



2021-22
Annual Report



AsthmaWA

ASTHMA | COPD | RESPIRATORY HEALTH



Who we are

OUR VISION

Helping Western Australians breathe better.

OUR MISSION

Leading the education and empowerment of Western Australians to take control of their respiratory health.

OUR VALUES

Respect

We strive to show a deep respect for human beings inside and outside our organisation, and the communities in which they live. We consider other's needs, wants and feelings, and value their individual skills, abilities and knowledge.

Integrity

We are honest, open, ethical and fair. People trust us to adhere to our word.

Collaboration

We will collaborate internally and externally to achieve the best possible outcome for people with asthma and COPD in WA.

Commitment

We are genuine in our passion to inspire others to make a difference.

Excellence

We are committed to excellence at all levels of our organisation. We always adhere to best practice principles and aspire to be at the forefront of respiratory health.

About Asthma WA

Most people take breathing for granted, unless you are someone who lives with a chronic respiratory condition.

Asthma WA provides FREE individualised education and clinical support to Western Australians with asthma and chronic obstructive pulmonary disease (and their carers).

We aim to reduce the health, social and economic impacts of asthma and COPD through better Management of these conditions, keeping people well in the community.

We also provide education and training in group settings for GPs, practice nurses, pharmacies, schools, sporting clubs, workplaces, child-care centres and prisons and advocate on behalf of our consumers to reduce complacency and stigma.

Asthma WA acknowledges the Whadjuk people of the Nyoongar nation, the traditional owners of the lands where our offices are located.

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Our Board and Leadership

OUR BOARD

Asthma WA is led by a skills-based Board of Directors who volunteer their time and expertise each month, overseeing the strategy and governance requirements.



Chris Bath
President



Cathal Smith
Vice President



Melvin Nunes
Treasurer



Richard Clark



Dr Petra Czarniak



Andrew Joseph



Kerrie-Anne King



Steve Mummery

OUR MANAGEMENT TEAM

- Donna Rendell** - Chief Executive Officer
- Sarah McKenna** - Chief Financial Officer
- Jenny Howson** - General Manager Health and Regional Services
- Yvonne Tessensohn** - Marketing and Communications Manager
- Rael Rivers** - Learning and Development Manager
- Jane Pritchard** - Operations Manager



President and CEO Report

The 2021-22 financial year proved to be yet another challenging year for people with respiratory conditions. COVID-19 lockdowns, a health system under extraordinary pressure, extended periods of smoke in the air from planned burns, and increased cost-of-living adding burden to those reliant on daily medication, all leading to increased levels of anxiety which clearly came through in our most recent consumer survey.

With this in mind, Asthma WA continues to focus on early intervention, to keep people well in the community and out of hospital. Our Health Services Team were able to provide a variety of education and clinical support with 5070 occasions of service, an increase of 616 compared to the previous year.

With our team mostly working from home to protect them and our consumers, individualised education and support also increased from 1630 to 1725 consultations. This demand highlights just how crucial education is for consumers so they can better manage and feel more confident about their asthma, chronic obstructive pulmonary disease (COPD), and other chronic respiratory conditions. We also aim to improve quality of life through self-management, helping people rely less on the health system and remain well in their community.

Engagement via our telehealth service into regional and remote WA also increased, highlighting the need for a stronger Asthma WA presence in the regions where services are less accessible to our consumers.

With Indigenous people almost twice as likely to have asthma and other respiratory conditions, our Health Services Team also increased community engagement with Aboriginal Community Controlled Health Organisations (ACCHO's) such as Moorditj Koort, Bega Garabirringu Health Services and Street Doctor in the past year. We are now working more closely with these and other ACCHO's to begin the progress towards a Reconciliation Action Plan to help us ensure that we provide culturally safe and appropriate services in these communities.

Our Children's Asthma Hub continues to thrive, providing children with a complete assessment, diagnosis and treatment plan, all in one place and in one appointment. Despite having to pause lung function testing whilst we upgraded our West Perth clinic rooms with COVID-19 approved ventilation, The Hub continued to support families, providing 605 occasions of service, increased from 202 over the previous year.

The COPD Integrated Discharge and Community Support Program, initially established at Sir Charles Gairdner Hospital is now embedded at Fiona Stanley, Fremantle, Midland, Royal Perth and Joondalup Hospitals, as well as Armadale, Rockingham, and Peel Health Campuses. Our Health Services Team has since provided 178 services for patients



Chris Bath, President & Donna Rendell, CEO

after discharge and a further 282 services throughout the state for others with COPD via telehealth at a time when restrictions made attending one's own GP challenging.

Thank you to everyone who supported Asthma WA's inaugural Wheezy Walk in 2021, helping us shine a light on asthma whilst also raising essential funds so we can continue to expand our free services for those that need it most. We look forward to expanding our Wheezy Walk engagement in our 2022 campaign and in the years to come.

Looking to the future, we will continue to expand our services to include accurate diagnosis and early intervention, targeting the most vulnerable and ensuring free accessible services for all.

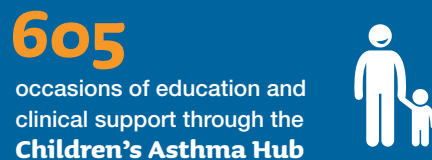
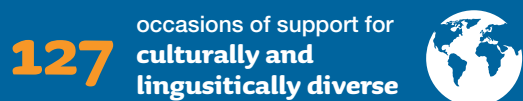
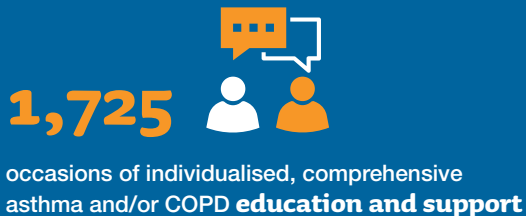
In response to feedback from our Consumer Survey and to help reduce the gaps in service provision, we will launch bulk billed lung function testing for adults in October 2022 from our West Perth clinic rooms and subject to funding, aim to increase locations next year.

Our thanks go to the Asthma WA Board and Clinical Advisory Group for sharing their expertise throughout the year. Through their guidance, the organisation will continue to achieve its strategic goals and community reach.

Our gratitude also goes to all staff, whose ongoing dedication and commitment has been instrumental in our ability to continue to meet service demands and provide a comprehensive support service for our consumers.

Finally, thank you to everyone who has supported Asthma WA throughout another year where we have had to be agile in an ever changing environment. We are proud to share our 2021-22 annual report with you, celebrating another year of growth for Asthma WA.

