

THINGS WE ALL KNOW ABOUT ASTHMA

- 1) Assessing symptoms is important to determine how best to manage the patient.
- 2) Flu vaccine helps keep everyone well, but is especially important in keeping patients with asthma well.
- 3) Controller medications are a key component of treatment in patients with persistent asthma.

Assessing symptoms

SYMPTOM CRITERIA	INTERMITTENT	MILD PERSISTENT	MODERATE PERSISTENT	SEVERE PERSISTENT
Symptoms	< 2 episodes	> 2 episodes, not daily	Daily	Throughout the day
Daytime symptoms	< 1 yr: 0 > 1 yr: 1-2 months	< 1 yr: 1-2 months > 1 yr: 2-4 months	< 1 yr: 3-4 months > 1 yr: > 4 months	< 1 yr: > 4 months > 1 yr: 6 months / year
NIGHT	< 2 episodes	> 2 episodes, not daily	Daily	Several times/night
Interference with activities/normal sleep	None	Mild	Some	Frequent
Longitudinal FEV₁ or PEF or FEF₂₅₋₇₅	Normal FEV ₁ Normal FEF ₂₅₋₇₅ > 80% predicted	Normal FEV ₁ Normal FEF ₂₅₋₇₅ > 80% predicted	FEV ₁ predicted FEF ₂₅₋₇₅ predicted	< 80% predicted
Exacerbations requiring oral steroids	< 1 episode	< 1 yr: 1-2 episodes > 1 yr: > 2 / year	< 1 yr: > 2-4 episodes > 1 yr: > 2 / year	< 1 yr: > 2-4 episodes > 1 yr: > 2 / year

NOTE: FEV₁, FEF₂₅₋₇₅, and PEF are measured in liters in 1 second. PEF: peak expiratory flow. *Applies to the preferred therapy regimen for recently well patients. And, symptoms may be mild if the patient is on controller therapy. **Applies to the preferred therapy regimen for recently well patients. And, symptoms may be mild if the patient is on controller therapy. ***Applies to the preferred therapy regimen for recently well patients. And, symptoms may be mild if the patient is on controller therapy. ****Applies to the preferred therapy regimen for recently well patients. And, symptoms may be mild if the patient is on controller therapy. *****Applies to the preferred therapy regimen for recently well patients. And, symptoms may be mild if the patient is on controller therapy.

We adjust medications based on this assessment:

- 1) Intermittent: prn SABA
- 2) Mild persistent: add low dose controller
- 3) Moderate Persistent: combine low-medium dose controller with LABA
- 4) Severe Persistent: medium or high dose controller plus LABA plus leukotriene inhibitor

FLU VACCINE!

The CDC estimates a 30-70% reduction in hospitalization rates for those with chronic illness who receive flu vaccine.

Also reduces physician visits, deaths, otitis media, and reduces absence from work and school.

CONTROLLER MEDICATIONS

PATIENTS WHO ARE COMPLIANT WITH THEIR CONTROLLER MEDICATIONS HAVE LESS FREQUENT ILLNESS AND LESS NEED FOR HOSPITALIZATION

1) ASSESSMENT OF CONTROL



2) FLU VACCINE

3) APPROPRIATE USE OF CONTROLLER MEDICATIONS

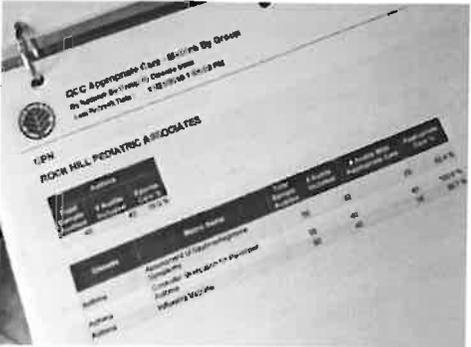


BUT THEN WE LOOKED AT THE NUMBERS.....



The Dreaded Health Maintenance Tool: ("what?? You mean we're supposed to USE that?")






Are you kidding?

ROCK HILL PEDIATRIC ASSOCIATES

Asthma		
Total Sample Audited	# Audits Included	Approp. Care %
49	42	19.0 %



and so we began our journey through the stages of asthma QI:




Not only do you have to clear these hurdles yourself, you have to drag your colleagues over each one with you.

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EXPECT RUN CHARTS TO LOOK LIKE THIS:

Kübler-Ross Grief Cycle

Denial: Avoidance, "It won't happen to me", "I'm young", "I'm healthy"

Anger: Frustration, "Why me?", "It's not fair", "Why am I the only one?"

Depression: Overwhelmed, Helplessness, "I wish I could just give up"

Bargaining: Denial, "If only I had...", "If only I had..."

