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

<table>
<thead>
<tr>
<th>SEVERITY LEVEL</th>
<th>INTREMITTENT</th>
<th>MILD PERSISTENT</th>
<th>MODERATE PERSISTENT</th>
<th>SEVERE PERSISTENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms</td>
<td>0-2 episodes</td>
<td>3-5 episodes</td>
<td>6-10 episodes</td>
<td>&gt;10 episodes</td>
</tr>
<tr>
<td>Response</td>
<td>No symptoms</td>
<td>&lt;50% response</td>
<td>&lt;50% response</td>
<td>&lt;50% response</td>
</tr>
</tbody>
</table>

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?

and so we began our journey through the stages of asthma QI:
Stages of Asthma QI - Dr Edwards

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

EXPECT RUN CHARTS TO LOOK LIKE THIS:
Kübler-Ross Grief Cycle

BEHAVIOR CHANGE MANAGEMENT

Unaware
- Present increased awareness
- Teach basic education

AWARE, CONSUMED, INTERPREtable
- Teach basic education
- Address cognitive barriers
- Identify and address misconceptions

Motivated to change
- Provide educational information
- Use motivational interviewing for motivated behavior

Takes New Behavior
- Provide resources to support
- Establish behavioral contracts
- Monitor progress

Sustains New Behavior
- Reinforce positive behavior
- Provide ongoing support

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
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.
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 ASSOCIATION

<table>
<thead>
<tr>
<th>Asthma</th>
<th>Total</th>
<th>Sample</th>
<th># Audits</th>
<th>Approp.</th>
<th>Care %</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>49</td>
<td>42</td>
<td></td>
<td>19.0%</td>
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</tr>
</tbody>
</table>

EXPECT NEGATIVE FEEDBACK AND SUGGESTION

YOU NEED TO IMROVE. BEause PROGRESS IS SOMETHING WE CAN CONSTRUCTIVE LIKE...

ALLOW FOR CREATIVE BARGAINING

I'm NOT going to negotiate with you.

Then I'm going to persist with you.

ACCEPTANCE

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

WHY ARE THINGS THE WAY THEY ARE?
BECAUSE THAT'S THE WAY THEY MUST BE