Our Impact 2021 to 2022



Asthma and COPD in Australia

One in Nine
(2.7 million)

Australians live with asthma, including over 237,000 in Western Australia. Over 46,000 people have COPD.¹



In our vulnerable Indigenous community **this figure is almost twice as high**

MORTALITY RATES IN

436

Australians died from asthma⁵



Asthma mortality rates are higher for:

- people living in remote areas
- people living in areas of low socio-economic status
- Aboriginal and Torres Strait Islander peoples⁵

7,491 Australians died from COPD⁵



COPD

is a chronic lung disease that effects 14% (one in seven) people aged 40 or over³

This figure increases to

29% of Australians aged 75 or over

QUALITY OF LIFE

Whilst not everyone with asthma is hospitalised, poor management contributes to a

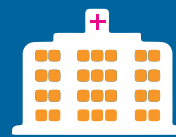
decreased

quality of life, poor sleep quality, fatigue, and depression¹



People with COPD are **more likely**

to experience greater bodily pain than those without the condition⁴



HOSPITALISATIONS

80%

of hospital admissions due to asthma are potentially avoidable²

Every year approximately

40,000

Australians are hospitalised due to their asthma²

and

76,600

people aged 45 years and over are hospitalised due to their COPD⁴



71.6%

of people with asthma

do not have an **Asthma Action Plan**⁶



52% of young people with asthma are at risk of mental illness

The average person with asthma has

2

more days off work than a someone without the condition and in children it is the leading reason for school absenteeism

1. Australian Bureau of Statistics (2020-21), "<https://www.abs.gov.au/statistics/health/health-conditions-and-risks/asthma/latest-release>" Asthma, ABS Website, accessed 28 October 2022.

2. AIHW 2019, Separation statistics by principal diagnosis (ICD-10-AM 10th edition), Australia 2017-18. Canberra: AIHW

3. Toelle B, Xuan W, Bird T, Abramson M, Atkinson D, Burton D, James A, Jenkins C, Johns D, Maguire G, Musk A, Walters E, Wood-Baker R, Hunter M, Graham B, Southwell P, Vollmer W, Buist A, Marks G, 2013; Respiratory symptoms and illness in older Australians: The Burden of Obstructive Lung Disease (BOLD) study. Med J Aust: 198:144-148

4. AIHW 2020, Chronic Obstructive Pulmonary Disease (COPD) Web Report. AIHW Car no. ACM 35. Canberra: AIHW

5. Australian Bureau of Statistics (ABS) 2020; Causes of Death, Australia 2019. Canberra: ABS

6. Australian Government Productivity Commission 2018. Report on Government Services

Asthma and COPD in Australia

Chronic airway conditions affect almost one third of Australians, and asthma and COPD are the most common of all respiratory conditions. These conditions affect airflow and make breathing difficult.

Asthma and COPD are different for every individual, with various levels of illness, different triggers and different exacerbation symptoms. For this reason, the provision of individualised and targeted education is paramount to providing support.

Asthma WA is the primary consumer-based service provider for asthma and COPD in Western Australia, with a focus on respiratory health promotion, education and clinical support. Our community-based health services create a safety net between primary and tertiary care, especially for vulnerable people.

With a multiskilled workforce we are able to support the community as well as upskill other health providers to do the same.

Asthma WA has a suite of services that provide support in the community, decreasing pressure on the hospital system and building partnerships with Primary Care. Our comprehensive yet informal individual education sessions and community education, assist people to self-manage their condition and triggers, as well as use their medication correctly. Current research shows that up to 90% of people with asthma and COPD use their medication devices incorrectly. The additional time our nurses and educators can spend with a consumer, focussed on their specific situation - in conjunction with feedback to their doctor - can make a difference to a person's wellbeing and quality of life.

To guide our strategic planning we have aligned our service delivery to the WA Department of Health's

Sustainable Health Review to ensure our existing services and planned service expansion aligns with and supports the needs of the health system.

The Sustainable Health Review highlights that people need access to information that will enable them to improve their health outcomes. All of Asthma WA services are focused on this purpose. Through education in person, online, via social media and through our work in advocacy, people in WA can experience better respiratory health outcomes, with a focus on self-management and hospital avoidance.

Thank you to the ongoing support from the WA Department of Health who make our work possible.



**Government of Western Australia
Department of Health**

OUR COLLABORATION

Asthma WA collaborates with other chronic condition service providers like Diabetes WA, Cystic Fibrosis Foundation, health service organisations, community physiotherapy and pulmonary rehabilitation services, GPs and respiratory specialists. Our professional relationships and referral processes ensure that consumers are referred to additional services as required.

In addition to this, Asthma WA has been operating an asthma and COPD education service via Telehealth for many years. This service allows people living in rural and remote WA access to our comprehensive education and support service, regardless of location and distance.

Asthma WA relies on a range of evidence and research-based sources to ensure that all information presented to our consumers is up to date and best practice. Through collaboration with our Clinical Advisory Group, Asthma Australia, Lung Foundation Australia, TSANZ, National Asthma Council and a variety of research groups, Asthma WA is always at the forefront of consumer support in WA. This ensures that all information is relevant and easily accessible for all West Australians.

Asthma WA has strong existing partnerships with the Western Australian Department of Health, WA Primary Health Alliance (WAPHA), Telethon Kids Institute and other research bodies. We also have a history of working with clinicians locally and nationally. As the only consumer body for people with asthma and related respiratory conditions in WA, Asthma WA is perfectly placed to be the conduit for information, education, support and advocacy. We are also well placed to recruit research participants and disseminate important outcomes and updates pertaining to the research.

Asthma is a long-term lung condition that is caused by the narrowing of the airways when they become inflamed. This causes difficulty breathing, coughing, wheezing and a feeling of tightness in the chest.

COPD is a term that describes several lung health conditions, including emphysema, chronic bronchitis and severe asthma. It also causes a narrowing of the airways and is a degenerative condition.

Clinical Advisory Group

Asthma WA's Clinical Advisory Group was established to ensure participation from leading respiratory health professionals in Asthma WA's service planning. Our team of experts help identify priority areas and issues from a clinical perspective but with consumers and carers feedback front of mind. They also advocate on behalf of Asthma WA and the respiratory community and monitor new research and directions in care. Their invaluable input ensures Asthma WA is well placed to develop evidence based and best practice services and programs as part of our Strategic Plan.