Acceptance: Realization, "This is my life now", "I can live with this"

Information and Communication | Emotional Support | Guidance and Direction

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BEHAVIOR CHANGE MANAGEMENT

- Unaware**
 - Make awareness
 - Recognized a problem
- Aware, concerned, knowledgeable**
 - Identify perceived barriers and benefits to behavior change
- Motivated to Change**
 - Provide logical information
 - Use community groups to counsel and motivate
- Tries New Behavior**
 - Provide information on correct use
 - Encourage continued use by emphasizing benefits
 - Reduce barriers through problem solving
 - Build skills through behavioral trials
 - Social support
- Sustains New Behavior**
 - Remind them of benefits of new behavior
 - Assess them of their ability to sustain new behavior
 - Social support

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Appropriate care provider report

Patient ID	Name	DOB	Gender	Race	Ethnicity	Other
10001	John Doe	12/15/78	M	White	Hispanic	...
10002	Jane Smith	03/22/85	F	Black	African American	...
10003	Mike Johnson	07/10/90	M	White	Hispanic	...
10004	Sarah Lee	01/05/82	F	Asian	Chinese	...
10005	David Brown	09/18/75	M	White	Hispanic	...
10006	Emily White	04/30/92	F	White	Hispanic	...
10007	Robert Green	11/01/88	M	Black	African American	...
10008	Laura Black	06/14/80	F	White	Hispanic	...
10009	Kevin Gray	02/28/87	M	White	Hispanic	...
10010	Nicole Blue	08/09/91	F	White	Hispanic	...
10011	Christopher Red	05/17/84	M	Black	African American	...
10012	Amanda Purple	10/03/89	F	White	Hispanic	...
10013	Brandon Orange	03/11/86	M	White	Hispanic	...
10014	Stephanie Yellow	07/25/93	F	White	Hispanic	...
10015	Matthew Silver	12/08/81	M	Black	African American	...
10016	Olivia Bronze	04/19/88	F	White	Hispanic	...
10017	Lucas Gold	09/02/95	M	White	Hispanic	...
10018	Sophia Platinum	01/27/83	F	White	Hispanic	...
10019	Ethan Diamond	06/05/90	M	Black	African American	...
10020	Ava Ruby	11/12/87	F	White	Hispanic	...
10021	Noah Sapphire	03/20/84	M	White	Hispanic	...
10022	Isabella Emerald	08/07/92	F	White	Hispanic	...
10023	Liam Topaz	02/14/89	M	Black	African American	...
10024	Mia Garnet	07/21/86	F	White	Hispanic	...
10025	Benjamin Amethyst	12/04/94	M	White	Hispanic	...
10026	Charlotte Citrine	04/16/82	F	White	Hispanic	...
10027	Isaac Opal	09/23/89	M	Black	African American	...
10028	Victoria Pearl	01/31/87	F	White	Hispanic	...
10029	Julian Ruby	06/08/91	M	White	Hispanic	...
10030	Madeline Sapphire	11/15/88	F	White	Hispanic	...
10031	Christopher Emerald	03/22/85	M	Black	African American	...
10032	Aria Topaz	08/09/92	F	White	Hispanic	...
10033	Robert Garnet	02/17/89	M	White	Hispanic	...
10034	Grace Amethyst	07/24/86	F	White	Hispanic	...
10035	Henry Citrine	12/01/93	M	Black	African American	...
10036	Isabella Opal	04/18/80	F	White	Hispanic	...
10037	Lucas Pearl	09/25/87	M	White	Hispanic	...
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BARRIERS

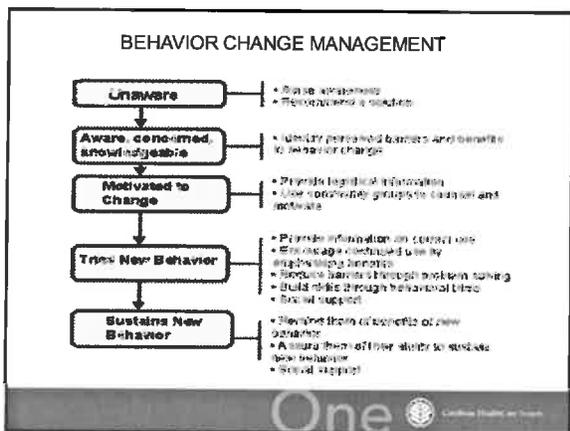
- 1) Proper identification of patients (what is asthma?)
- 2) Assigning patients to right provider
- 3) Getting (way) overdue patients in for flu vaccine or follow up

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Case	Metric Name	Total Sample Audited	# Audits Included	# Audits With Appropriate Care	Appropriate Care %
Asthma	Assessment of Daytime/Nocturnal Symptoms	50	42	22	52.4%
Asthma	Controller Medication for Persistent Asthma	50	42	42	100.0%
Asthma	Influenza Vaccine	50	42	15	35.7%

