms but does not treat the inflammation that causes the symptoms.



H

Hand Back

Encourage them to hand back used inhalers. If placed in a standard bin they cause environmental harm.



M

Morbidity & Mortality

Explain that SABA overuse is associated with increased risk of exacerbation, hospitalisation and death.



A

Assess Request

Does the patient definitely need a new SABA? (address habitual ordering).