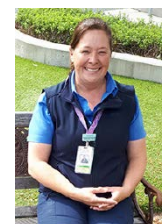
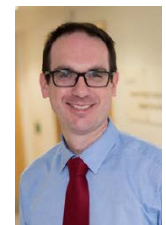
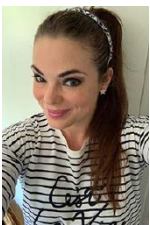
The group had its first meeting in July 2021. There are currently 16 members, which includes adult and paediatric respiratory physicians, respiratory nurses, allergy specialists, general practitioners, speech pathologists, researchers and respiratory technicians with a mix of experience working in primary and tertiary health care through both metropolitan and regional areas.

Some of the projects led by the Clinical Advisory Group in FY22 included;

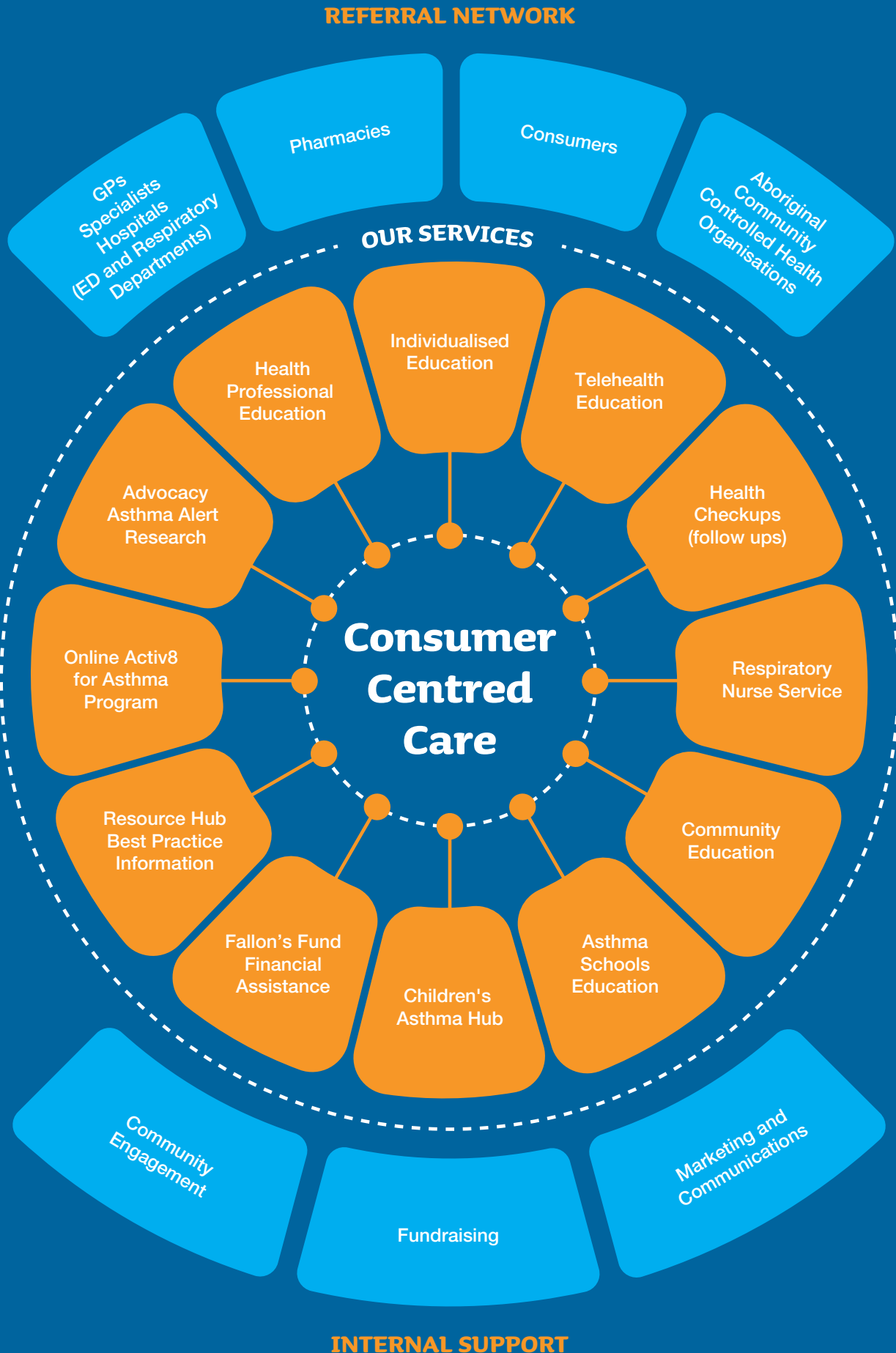
- COVID-19 resource development and review;
- Preparation of articles and videos for website, newsletters and social media on topics including pulse oximeters, breathlessness with mask wearing, cough during COVID-19, positive expiratory pressure therapy;
- Reviewing the new COPD Home Action Plan and Patient Charter;
- Planning and advice for National Asthma Week;
- Content and planning for Asthma WA's local research web page (currently under development).

"I have got a lot out of my involvement with the Clinical Advisory Group. It has helped me to stay informed of what is going on at Asthma WA and to have some say in advocating for my country patients. Asthma WA has always provided such a great service to my clients who give such positive feedback on the services they receive. It has been great to feel I can give back just a little,"

Charlotte Steed, Clinical Advisory Group member

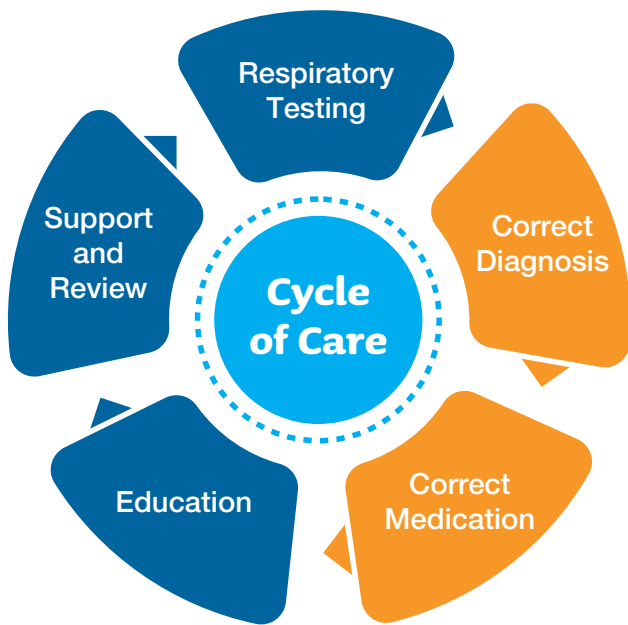


Asthma WA Service Model



Our Cycle of Care for Western Australians

Both asthma and COPD have a variety of symptoms and triggers which differ for every individual. For this reason, there is no one size fits all treatment that works. Asthma WA has developed a Cycle of Care that requires accurate diagnosis, correct medication, education, support, and regular review, to ensure that each consumer achieves the best outcome possible. This requires expertise in our Respiratory Health Team, alongside collaboration and close relationships with clinicians in the primary and tertiary health systems.