SHARING NUMBERS INCREASES AWARENESS

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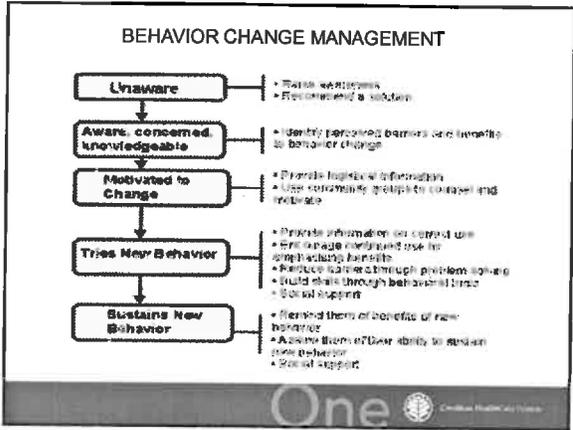
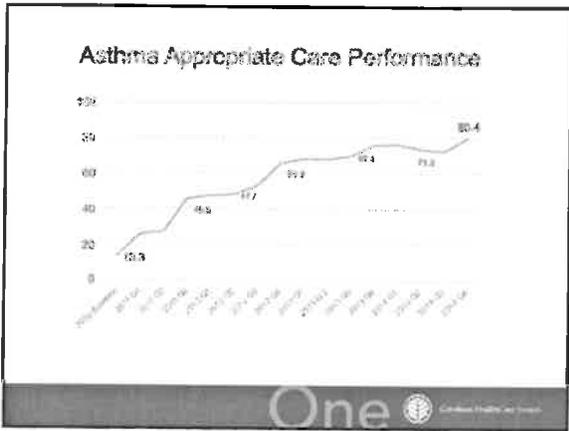
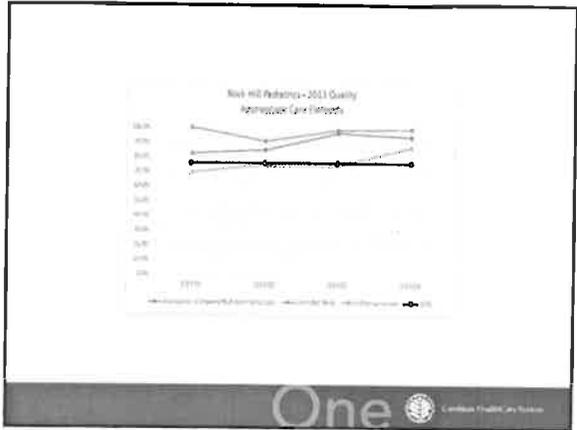
Recommended Treatment:

- Step 1: Use an inhaled corticosteroid (ICS) or low-dose ICS/LABA for persistent asthma.
- Step 2: Add a long-acting beta₂-agonist (LABA) to the ICS if symptoms are not controlled.
- Step 3: Consider adding a leukotriene receptor antagonist (LTRA) or a theophylline if symptoms are still not controlled.
- Step 4: Consider adding a biologic if symptoms are still not controlled.

DAILY HUDDLE

Other policy changes to support improving asthma care

- 1) Refill rescue inhalers: 0-1 only.
- 2) Educated patients to come in for more frequent asthma recheck visits.
- 3) Encourage patients bring medications, every visit.

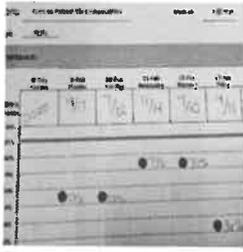



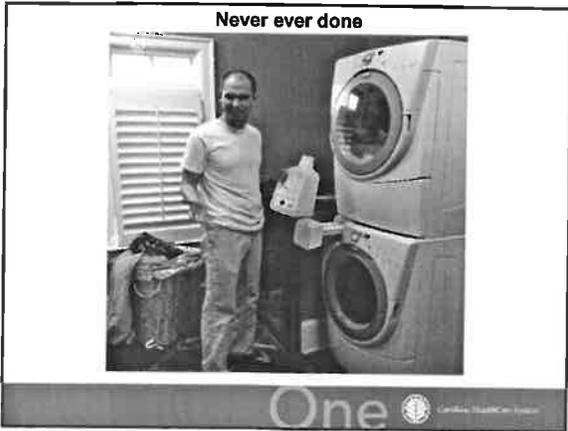
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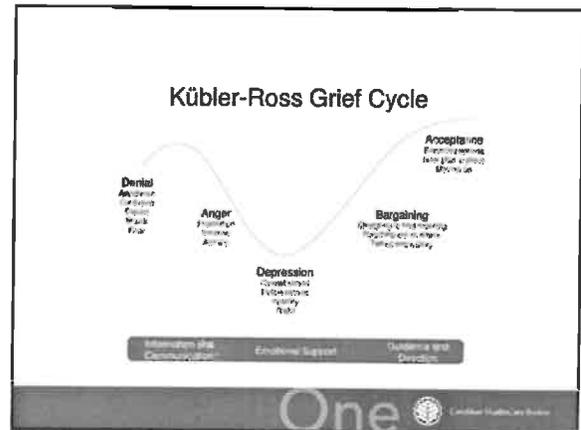
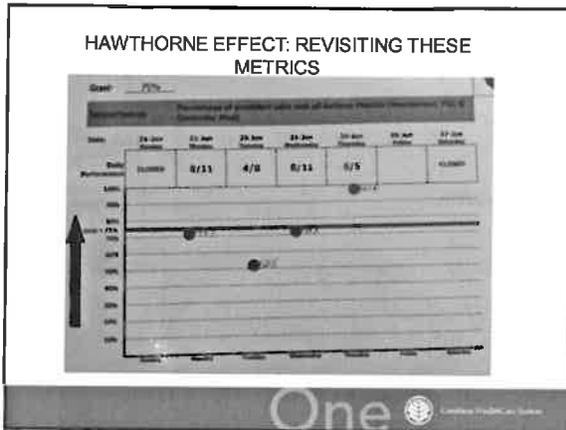
Assessment of symptoms:



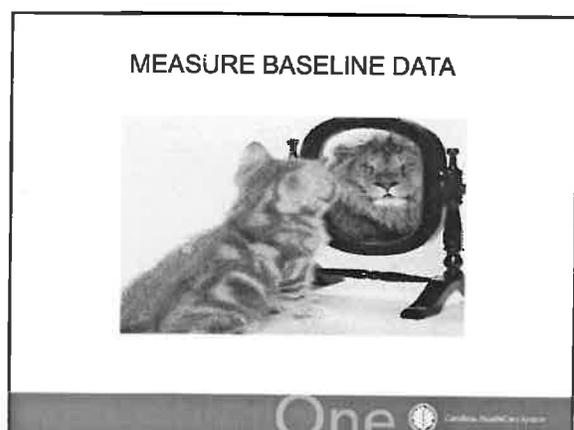
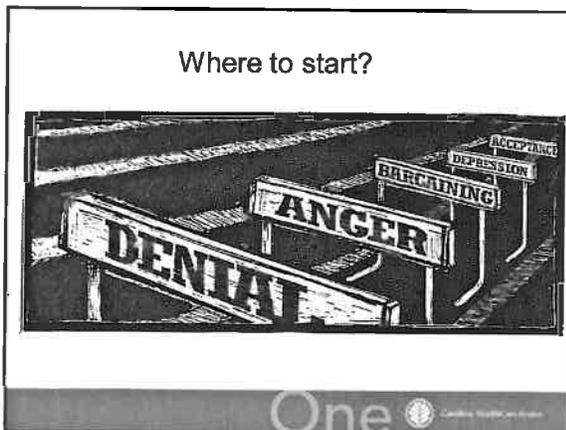
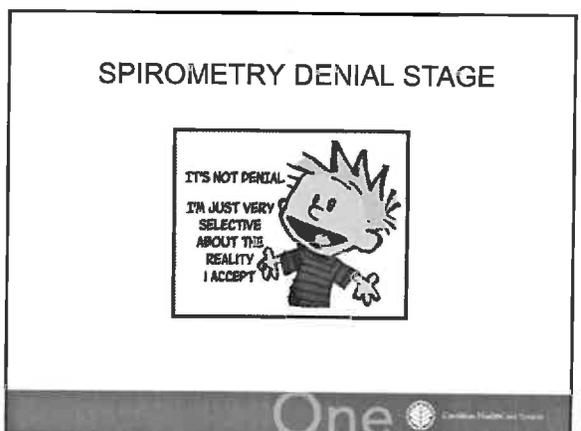
Flu Vaccine:





- ### NEXT STEPS FOR ROCK HILL PEDIATRICS:
- 1) Improve documentation of asthma action plans
 - 2) Encouraging patients to bring medications and spacers to each visit
 - 3) Using spirometry to assess control



SHARE BASELINE DATA AND SET GOALS

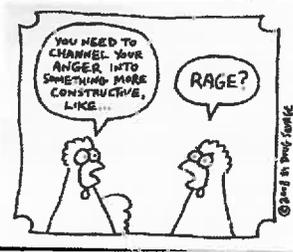
ROCK HILL PEDIATRIC ASSOCIATI

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EXPECT NEGATIVE FEEDBACK (ANGER AND DISRESPECT)

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ALLOW FOR CREATIVE BARGAINING

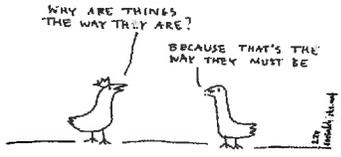
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ACCEPTANCE

When you get to this stage, you know it's time to set a new goal....



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