

# Asthma



## Important Points to Remember

Almost 25 million Americans suffer from asthma. An estimated 5.5 million children in the United States currently have an asthma diagnosis. Asthma is one of the most common chronic childhood diseases and is more prevalent among low-income and racial/ethnic minority children and children living in urban areas. The National Heart, Lung and Blood Institute (NHLBI) Clinical Practice Guidelines provide recommendations for the diagnosis and management of asthma.

CareSource is continuously working to educate our members with asthma on the importance of self-management skills, medication adherence, environmental triggers and smoking cessation. Here are some key clinical activities for the diagnosis and management of asthma.

## Care Management Referral Contact Information

1-844-438-9498

## CareSource24<sup>®</sup>, Available 24/7 Nurse Advice Line

1-833-687-7342 ext. 1747802

## DIAGNOSIS

- Establish asthma diagnosis using medical history and physical examination.
- Use of spirometry in patients older than five years of age to establish reversibility of airway obstruction.
- Fractional Exhaled Nitric Oxide Testing (FeNO) may be used to support an asthma diagnosis in individuals for whom the diagnosis is uncertain, post medical, physical and spirometry testing.
- Consider alternative causes of airway obstruction.

## MANAGEMENT OF ASTHMA

### Goal: Long-term asthma control

- Reduce impairment and prevent chronic symptoms.
- Require infrequent use of short-acting beta2-agonist (SABA) (less than or equal to twice a week).
- Maintain normal or near normal lung function and normal activity levels.
- Reduce risk of exacerbations and minimize need for emergency room care or hospitalization.
- Prevent loss of lung function, and for children, prevent reduced lung growth and have minimal or no adverse effects of therapy.
- Review indications and adherence for long-term control therapy.

CareSource offers a disease management program specific to asthma that helps members manage their condition through outreach and education. Member participation in a disease management program assists members in developing self-management skills, leading to improved health outcomes. Participation in the asthma program improves the percentage of CareSource members who receive recommended chronic health screenings.

For more information about CareSource programs, please contact your Provider Relations Representative. If you have a patient with asthma who you believe would benefit from this program, please call **1-844-438-9498**.



## COMPONENTS OF CARE:

### 1. Assessment and Monitoring

- Assess asthma severity to initiate therapy, including monitoring pulmonary function.
- Identify episodic signs and symptoms.
- Assess response to medication and asthma control to monitor and adjust therapy.
- Monitor quality of life and functional status.
- Schedule follow-up care.

### 2. Education

- Develop a written asthma action plan with patient to develop self-management skills and ensure understanding.
- Ensure parents, caregivers and schools have a copy of the written asthma action plan.
- Educate patient on taking prescribed medications correctly, including demonstration of correct device use.
- Integrate education into all points of care.

### 3. Control Environmental Factors and Co-Morbid Conditions

- Recommend measures to control exposures to allergens and pollutants or irritants (triggers) that make asthma worse.
- Advise smoking cessation and eliminate exposure to environmental tobacco smoke.
- Treat co-morbid conditions and develop a self-management plan.

### 4. Medications

- Use age defined stepwise approach for management of asthma.
- Select medication therapy and delivery devices to meet patients' needs and circumstances using age defined categories:
  - Ages 0-4 Years of age
  - Ages 5-11 Years of age
  - Ages 12+ Years of age
- Scheduled, daily inhaled corticosteroid treatment is the currently preferred pharmacologic controller therapy for persistent asthma in individuals of all ages.

### 5. Home Management

- Incorporate assessment and monitoring, patient education, environmental control and medication adherence.
- Ensure patient is knowledgeable of the importance of medication adherence.
- Incorporate written asthma action plan.

## METRIC INFORMATION

Patient demographic includes patients five to 64 years of age who are identified as having persistent asthma.

To be considered compliant, patients with asthma must show evidence of:

- Having a ratio of controller medications to total asthma medications of  $\geq 0.50$  during treatment period.
- Patient remained on asthma controller medication for at least 75 percent of treatment period.

### Source documents for this information can be accessed at:

The NAEPP Education and Prevention Guidelines for the Diagnosis and Management of Asthma

<http://www.nhlbi.nih.gov/guidelines/asthma/asthgdln.pdf>

National Heart, Lung and Blood Institute, 2020 Focused Updates to the Asthma Management Guidelines, Clinicians Guide, December 3, 2020

<https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/clinician-guide-2020-focused-updates-asthma-management-guidelines>

Centers for Disease Control & Prevention

<https://www.cdc.gov/nchs/fastats/asthma.htm> [https://www.cdc.gov/pcd/issues/2019/19\\_0074.htm](https://www.cdc.gov/pcd/issues/2019/19_0074.htm)

NCQA Guidelines

<https://www.ncqa.org/hedis/measures/medication-management-for-people-with-asthma-and-asthma-medication-ratio/>

## POPULATION MANAGEMENT CAN BE EASY!

Our online Provider Portal allows you to easily and securely access critical information 24/7. CareSource offers its providers a comprehensive suite of informational online tools that can help increase efficiency and improve patient outcomes. Some of these tools include:

**Member Profile** – With its comprehensive view of patient medical and pharmacy data, the Member Profile can help you determine an accurate diagnosis more efficiently and reduce duplicate services, as well as unnecessary diagnostic tests.

Provider Portal Access – <https://providerportal.caresource.com/>

**Clinical Practice Registry** – This proactive online tool emphasizes preventive care by identifying and prioritizing health care screenings and tests. The primary benefit of the Registry is population management. You can quickly sort your CareSource membership into actionable groups.