Our focus within this Cycle of Care is to empower and encourage people to manage their own condition. This focus on self-management takes time, and many consumers need repeated visits and ongoing support and troubleshooting for their issues. Studies have shown that GPs and hospital staff often are unable to provide this attention to self-management, especially as most hospitalisations are unplanned and often the patient is acutely unwell.

The services provided by Asthma WA focuses on this area in a fully consumer-centred way, providing the support and education in the manner the consumer is best placed to receive it. This includes face to face telehealth, telephone, webinars, videos and fact sheets.

This enables the consumer to access the information that they most want at a time that is convenient to them, and in a format that works for them. This individualised time and targeted information leads to an increase in confidence and the ability to self-manage, leading to decreased hospital presentations and admissions. Building these community supports and relationships also builds connections between consumers and GPs, pharmacists and other health professionals who are well placed to provide care outside the tertiary system.



Our Multidisciplinary Team

Asthma WA employs a multidisciplinary team comprising of registered nurses, health promotions educators, allied health professionals with physiotherapy backgrounds (to better support our COPD consumers) and respiratory technicians (to undertake lung function testing). This has been extremely beneficial for our consumers, as well as our collaboration with GPs and hospital clinicians.

Our McCusker Respiratory Health Nurses are pivotal to the success of our growing service capability with the Clinical Nurse Educator supporting our most vulnerable consumers whilst also providing advice and guidance to our staff. The clinical knowledge and expertise provided by the role also provides a wraparound service as people are being discharged from hospital. This is essential for those living in regional and remote WA, where there is a higher incidence of chronic respiratory conditions.

By using telehealth and video conferencing, our regional reach has increased with the ability to see people via video conferencing, which is essential during our fully individualised education sessions, to check correct device technique.

Critically during this last financial year, we were able to provide telehealth (and online video support) for people right across WA, when face to face home visits were deemed unsafe and a possible transmitter of COVID-19. With the increased need for COPD support, as well as increasing demand from people newly diagnosed with asthma, having one full time Registered Nurse position has more than doubled our capacity to provide care and support to the people who need it, in their own home or community, and decreased the waiting time as the service is now available five days per week.

Thank you to the McCusker Charitable Foundation for their continued support and leadership.

**Proudly supported by
McCusker Charitable Foundation**





Children's Asthma Hub

For many families, diagnosing and managing asthma in children can be very time consuming and stressful. With reduced access to care providers because of COVID-19, it has become even more difficult for families to get the help and support they need.

At Asthma WA, our ability to spend time with the families of children with asthma and provide the expert care they need has made an enormous difference to effected families lives. Together with our Respiratory Health Nurses, Paediatric Respiratory Specialist and lung function testing service, our aim is to provide the clarity and the confidence families require to manage their child's asthma on a day-to-day basis.

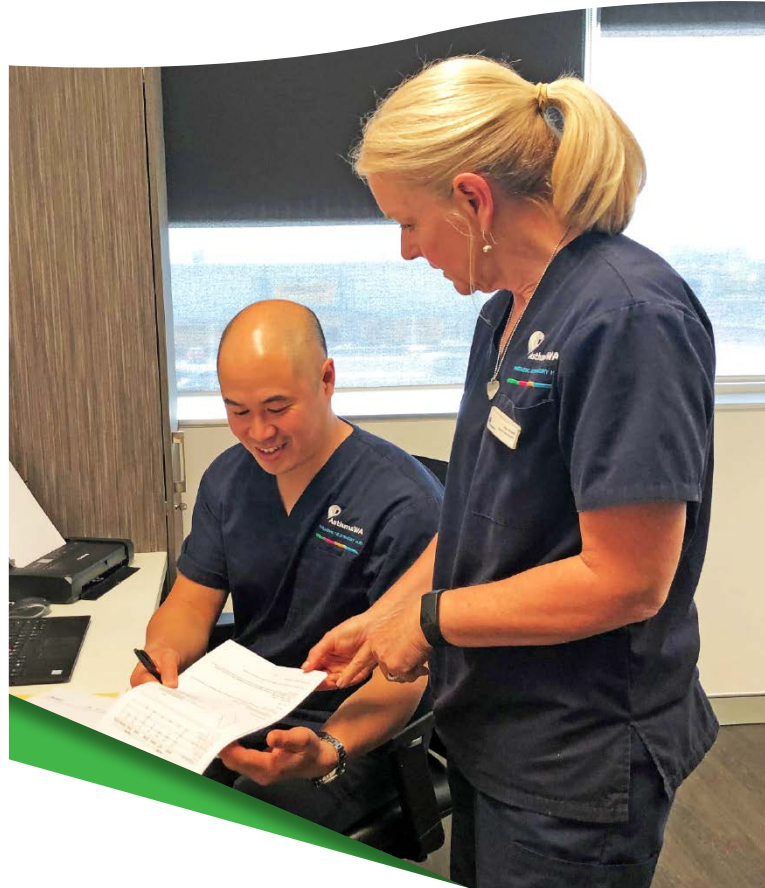
One of the primary concerns parents who access the Children's Asthma Hub is the quality of life for their children. Parents inform and share with us that their child misses school and withdraws from activities; refuses to play sport, struggles to finish a game or keep up with their friends and are sleep deprived which means not being able to concentrate at school. All these factors have a significant impact on children with asthma and their development.

Through the support of the Children's Asthma Hub, children can go on to live their best life with healthy lungs, where they can participate in any sport they want, attend school regularly and get a good night's sleep.

"When it is identified that 1 in 5 children have asthma and that 90% of asthma is cared for in the community it becomes clear how necessary this service is," says Dr Stephen Oo, who works with us as one of our Paediatric Respiratory Physicians.

As a result of our service and the education and care they receive, feedback received from families is about the significant changes in their lives after a consultation. Where once their child may have struggled in everyday exercise and activities, they were now participating in an entire sporting game or even placing in the school cross country. Families also gained confidence in their activities together. For example, going on a camping trip and not being afraid of being far from a hospital or doctor because they had an asthma plan in the event of a flareup.

