



For more information about this case study contact:

Georgina Craig: georgina@elcworks.co.uk

Dr Yasmin Razak y.razak@nhs.net



We thought asthma was a simple problem. It isn't. You need to invest time. After a good review, fewer children have had exacerbations or been admitted

Our Challenge

GPs in North West London recognised that parents weren't bringing children to reviews and few had asthma care plans. Working in an area of deprivation, with high pollution levels and low trust in public bodies in the aftermath of the Grenfell Tower disaster, engagement was already challenging and need high. GPs were already working closely with specialist teams to reach out and support the community. Group clinics were an additional way of supporting families closer to home; building confidence and everyone's ability to manage asthma by ensuring everyone understands and follows their personalised asthma care plan. The team began its group clinic work face to face and switched to video when COVID hit.

Our Group Clinic Design

90-minute group clinics spanned 2 primary care networks. Harnessing 'Whole Integrated Systems Care' (WISC) - a population health database - the team identified children at the highest risk. The GP sent personalised invites to children disguised as 'party invitations' accompanied by a balloon and the promise of games and a party bag at the asthma party (group review). This harnessed 'pester power' and children persuaded reluctant parents to let them attend. The GP also phoned parents. Online, Dr Yasmin was facilitator and a respiratory specialist consulted. Groups ran on Saturdays and after school. The team worked closely with school matrons too. Children learnt through play both F2F and online. 6-10 families attended. Completed asthma care plans were emailed, and families are updating these themselves every 6 months. Evaluation focused confidence and satisfaction.

Results Board

- Peak flow
- Days off school
- How often do you use your blue inhaler?
- My triggers
- Second hand smoke in house? YES/NO
- Asthma care plan? YES/NO
- BMI (available to clinician only)

What Changed & Improved?

Efficiency and Access

- Group clinics deliver care planning (GMS contract) efficiently
- Proactive, planned group care enhanced quality. The team reviewed the whole PCN list in one session. Families saw a GP and specialist in one visit. The time by clinicians invested was similar to running one to ones
- After this in depth review, few children have presented with exacerbations or required hospital admission
- Not having to print copies of care plans saved time. Using the questionnaires in advance to gather clinical information, and Mentimeter for live feedback in the group clinic worked well
- A personal invite from the GP reduces DNA rates

Clinical Impact

- WISC found children not on GPs' Asthma Register. They were using their siblings' inhalers!
- Children all got a care plan and feel in control. F2F, they got flu vaccines. Online, families shared fears about flu and COVID vaccinations to inform their decisions
- Discussion supported collaboration with schools. Everyone realised the main trigger was not PE, but the changing room. By collecting inhalers and using them before going into the changing room, children began avoiding attacks
- The GP used her participation as CPD. There was rich learning exchanged between clinicians who now co-run paediatric group clinics for children with both asthma and allergies

Psycho Social Impact

- Children were treated as equals, They grew in confidence, "I feel I can cope without my mum's help"
- The team re-built parents' trust in the NHS and in vaccination
- Specialists have a better understanding of the limitations of primary care and visa versa

Experience of Care

- Children got more, better quality time with clinicians "The GP wasn't so tired" It felt personal, comfortable and safe
- Young children were really confident with tech. They liked using CHAT; asked lots of questions
- Parents sleep in at the weekend. 'Pester power' and an invite from GP to the child was key to families attending!
- Clinicians found it rewarding, speaking directly with children rather than through parents (who were more in background)
- Group clinics impact positively on everyone's wellbeing
- The team felt energised, "Group clinics feel positive. You always get a buzz and it lasts all day"