

Combination of Severe Asthma

- Previous near-fatal attack: including ventilation or respiratory acidosis
- Previous admission for asthma, especially in the last year
- Requiring 3 classes of asthma medications
- Heavy use of β 2-agonist
- Repeated attendance at A&E for asthma care, particularly in the last year
- Brittle asthma

And Adverse Behavioural or Psychosocial Features

- Non-compliance with treatment or monitoring
- Failure to attend appointments
- Self-discharge from hospital
- Psychosis, depression, other psychiatric illness or deliberate self-harm
- Current or recent major tranquilliser use
- Denial
- Alcohol or drug abuse
- Obesity
- Learning difficulties
- Employment problems
- Income problems
- Social isolation
- Childhood abuse
- Severe domestic, marital or legal stress

Medical Management

- Inadequate treatment with inhaled corticosteroids
- Inadequate objective monitoring of asthma
- Underuse of written Self Management Plan
- Non adherence with treatment