**Without the generous support of
our funders, the Children's Asthma
Hub would not be a reality.**



With the knowledge that their child is on the right treatment and an understanding of good asthma control, they are confident to manage any asthma impacted situation independently.

Our service has filled a massive gap that is experienced by families with children with asthma. We know Australia has one of the highest incidences of asthma in the world and numbers continue to increase. For that reason, a service like ours will always be needed and will always be appreciated.

"It [Children's Asthma Hub] aims to fill this gap in the community care of asthma particularly in early life where resourcing and support for families is often limited. This is a time for families where stress and anxiety are high due to a multitude of pressures and uncertainty around their child's asthma, and lack of clarity around this diagnosis and control of asthma further adds to their challenges," says Dr Oo.

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Department of Health

**McCusker
Charitable
Foundation**

Lung Function Testing Benefiting Our Community

Lung function testing comprises of a variety of breathing tests that are performed on patients to diagnose and treat respiratory conditions. As people get older, grow, change, and develop, their lungs also change. Performing lung function testing throughout a person's life, provides an overview of the deterioration or inflammation present in their lungs over an extended period.

People with asthma may even see changes from day-to-day, whereas people with COPD will see a gradual deterioration; all of which can be monitored regularly through lung function testing. These tests will assist medical practitioners in prescribing the right medications as well as give them notification that stronger dosages may need to be administered.

The National Strategic Action Plan for Lung Conditions (2019) has set six high level priorities that aim to *improve the lives of all Australians through better lung health*. Two of these priorities revolve around Australians receiving a quality diagnosis, but also to have equitable and timely access to evidence-based diagnosis and management. For people living with COPD or asthma, this translates to having accessible and equitable lung function testing services available across the State.

In 2021, Asthma WA set out to achieve this. A pilot lung function testing service was established with the intention of providing free lung function testing to members of the

WA community. Unfortunately, due to high COVID-19 numbers in the community and the high-risk nature of aerosol transmission in performing spirometry, this service was paused until Asthma WA could ensure all infection control protocols were in place.

New protocols, set out by the Thoracic Society of Australia and New Zealand (TSANZ), gave guidance in performing lung function testing during community spread of COVID-19. These guidelines stipulated that the environmental controls needed to comply with infection control standards. Asthma WA began plans to renovate it's clinic rooms with upgrades to the ventilation system that met these recommendations. In August 2022 these renovations were completed.

Pausing the service meant that we have been able to ensure all quality assurance measures are in place. During this time, we have also procured the reporting services of Dr Richard Tarala, adding another Respiratory Physician with approval from Medicare to report on our lung function tests. Together with Dr Stephen Oo, we now have two Respiratory Physicians as part of our service.

Asthma WA is pleased to announce our adult lung function testing service will relaunch in October 2022.



“Every day in my job I speak to scared, frustrated, and confused parents. It’s a privilege to be involved in a service that supports these parents and empowers them to optimize their child’s lung health and development”

*Kate Hipwell
Respiratory Nurse Educator*

Community Health and Education

MOORDITJ KOORT ABORIGINAL CORPORATION

In the last year, Asthma WA has continued to provide respiratory education to staff and clients of Moorditj Koort Aboriginal Corporation. We have successfully delivered group presentations to a range of people from elders and other community members, to high school students and staff. There is always a high level of interest and engagement at these presentations as everyone is eager to learn more about asthma and other respiratory conditions.

Asthma WA have also attended monthly respiratory clinic days at Moorditj Koort's Medina office, where people are referred for individual asthma or COPD education sessions. These consults have been there for a number of years and in 2022 we successfully transitioned to telehealth sessions which has allowed more clients of Moorditj Koort to access Asthma WA services.

For several years, Asthma WA and Moorditj Koort have worked in a collaborative relationship that will be further explored and continued into the future. Both organisations have a shared vision to improve respiratory health outcomes for all Aboriginal and Torres Strait Islanders.

SCHOOLS TRAINING

Asthma is one of the most common reasons that children visit doctors, miss days at school or are admitted to hospital. In fact, 1 in 9 Australian children have asthma. These statistics are based on those with an asthma diagnosis, therefore we estimate, if you factor in children with undiagnosed asthma it is closer to 1 in 5.

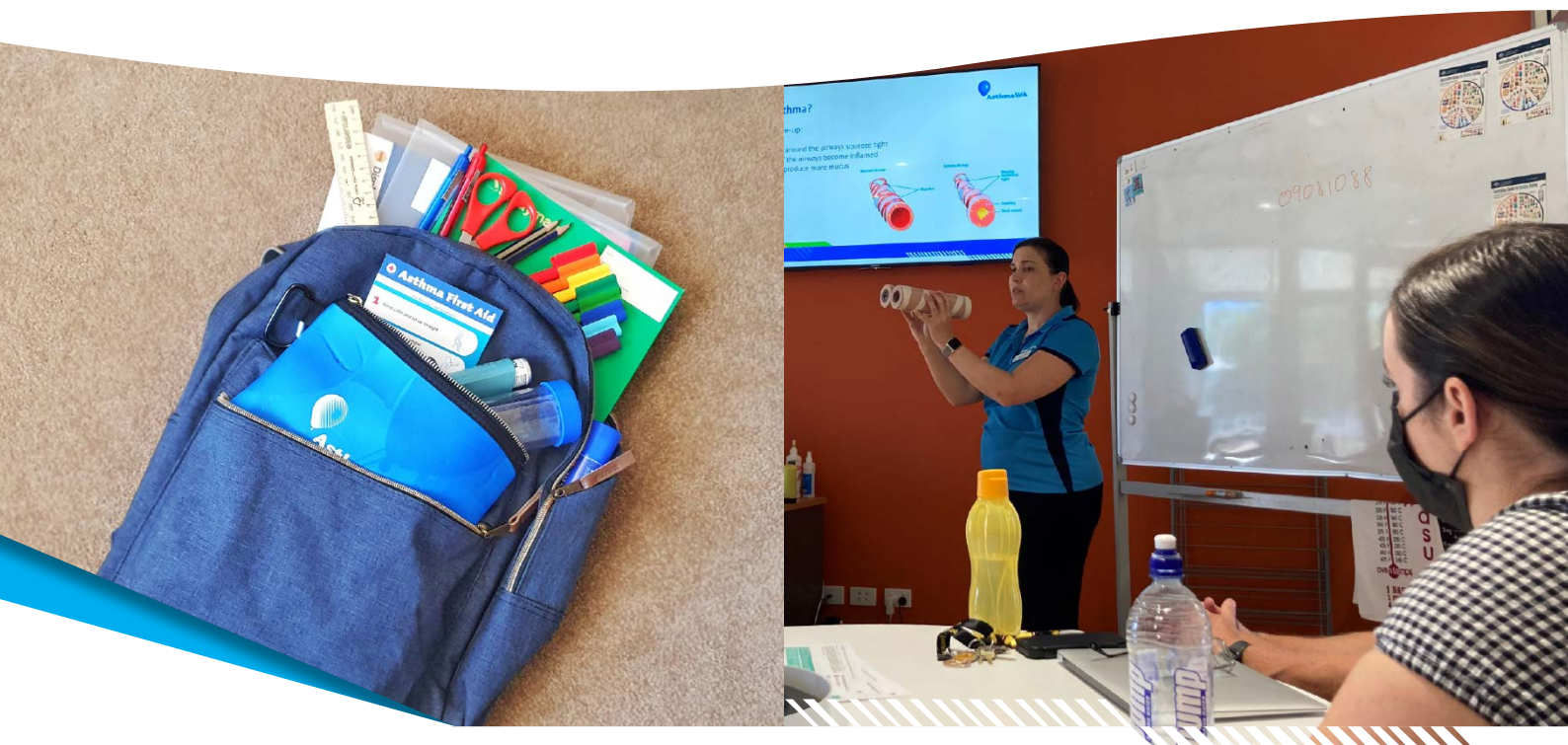
Children with asthma will often experience symptoms at school so its vitally important that school staff are confident in recognising and managing these symptoms.

