

NHS at 70: Celebrating the impact of research

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Betty: Living with asthma pre-NHS



Living with asthma pre-NHS

- ▶ Born 1919
- ▶ Severe life-threatening asthma throughout childhood
- ▶ Lost school time, job restraints, life restrictions
- ▶ Cause unknown
- ▶ No effective treatments, no NHS care
- ▶ Emile Coué: 'optimistic auto-suggestion'
- ▶ Fowler's solution: contained potassium arsenite, tincture of digitalis, sodium phenobarbital, potassium iodide

The impact of NHS research on Betty's life

- ▶ 1960s: definitively proved animal dander causes asthma
- ▶ 1970s: inhaled steroids for asthma
- Avoidance of asthma triggers
- Safe, effective treatment, few side-effects
- Betty had no full-blown asthma attacks ever again
- Excellent NHS care for the consequences of arsenic treatment

Growing up with the NHS

- ▶ Childhood impact of asthma and its treatment
- ▶ Stigma – self and family
- ▶ Impact of Ventolin inhaler
- ▶ Research clinic: first clinical trial of inhaled steroids for asthma: Harry Morrow Brown
- ▶ Value of primary care-led NHS care: GP, pharmacy
- ▶ Impact: confidence to self-manage, no hospital admissions



NHS asthma care today

- ▶ Impact of asthma
- ▶ Primary care: asthma-interested GP
- ▶ First clinical trial of Montelukast aged 9
- ▶ Adult care: value of hospital asthma service with direct access to specialist – avoiding prolonged hospital admissions
- ▶ Now – Mepolizumab (humanized monoclonal antibody)



NHS Research: our hopes looking forward

- ▶ Patient and public involvement gives us opportunities to influence research and NHS clinical care
- ▶ Partnership with patients to identify research relevant to our needs
- ▶ And personalised care that meets our individual needs

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