

**Appendix 1:** Protocol for escalation and intervention by the t+ Asthma nurse for use in the CYMPLA clinical trial [posted as supplied by author]

<b>Event Type</b>	<b>Condition</b>	<b>Interaction</b>	<b>Escalation</b>	<b>Notes</b>
<b>Only one reading per day for a week</b>	7 consecutive days	Send one SMS to encourage increasing readings to twice daily	No escalation	
<b>NO READINGS for 1 week</b>	Once	Send SMS message to encourage re-start. If no readings for 3 days then the phone to encourage compliance.	If no response after one SMS and one phone call, then send final SMS advising t+ Asthma will not be actively monitoring their data system, with encouragement to rejoin the programme.	
<b>RED ALERT</b>	Every Alert	The patient will be contacted asynchronously by the t+ asthma nurse who by phone will determine as far as possible, what triggered the fall in lung function, whether the patient has recovered and what steps the participant took, what if any lessons have been learnt. Notes of this encounter will be entered into the patients' notes on the t+ system.		If readings still in the Red Zone suggest patient seeks urgent clinical advice
AMBER ALERT	Two or more alerts	Phone patient and check that they have (and follow) their Asthma Action Plan. Discuss medicine compliance.		If the t+ nurse recognises that the patients' Asthma Action Plan has not been followed or understood then instruct the patient to contact their practice asthma nurse for clarification of the plan.