Asthma WA schools training is delivered onsite for schools in the metropolitan area and via videoconferencing for the regional and remote areas of WA. This training provides the valuable knowledge and skills for school staff to be able to support and assist their students in an asthma emergency. Schools are also provided the option of a comprehensive online training package developed by Asthma Australia which provides teachers with the same level of education when it is not possible to attend a video conference or face-to-face education. Having a variety of training options on offer ensures that all teachers and support staff are up to date and confident that they can handle an asthma emergency.

STREET DOCTOR

Street Doctor is a mobile GP clinic that provides services for people across Perth who are homeless, transient, and disadvantaged. Asthma WA staff regularly work alongside Street Doctor to engage with people who are unable to access us in other conventional ways. This support is provided to both people with respiratory conditions as well as their carers or family members.

*"Thanks so much for your great work, patient's had great feedback."
Kate Fulford, Street Doctor Pharmacist*



Through our collaboration with Street Doctor, we provided education and support to over 360 consumers, that we may otherwise not had contact with, leading to better management of their respiratory conditions, management of triggers and use of medications.

COPD SUPPORTED DISCHARGE AND COMMUNITY SUPPORT PROGRAM

COPD is the second leading cause of avoidable hospital admissions. 1 in 7 Australians over the age of 40 have Chronic Obstructive Pulmonary Disease (COPD). Chronic Obstructive Pulmonary Disease is an umbrella term for a group of lung conditions including:

- Emphysema
- Chronic Bronchitis
- Severe Asthma

It is a progressive lung condition that makes breathing difficult by causing the bronchial tubes to become narrower and more rigid. This can cause breathlessness, coughing, mucus production and frequent flare ups, sometimes resulting in visits to the hospital. Unfortunately, COPD is irreversible.

Our new program for people with COPD has been developed in collaboration with WAPHA, Silverchain and the WA Department of Health. Through this service Asthma WA provides community-based support services for people with COPD who have recently been discharged from hospital. After a review undertaken by Silverchain, our

staff then provide up to six months of ongoing education and support for consumers and their family/carers.

The goal of the COPD Supported Discharge and Community Care Program is to support people to have a safe discharge home, with:

- Phone support
- Home visits
- Education
- Respiratory assessment
- Device technique
- Ongoing support in their community up to six months post hospital discharge

The collaboration between Silverchain and Asthma WA enables the person with COPD to feel confident when returning home from a hospital stay, which is further supported by regular communication with their GP. The ongoing support helps people stay on track with the goal of reducing the incidence of exacerbations, increased confidence to manage their condition at home, and the goal of improving health and well-being.

Proudly supported by



**Government of Western Australia
Department of Health**



Asthma WA's Respiratory Workshop with Moorditj Koort in September 2021

Health Professional Webinars in Action

Asthma WA works closely with health professionals who support people living with respiratory conditions in WA. We regularly provide support to GPs, practice nurses, tertiary care nurses, allied health practitioners, respiratory educators, aboriginal health workers, community workers, and aged care providers.

In 2021/22, we continued to provide a monthly one-hour webinar series including a Q&A session that was then made available online. This series was originally only provided to health professionals working in rural and remote Western Australia but has now been made available to all health professionals across the State.

Asthma WA received 365 registrations to attend the webinars in 2021/22 with a further 609 views of the recordings made available online after the event.

This financial year we provided education on the topics of:

- Childhood asthma
- Breathlessness
- Severe and difficult to treat asthma
- Spirometry in practice
- Managing end stage, at home COPD
- Asthma and allergies
- Asthma medications and devices
- Domiciliary oxygen
- Paediatric cough: is it asthma?
- Spirometry quality assurance in primary care
- Protracted bacterial bronchitis
- Empowering COPD patients to self-manage

We have had a range of specialised health professionals present on these topics to ensure the most current and up to date information could be provided.

All participants agreed that attending the webinars increased their knowledge, understanding, capacity and confidence in managing respiratory conditions in their clients.

The following pharmaceutical companies supported us this financial year, in alphabetical order:

AstraZeneca 

 **Boehringer
Ingelheim**

 **NOVARTIS**

Pharmaceutical companies are not involved in the content of any Asthma WA webinars or resources.

“Asthma WA’s Health Professional Webinar Series provides great education to increase one’s knowledge on respiratory illnesses. Very easy to understand. Well presented”

Nurse, regional WA



Service Delivery Backed by Data and Innovation

Consumers of Asthma WA's services understand the positive impact our services have on their quality of life and wellbeing; however, this impact can be difficult to demonstrate statistically.

At the end of 2021, Asthma WA in collaboration with Telethon Kids Institute, embedded a service monitoring database, REDCap, with the intention that the programme will assist our Health Services Team in monitoring consumer and patient progress and capture measurable outcomes. With the collation and capture

of data via REDCap, we aim to provide qualitative and quantitative data to our funders, supporters and the WA community.

