



Ms Laura Self

I am a Clinical Practice Pharmacist. I qualified as a pharmacist in 2006 having studied at Portsmouth University. I then spent the next 4 years working as a Hospital Pharmacist before transferring to Primary Care. In 2010 I moved to Newcastle and have worked in lots of GP surgeries across the region. In 2016 I qualified as an Independent Prescriber and started to run my own asthma clinics.

I feel passionately about empowering children and young people with asthma to be able to manage their condition effectively. In my experience, a shared decision about the right inhaler, the right management regime and a robust, personalised asthma action plan is key.

I am delighted to be part of the BeatAsthma Team and as someone who uses and shares their resources regularly, I am honoured to join their campaign.