



## *National Asthma Education Prevention Program (NAEPP)*

### **Important Points to Remember**

Asthma is a chronic inflammatory disease of the airways. From 2006 to 2008, approximately 7.8 percent of the U.S. population reported that they currently have asthma [National Center for Health Statistics (NCHS, 2010)]. Reported asthma rates are highest in child and adolescent populations. (<http://cfpub.epa.gov> accessed Jan 19, 2011).

The National Heart, Lung and Blood Institute Clinical Practice Guidelines provide recommendations for the diagnosis and management of asthma. In 2012, CareSource will be educating our members with asthma on the importance of self-management, medication compliance and smoking cessation. Below are some key clinical activities for the diagnosis and management of asthma.

### **Diagnosis**

- Establish asthma diagnosis using medical history and physical examination
- Use of spirometry in patients > or equal to five years of age to establish reversibility of airway obstruction
- Consider alternative causes of airway obstruction

### **Long-Term Management**

*Goal for therapy is to control asthma*

- Reduce impairment and prevent chronic symptoms. Require infrequent use of short-acting

beta2-agonist (SABA) (less than or equal to twice a week) and 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.

### **Components of Care:**

#### **1. Assessment and Monitoring**

- Assess asthma severity to initiate therapy
- Assess asthma control to monitor and adjust therapy
- Schedule follow-up care

#### **2. Education**

- Provide self-management education
- Develop a written asthma action plan for patient, parent/caregiver, school
- Integrate education into all points of care

*(See reverse for more information)*



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

- Recommend measures to control exposures to allergens and pollutants or irritants that make asthma worse (Advise smoking cessation and eliminate exposure to secondhand smoke)
- Treat co-morbid conditions

### 4. Medications

- Select medication therapy and delivery devices to meet patients' needs and circumstances (use stepwise approach). Inhaled corticosteroids are the most effective long-term control therapy for asthma that is not well controlled (Note: there is a Healthcare Effectiveness Data and Information Set (HEDIS) Measure, which complies with this recommendation "patients five to 56 years of age identified as having persistent asthma with appropriate medications with long-term control of asthma").

### 5. Home Management

- Incorporate assessment and monitoring, patient education, environmental control and medication adherence
- Develop a written asthma action plan

The complete NAEPP education and prevention guidelines, and guidelines for the diagnosis and management of asthma can be accessed at:

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

### Population Management Just got Easier for Providers

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. Two of these FREE tools include:

**Clinical Practice Registry** — This tool is for Primary Care Providers (PCPs) and helps place emphasis on preventive care by reminding providers when a patient needs a screening or test. The primary benefit of the Registry is population management. Providers can quickly sort their CareSource membership into actionable groups.

**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/OH/>

### Referral Contact Information

CareSource has an enhanced disease management program aimed at improving the health of our Medicaid members with asthma across their care. If you have a CareSource patient with asthma who you believe would benefit from this program and is not already enrolled, call **1-888-882-3614**.