To evaluate the data we collect, Asthma WA will be working with a biostatistician, to gain a greater understanding of the outcomes that positively impact respiratory management and care. We will also be exploring how patient behaviour changes can be captured and represented as well as improvement in quality of life.



What Our Service Users are Telling Us

Each year we survey people who have accessed our services to ensure they remain consumer driven and that we continue to improve and develop new services as required. A snapshot of the most relevant feedback findings and how Asthma WA has provided support can be found in the next two pages:

Feelings of Anxiety & Connecting with GPs and Specialists

Feelings of anxiety or depression related to COVID-19 continues to be a challenge for many people with a respiratory condition (31% of respondents), however it was pleasing to see that medication shortages and difficulties accessing GPs and specialists had reduced by half compared to 2021.

Cost of Medication

35% of respondents highlighted issues with the expense of medication.

It is essential that medications are taken as prescribed, otherwise they are not as effective. Speak to one of our team if you have any questions or concerns.

Biggest Challenges Faced by People with Asthma or COPD

For the last three years, the three biggest challenges faced by people with asthma or COPD were: difficulty playing sport, feeling of overall wellbeing, and sleep.

Asthma WA provides help to everyone who has asthma or COPD in our community. Even if you have been living with asthma or COPD for a long time, it never hurts to refresh your knowledge by accessing a free consultation with a member of our Respiratory Health Team.

HOW DID WE HELP?



93% of respondents reported they learnt new information about their asthma/COPD.

After accessing one of our services;

85% of consumers now manage their condition in a different way

85% said they felt less worried about their respiratory condition

82% said their symptoms improved

“Cost of preventer and reliever puffers adds up over the year especially as they are not the only prescriptions to fill”

“The cost of my asthma preventative is so high that sometimes when I feel good I don't take it, to try to cut down on costs!!!”

Our small but dedicated team once again received a score of above 90% for our service delivery in FY22.

When asked what new services would be most beneficial, free lung function testing was the top response. This service will relaunch in October 2022. Resources and support materials for Health Professionals and consumers was also a top priority (both of which are being developed and will be in market soon) as well as an increased presence in the hospitals.

Having an Asthma Action Plan

We can all become complacent at times, and sometimes going back to basics can have the greatest impact. We would love to close the gap even further, by ensuring everyone with asthma or COPD has an Action Plan. It could seriously save a life!

These are essential tools to maintain a good quality of life, so if you don't have an action plan, please prioritise this with your GP at your next visit.



16% of respondents didn't have an Asthma Action Plan

34% had no COPD Management Plan

LOOKING TOWARDS THE FUTURE: CONSUMER ADVISORY E-NETWORK

Asthma WA is committed to providing the best possible services and resources for people impacted by asthma and other respiratory conditions. You can help by joining our Consumer Advisory e-Network, a group of people impacted by lung disease who provide input into the development of resources, services and programs for Asthma WA.

In the next financial year Asthma WA will focus on reviewing our consumer resources and the Consumer Advisory e-Network will be pivotal to this work.

If you're interested in lending your voice, please register at asthmawa.org.au/get-involved/consumer-advisory/



"I really think your staff are to be commended and they have really helped me understand my health situation and didn't trivialise any of my concerns"

"I had such a great experience, that your organisation stood out like a "beacon" of hope amongst all the mud of covid disarray!"

"...the phone assistance and advice I received assisted me greatly. Knowing that someone was available to talk to about the problem was a relief"

Community Engagement

WHEEZY WALK 2021

In October 2021, Asthma WA's very first Wheezy Walk was launched to the community and 99 incredible people took over 14 million steps to raise awareness and vital funds for Western Australian's living with asthma. Each person had their own unique reason for participating, and as they shared their stories, they also raised over \$41,000 to help continue our free services to those who need them most.

Thank you to Pindari WA, our Matched Giving Partner who matched \$5,000 in donations in the final days of the campaign, doubling the impact of the donated dollar in less than 24 hours.

Wheezy Walk will be back in 2022, taking 7,646 steps a day for the month of October for the 237,000 Western Australians living with asthma. We hope you will join us and help shine a light on this often misunderstood condition.

Wheezy Walk



Donna Rendell and Puff at Telethon Family Day 2021

TELETHON FAMILY FESTIVAL 2021

As a beneficiary of funding from Channel 7 Telethon Trust, we always look forward to attending the Telethon7 Family Festival in October and we could not be more grateful for the generosity of the WA community who raised a record-breaking \$62 million for WA kids. This was the second year the Family Festival was held at Optus Stadium.

Our team, which included Puff (our asthma dragon mascot!), enjoyed connecting with people from the community to talk about asthma and the work we are doing to provide support and education to people impacted by this respiratory condition. Thank you to the Channel 7 Telethon Trust for funding our Children's Asthma Hub, an Australian first that is positively impacting the lives of WA families.

Thank you also to Bunnings Warehouse and Adventure World for donating some great prize giveaways on the day.



Governor Kim Beazley and Asthma WA Board Director Richard Clark

THANK YOU TO OUR PATRON, THE HONOURABLE KIM BEAZLEY AC.

In September 2021, our Patron, the Governor of Western Australia, the Hon. Kim Beazley AC and Ms Susie Annus, generously hosted a supporter reception for Asthma WA at Government House to celebrate the one-year anniversary of our Paediatric Respiratory Hub (now known as the Children's Asthma Hub)

This was an opportunity for our Board and CEO to meet our valued donors, sponsors, and health industry associates who have expressed a keen interest in the Children's Asthma Hub.

We thank the Governor for his keen interest in supporting Asthma WA throughout his tenure and look forward to continuing our long standing relationship with Government House, as The Hon. Christopher John Dawson APM becomes our new Patron.

SPRING TOOLKIT

Spring and the pollen in the air can be a trigger for many people with asthma. For the second year, Aspen Pharmacare (previously ENT Technologies) through their FLO Nasal Health brand of products supported our **Get Ready For Spring Toolkit**.

This was distributed to pharmacies throughout WA and included a copy of our *Control Your Asthma and Allergic Rhinitis* checklists, along with A3 posters to display.

Pharmacies are often the first point of contact for people with asthma and COPD, offering a broad range of medications, treatment options and advice. This initiative supports pharmacists who play a significant role in advising people with respiratory conditions to access the most appropriate medications and devices to achieve better health outcomes.



