



ASTHMA CARE

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(Guidelines from the National Asthma Education and Prevention Program)

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Asthma Control- Goal

Reduce Impairment

- Prevent chronic symptoms
- Require infrequent use of SABA
- Maintain near normal lung function and activity levels

Reduce Risk

- Prevent exacerbations
- Minimize need for emergency care and hospitalization
- Prevent loss of lung function (or, for children, prevent reduced lung growth).
- ☑ Minimize adverse effects of therapy.

Achieving and maintaining Asthma control



Providing appropriate medications



Addressing environmental factors that cause worsening of symptoms

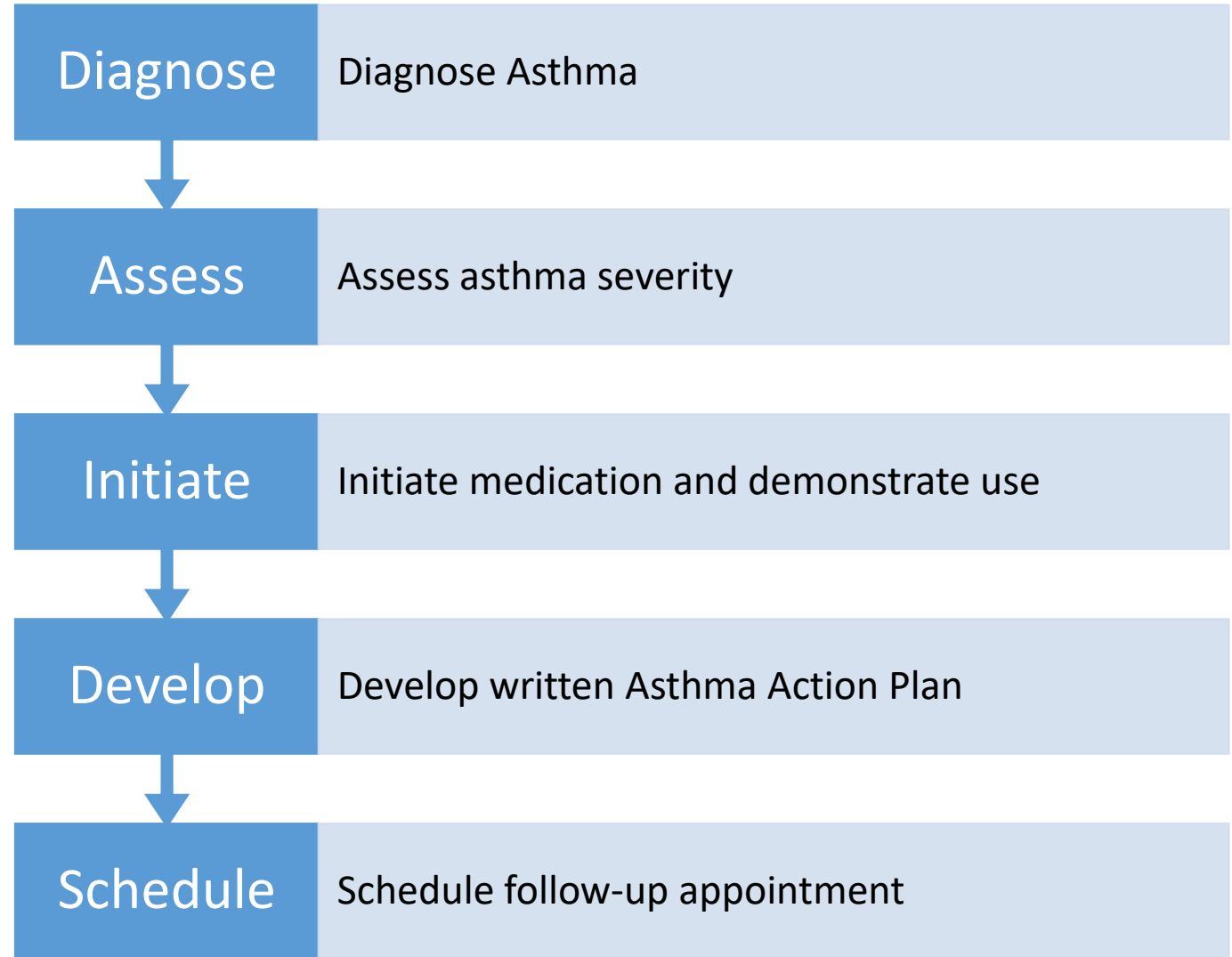


Helping patient learn self management skills

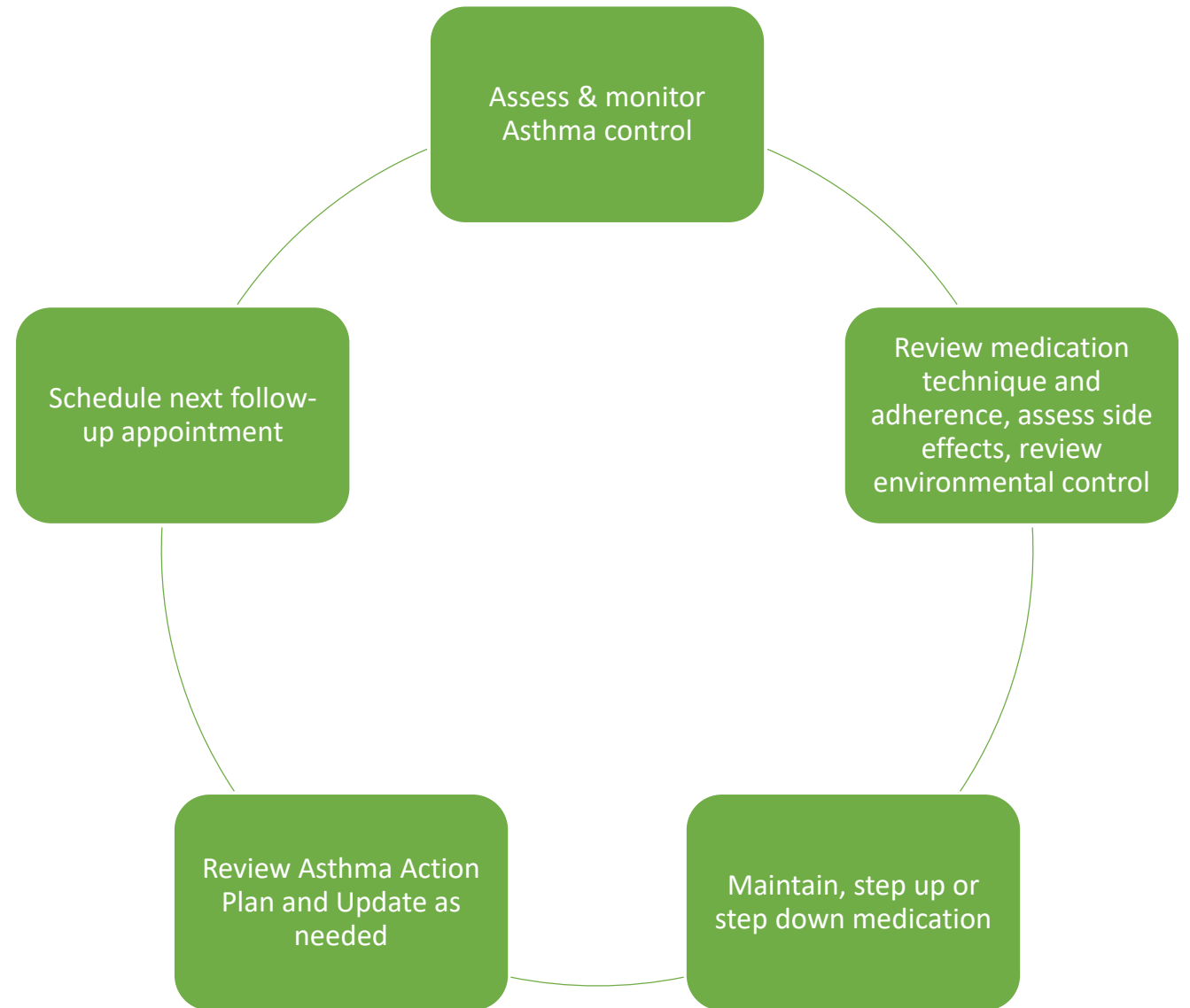


Monitoring over long term to assess control and adjust treatment accordingly

Initial visit



Follow-up Visit



Core Measures

- Asthma severity assessed
- Asthma control assessed with a validated tool
- Inhaled corticosteroids initiated
- Asthma action plan updated

Other measures



Annual asthma visits



Assessment of Tobacco exposure and use



Annual Influenza vaccination



Identifying other co-morbid conditions that may have an impact



ER visits and hospitalizations



Spirometry

Patient and Family education

1. Use the Asthma Action Plan as a communication tool
2. Knowledge- basic facts about asthma and the medications
3. Skills-
 - Take medications correctly and with proper technique
 - Identify and avoid Asthma triggers
 - Self-monitor level of Asthma control
 - Recognize early signs and symptoms of worsening Asthma
 - Seek medical care as appropriate
 - Communicate Asthma information to school, day care and other care givers

Stepwise approach to managing Asthma

Step 1- SABA prn

Step 2- Low dose ICS

Step 3- 0-4 years old: Medium dose ICS +
Sub specialist referral

5 and above: Low dose ICS +
LABA or Medium dose ICS

Step 4- Medium dose ICS + LABA or
Montelukast + Sub specialist referral

Step 5- High dose ICS+ LABA or
Montelukast + Sub specialist referral

Step 6- High dose ICS+ LABA or
Montelukast + OCS + Sub specialist
referral

Things to consider



The stepwise approach is meant to assist—not replace—clinical decision making.



Before step up, review adherence, inhaler technique, environmental control and comorbid conditions.



If clear benefit is not observed within 4-6 weeks and/or technique and adherence is not satisfactory, consider adjusting therapy and/or alternative diagnoses.