Meet Milana

AN ACTIVE BUBBLY SIX YEAR OLD WHO HAS HAD RESPIRATORY ISSUES HER ENTIRE LIFE

Born early, Milana's parents Karin and Adam were warned she could have lung problems as she grew up. It was not until they saw her lips turn blue for the first time, and the fear in her eyes, that they realised just how serious their little girls' asthma was.

One Christmas while in Canada, Milana was only four years old when she was flown to hospital by emergency helicopter, leaving her parents watching fearfully from the ground. Sadly, Milana has spent nearly every Christmas in hospital, surrounded by strange machines and tubes.

Diagnosing asthma can be difficult, especially in young children. It can take a team of doctors and specialists months to confirm each child's triggers and make an accurate diagnosis. It takes longer still, to create and test a highly personalised management plan. And even then, this plan is likely to change over time as they develop and grow.

For Milana it had taken her Canadian medical team months of testing to work out what was causing her to flare up and how to manage her asthma to prevent further attacks. Being so young, it was difficult to work out a suitable treatment plan for her, especially as her parents were still trying to identify her various triggers and manage her allergies. Just as they finally got Milana's asthma under control, the family relocated back to Perth.

Then her family needed to start all over again.

Being exposed to new triggers, Milana's parents knew they had to get her back under the supervision of a new doctor quickly but with different medications available they had to completely change her management plan.

"Asthma is not something you see," Karin said. "It comes on quietly with little hints of what's happening inside. If you're not picking up on the subtle signs it becomes the perfect storm. Her body just could not cope. There have been times when I thought we might lose her. To have those fears come back was driving me crazy."

It was not until Milana's new doctor referred her to Asthma WA's Children's Asthma Hub, that Karin began to feel at ease. Here, Milana was able to have lung function testing, while her family spoke directly with a paediatric respiratory specialist and were supported by a clinical health nurse, all in the one appointment.

"Until we found Asthma WA and the Children's Asthma Hub, we felt like lost souls going around and around in circles, we didn't know who or where to go to look for help."

The Children's Asthma Hub aims to remove a lot of the financial and emotional burden for families while giving them clarity and confidence to move forward.

The experience that Milana and her family have had to weather, is the very reason why Asthma WA is always working towards stronger and more engaged community education, health support and services for all Western Australians living with asthma.



Our Financial Snapshot

TOTAL ASSETS

2022 | **2021**

\$4.28m | \$4.22m



TOTAL LIABILITIES

2022 | **2021**

\$438k | \$396k



ANNUAL SURPLUS

2022 | **2021**

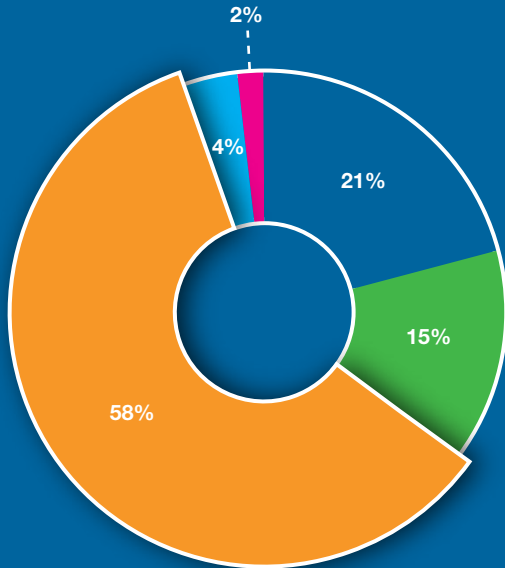
\$22k | \$293k



TOTAL EQUITY

2022 | **2021**

\$3.84m | \$3.82m

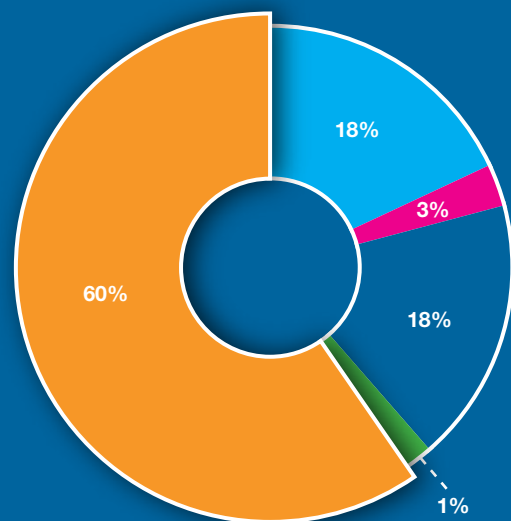


HOW THE MONEY WAS EARNED

- Government Grants
- Grants Other
- Fundraising
- Investments
- Other

HOW THE MONEY WAS SPENT

- Programs
- Administration
- Community Engagement/Fundraising
- Depreciation & Impairment
- Motor Vehicles



To view the full Asthma WA financial statements and Auditor's report, please visit asthmawa.org.au

Our Supporters and Partners

GOVERNMENT FUNDING PARTNERS

WA Country Health Service
WA Department of Health
WA Primary Health Alliance

PROJECT PARTNERS

Channel 7 Telethon Trust

SPONSORS

AstraZeneca
Boehringer Ingelheim
ENT Technologies 'FLO' (now owned by Aspen Pharmacare)
Niche Medical
Novartis Pharmaceuticals

MAJOR PROJECT DONOR

Tim and Leonie Baldock

CORPORATE DONOR

Enex 100
K&L Gates
Lavan
P&N Bank
Pindari WA
Stewart & Heaton Clothing

INDUSTRY PARTNERS

Asthma Australia

FOUNDATION AND TRUSTS

McCusker Charitable Foundation
Stan Perron Charitable Foundation

OTHER SUPPORTERS

Combined Charities
Lions Club International

GIFTS IN WILLS

A bequest to Asthma WA leaves a legacy of hope for Western Australians living with respiratory conditions. We are saddened by the passing of some of our valued supporters and deeply appreciate their generosity and foresight by leaving a gift in their Will.

Harry Frederick Carter Perpetual Charitable Trust

OUR VALUED VOLUNTEERS

Thank you to those who have generously given their time and energy to support our important work.

*Abhishek Dey
Anna Rabino
Aqsha Gliffani
Christian
Elsie Tester
Fung Shaw Matthaeus Ong
Julian Leong
Nicholas Hamdorf*

PATRON

The Honourable Kim Beazley AC, Governor of Western Australia (2018 2022)

VICE PATRON

Dr Ken Fitch AM

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ASTHMA | COPD | RESPIRATORY HEALTH

